



# Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You

*Jillian Michaels*

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## **Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You** Jillian Michaels

Are you in good shape but struggling with those last ten to twenty pounds that stand between looking perfectly okay and looking knock-their-eyes-out great? Do you have an event on the calendar where you'd love to make jaws drop? Or do you just want to see for yourself what it would be like to have the best body you've ever had in your life? Then you need this book.

*Making the Cut* is a unique, intense thirty-day program from TV's toughest fitness guru, Jillian Michaels. It has one purpose: to maximize your diet and fitness potential so you'll get dramatic results at an accelerated pace. The program trains you in three essential ways—mentally, nutritionally, and physically. *Making the Cut* enables you to:

- identify your unique body type and metabolic makeup (are you a fast, slow, or balanced oxidizer?) and customize a diet plan that is perfect for you
- learn mental techniques that greatly enhance your self-confidence and sharpen your focus on success
- develop your strength, flexibility, coordination, and endurance to levels that exceed anything you ever previously attained—or would have thought possible

*Making the Cut* takes you further faster than any other fitness program. Ever wonder what secret techniques models and celebrities learn from their high-priced personal trainers when they need to look their absolute best for a shoot or a scene? Jillian shares invaluable info about “peaking”—temporary short cuts you can employ when you have just a few days to get ready for your close-up. And she gets you hip to safe but effective supplements (break out the white willow bark and green tea extract) and tells you how to shed the last drops of excess water weight to put the ultimate finishing touch on the new you.

Other plans get you in shape; this one delivers ripped-up perfection. You supply the commitment and determination . . . Jillian Michaels supplies the astonishing results.

*From the Hardcover edition.*

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This Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You is great book for you because the content which is full of information for you who else always deal with world and also have to make decision every minute. This book reveal it facts accurately using great coordinate word or we can state no rambling sentences included. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but difficult core information with lovely delivering sentences. Having Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You in your hand like obtaining the world in your arm, data in it is not ridiculous one particular. We can say that no e-book that offer you world with ten or fifteen minute right but this book already do that. So , this is certainly good reading book. Hello Mr. and Mrs. busy do you still doubt in which?

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