



Red Carpet Workout

By Jordan Paramour, Joe Fournier

Headline Publishing Group. Paperback. Book Condition: new. BRAND NEW, Red Carpet Workout, Jordan Paramour, Joe Fournier, Do you want to shift the bulge and still indulge? Do you want to lose weight, but still have a life? Do you have a big event looming that you need to shape up for - fast? All big stars train for their red carpet moments, now in just 6 weeks, you can train for yours. And still have fun. THE RED CARPET WORKOUT, fronted by celebrity and sporting trainer, Joe Fournier, is not just a quick-fix diet, it's a way of life. The book brings together all the experience, tough love and motivational tips Joe uses to get A-listers into top shape - he will show you how to get fab results, quickly! Losing weight doesn't have to be all about eating mung beans, and doing stomach crunches - we all know that in the real world no one carries a tupperware box full of carrot sticks. This book will be a no-nonsense, fun guide to shaping up and still treating yourself and includes: insider Secrets from A-listers; exercises that tackle specific body parts like 'A-List abs' 'Oscar arms' and 'Bafta bum' and...



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