



Matt Roberts: I Will Make You Fit Fast

By Matt Roberts

Quadrille Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Matt Roberts: I Will Make You Fit Fast, Matt Roberts, Responsible for creating some of the most famous physiques in fashion, music, politics and industry including Tom Ford, Naomi Campbell, Michael McIntyre, James Corden, Amanda Holden, Trudi Styler and Mel C, personal trainer Matt Roberts has worked with celebrities who have requested, demanded and wished for every conceivable goal. In this exciting new book, Matt encourages you to think like a celebrity, presenting two of his highly acclaimed fitness and diet programmes for following at home and in your gym. The first, a 12-week plan, allows time to radically change your body in all ways - sculpting your shape, stripping fat and increasing fitness levels dramatically. It will leave you thinner, stronger, fitter and more energised. And once you have burnt the fat away, it will stay away. The second, a 2-week 'blitz' programme, is something that Matt uses with clients when they are in the final two weeks of training before their big moment. It is intensive, it is strict, and it will make you push yourself to a whole new level, but it will give you the opportunity to...



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