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LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul



Par LL Cool J, Chris Palmer, Jim Stoppani, David Honig
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Description :

Prsentation de l'diteurThe Grammy Award-winning rapper and bestselling author shares his secrets to an enviable physique, personal success, and hard-earned peace of mind.How does one of Hollywood's fittest performers stay lean, buff, and balanced? LL Cool J's Platinum 360 Diet and Lifestyle plan covers all the bases for a camera-ready physique and a healthy outlook in life.A New York Times bestseller, this program includes:step-by-step instructions for nearly 100 supereffective exercisesgraduated workout plans that keep one's muscles--and metabolism--operating at their peakweek-by-week food plans with the perfect balance of micronutrients for each stage of training--dozens of delicious recipesWith this three-point approach to diet, fitness, and positive thinking, LL Cool J's growing legion of fans can get cut, get lean, and become the very best versions of themselves.Prsentation de l'diteurThe Grammy Award-winning rapper and bestselling

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