

# The Ultimate New York Body Plan: Just 2 weeks to a total transformation



A fast and proven two-week program for the ultimate body transformation David Kirsch, personal trainer and a fitness guru of the TV show *Extreme Makeover*, has whipped into shape some of the most famous bodies in America. Supermodels Heidi Klum and Linda Evangelista, as well as celebrities such as Liv Tyler, have turned to David Kirsch for his foolproof training regimen when they needed to get to their level of optimum fitness—fast. Now in *The Ultimate New York Body Plan*, Kirsch shows you how to burn fat and get fit in only two weeks—just in time for that class reunion or anniversary cruise. This program includes: Easy-to-master lessons on which body parts to target and get the shape you want A customized ABCDEF diet—banning alcohol, bread, starchy carbs, dairy, extra sweets, fruits, and most fats—with delicious recipes and menus A high-powered exercise plan combining fat-burning moves with cardio-sculpting workouts The fastest way to build muscle mass and boost metabolism

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