



The Action Hero Body: The Complete Workout Secrets from Hollywood's Top Trainer

By Jørgen de Mey

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Trainer to the stars Jørgen de Mey reveals the unique program he has used to transform the bodies of action-hero film stars Angelina Jolie, Ben Affleck, and many other superstars

When movie producer Jerry Bruckheimer needs an actor to get physically prepared for a role in one of his adventure films (Black Hawk Down, Armageddon, Pearl Harbor) the first thing he does is call Jørgen de Mey. The results de Mey produces in a short amount of time are astonishing. Now this legendary trainer--convinced that his "action-reaction" method of nutrition and physical training can help any healthy person reach his or her personal best--details a three-stage workout that in just 3 weeks will start to show positive changes: more endurance, increased strength, weight loss, signs of a more muscular body, and better cardiovascular output. De Mey's unique sequencing of workouts combined with his focus on "clean" foods and a special, protein-rich diet will have readers action hero fit with a blockbuster body in no time.

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