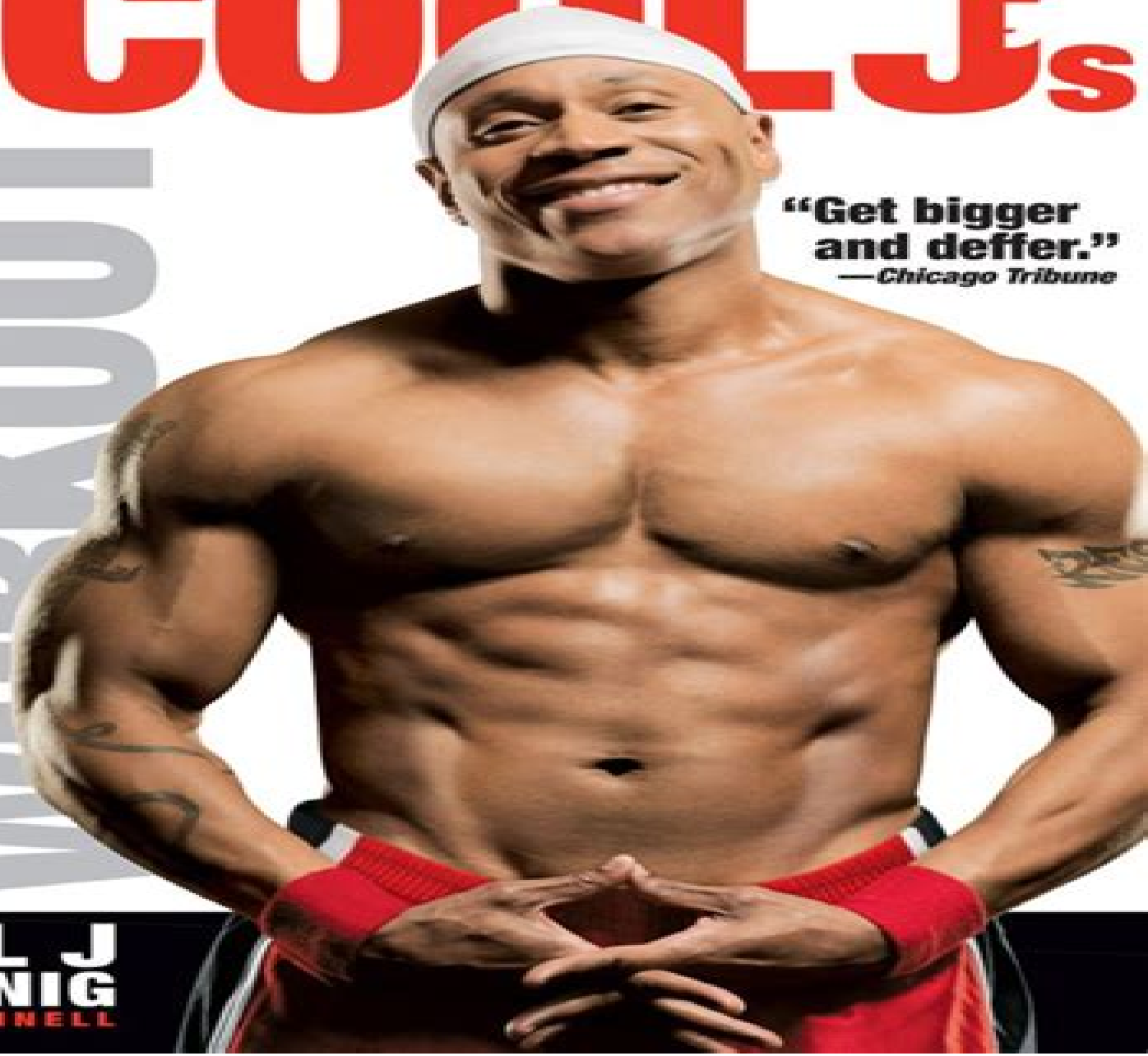


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LL COOL J's

PLATINUM
WORKOUT

**"Get bigger
and deffer."**
—*Chicago Tribune*



LL COOL J
DAVE HONIG
WITH JEFF O'CONNELL

Ll Cool J Workout Guide

Joacim Rocklöv

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

LL Cool J Workout Guide:

, **LL Cool J's Platinum 360 Diet and Lifestyle** LL COOL J,Chris Palmer,Jim Stoppani,Dave Honig,2010-04-27 Multi platinum Grammy award winning rapper and best selling author LL Cool J shares the secrets to his enviable physique and perhaps even sexier his hard earned contentment and peace of mind His high energy no nonsense program includes a 30 day workout regimen designed to build lean sexy muscles and a breakthrough diet plan that can help you shed up to 20 pounds in just 4 weeks even with weekend cheat meals But what truly elevates the LL Cool J s Platinum 360 Diet and Lifestyle is LL s practical easy to follow advice for personal transformation Through self reflection and spiritual guidance he ll show you how to develop your own internal strength giving your the tools and wisdom to transform your life from the inside out It s not just about how to get fit but you can and deserve to be your best self *LL Cool J's Platinum Workout* LL COOL J,Dave Honig,Jeff O'Connell,2009-04-14 While it may seem impossible to imagine LL Cool J didn t always have a diesel body he chiseled it the old fashioned way with hard work and discipline Together with his longtime trainer Dave Scooter Honig LL developed a revolutionary workout system that not only burns away body fat for good but also built the amazing muscle and flawless physique you see in every one of his latest music videos In LL Cool J s Platinum Workout LL let you in on the secrets of his transformation with his uniquely creative yet no nonsense regimen enlivened with humor and sheer force of personality he will inspire you to enjoy working out as never before while building a body you never thought possible LL Cool J and Scooter Honig blend standard free weight lifts plyometrics fighters moves calisthenics endurance training and much more to create what they call their combination platter a highly effective dynamic and diversified total body workout Whether you are just starting a program or looking to get to the next level you can choose from four levels of fitness from Bronze to Platinum including THE BRONZE BODY A 4 week beginners program that will take inches off your waist and boost your energy THE SILVER BODY A 5 week program for intermediates that increases strength while also maintaining muscular and cardiovascular endurance THE GOLD BODY An advanced 9 week program that turns the body into a muscle building fat burning machine complete with six pack abs and as much energy as LL Cool J THE PLATINUM BODY A hard core 3 week fat torching program LL used to prepare for his Control Myself video a new level in ripped to the bone fitness and sex appeal PLUS THE DIAMOND BODY A special 4 week program for women who want to shape up fast for summer or a special event Jam packed with photos of LL demonstrating exercises and complete with meal plans and recipes that will fuel your workouts while promoting fat loss LL Cool J s Platinum Workout will transform your body and the way you think about exercise for life

, **Men's Health** ,2007-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Ebony** ,2006-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Prayfit** Jimmy Pena,2010-12-06 From the exercise physiologist of Tyler Perry and Mario Lopez comes PrayFit a whole person fitness system

designed to strengthen body and deepen faith At its core PrayFit is about effort giving your best in two areas that are vital to well being faith and fitness The underlying approach is simple Make a daily appointment to spend quality time with the Lord and to exercise This 28 day plan guides readers of any fitness level to begin a workout routine that can be done at home with little to no equipment to make small but effective changes in their diet and to grow in biblical knowledge and spiritual strength As they follow the specially designed meal plans and workouts readers will see the physical results of their efforts almost immediately and as they reflect on the daily devotional reading contributions from Pastor Jimmy Page VP of Field Ministry and National Director of Wellness for the Fellowship of Christian Athletes and Scripture verses they will begin to understand the eternal dimension of giving their best Living God s promised abundant life isn t only about faith though that s where it starts PrayFit is the best way to claim that promise both inside and out [Get-Fit Guy's Guide to Achieving Your Ideal Body](#) Ben Greenfield,2012-05-08 Teaches how to customize workouts according to body type achieving more success in losing weight and building muscle **Ebony** ,2006-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine [The Daniel Plan Study Guide plus Streaming Video](#) Rick Warren,Dr. Daniel Amen,Dr. Mark Hyman,2022-10-11 Feast on Something Bigger Than a Fad This six session video based small group study from Rick Warren Dr Daniel Amen and Dr Mark Hyman is centered on five essentials that will launch your journey to health faith food fitness focus and friends With support from medical and fitness experts Pastor Rick Warren and thousands of people from his congregation started on a journey to transform their own lives It s called The Daniel Plan and it works for one simple reason God designed your body to be healthy and He provided everything you need to thrive and live an abundant life This small group study is a vital component of The Daniel Plan because it emphasizes the powerful community component of the program As Dr Mark Hyman says community is the cure for healthy living The Daniel Plan small group study teaches simple ways to incorporate healthy choices into your daily lifestyle This study guide includes biblical inspiration from Pastor Rick instruction from our doctors and wellness experts practical food and fitness tips and much more This study guide has everything you need for a full Bible study experience including The study guide itself with video notes a comprehensive structure for group discussion time daily exercises to help you engage in each practice during the week and a guide to best practices for leading a group An individual access code to stream all six video sessions online Sessions include Faith Nurturing Your Soul 28 00 Food Enjoying God s Abundance 25 00 Fitness Strengthening Your Body 26 00 Focus Renewing Your Mind 27 30 Friends Encouraging Each Other 23 00 Living the Lifestyle 20 30 Streaming video access code included Access code subject to expiration after 12 31 2027 Code may be redeemed only by the recipient of this package Code may not be transferred or sold separately from this package Internet connection required Void where prohibited taxed or restricted by law Additional offer details inside [The Musician's Guide To Surviving The Rock Star Lifestyle](#) Mike Schwartz,2017-01-25 With over ten years of professional

experience in both the fitness industry and music business Mike Schwartz the expert of movement nutrition and mindset wrote the book on how to survive the rock star lifestyle Literally The Musician s Guide To Surviving The Rock Star Lifestyle provides readers with simple ways to last the party a little bit longer and better their health If you dig music or health nutrition or mindset or want to keep playing your instrument free of pain with more energy and a better attitude this book is a must have Become a better human both on and off the stage

The PrayFit Diet Jimmy Peña,2014-04-08 The exercise physiologist speaker and bestselling author whose clients have included LL Cool J and Tyler Perry offers nourishment for your faith and your body with this one of a kind concept from the best in the business Mario Lopez Jimmy Pe a one of the nation s most sought after fitness experts has been trusted by some of the most prominent names in the entertainment industry to help them look and feel their best His highest calling however is transforming the bodies and souls of people all over the country through his powerful combination of faith and fitness called PrayFit In The PrayFit Diet Pe a outlines an easy effective program including shopping lists daily menus and simple delicious recipes to help you lose up to twenty pounds in thirty three days A healthy body he explains is not about restriction of either calories or food groups Instead it s all about eating in equilibrium a perfect 33% balance of carbs protein and fat every day which will allow you to make dramatic changes to your health and your waistline The balanced approach of The PrayFit Diet is not only inspired by biblical principles but it s also supported by today s cutting edge science and Pe a gives you both a plan to shed weight fast as well as the motivation to keep it off for a lifetime Pe a explains how faith is the most powerful tool you have to conquer all of life s obstacles and that includes your health More importantly God wants you to be at your best physically and spiritually By combining perfectly proportioned meals with biblically based motivation The PrayFit Diet gives you all the tools you need to live a life that will both inspire you and honor the Lord

The Diet Docs' Guide to Permanent Weight Loss Joe Klemczewski,J. Scott Uloth,2008-12-01 Diet books have become a genre unto themselves as people anxious to shed those extra pounds seek that one perfect plan Oh sure they ve found such a plan before in fact several times before as they shed unwanted weight only to gain it back within a few months It s frustrating following a diet only to end up failing in the end losing that same twenty pounds over and over again But now Drs Scott Uloth and Joe Klemczewski put an end to yo yo dieting by giving their readers what they need most control The Diet Docs plan brings complex metabolic physiology within the grasp of the average reader A plan With over ten years of clinical success Field tested on everyone from housewives to professional athletes That s attainable and sustainable Easily implemented with no complicated formula to decrypt Combining the latest scientific information and how to apply it That encourages the reader to become their own nutritionist The last diet book anyone will need written by a family physician and a professional bodybuilder and nutritionist to the world s top bodybuilders and women s figure competitors

[The Wellness Compass Travel Guide](#) Joda P. Derrickson,2017-06-16 Do you want to maintain high levels of health happiness and accomplishment for a lifetime In The Wellness Compass Travel

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EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **The Guide to United States Popular Culture** Ray Broadus Browne,Pat Browne,2001 To understand the history and spirit of America one must know its wars its laws and its presidents To really understand it however one must also know its cheeseburgers its love songs and its lawn ornaments The long awaited Guide to the United States Popular Culture provides a single volume guide to the landscape of everyday life in the United States Scholars students and researchers will find in it a valuable tool with which to fill in the gaps left by traditional history All American readers will find in it one entry at a time the story of their lives Robert Thompson President Popular Culture Association At long last popular culture may indeed be given its due within the humanities with the publication of The Guide to United States Popular Culture With its nearly 1600 entries it promises to be the most comprehensive single volume source of information about popular culture The range of subjects and diversity of opinions represented will make this an almost indispensable resource for humanities and popular culture scholars and enthusiasts alike Timothy E Scheurer President American Culture Association The popular culture of the United States is as free wheeling and complex as the society it animates To understand it one needs assistance Now that explanatory road map is provided in this Guide which charts the movements and people involved and provides a light at the end of the rainbow of dreams and expectations Marshall W Fishwick Past President Popular Culture Association Features of The Guide to United States Popular Culture 1 010 pages 1 600 entries 500 contributors Alphabetic entries Entries range from general topics golf film to specific individuals items and events Articles are supplemented by bibliographies and cross references Comprehensive index

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