



BODY EXPRESS MAKEOVER

Trim and Sculpt your Body in Less than 6 weeks

BODY EXPRESS MAKEOVER is a revolutionary training system that will help you reach your weight loss and fitness goals quickly. **BODY EXPRESS MAKEOVER** will educate you on how to obtain a healthy lifestyle which includes simple eating principles and efficient and effective multiple muscle group exercise routines. **BODY EXPRESS MAKEOVER** is a personal trainer and lifestyle coach all in one.

My book is aimed at all fitness levels. Whether you're just a beginner, a savvy fitness enthusiast or an extreme athlete my book will help you achieve all of your fitness goals or take you to the next level of fitness so you can have the body you always wanted.

One of my “signature” routines that I have used with all my clients including my celebrity clients is my revolutionary 2-IN-1 strength training system that will tone, sculpt and strengthen your body efficiently and effectively. Each 2-IN-1 routine consists of 10 multiple muscle group exercises that comprise a total body workout. There are three programs you will do based upon your goals, current fitness condition, and your age and time availability:

- 10 minutes
- 20 minutes
- 30 minutes



In addition, **BODY EXPRESS MAKEOVER** is the first book to include a 5-day trial of my revolutionary virtual coaching software led by myself. It's like having your own private life coach session w/me daily. My goal here is to keep you motivated and on track throughout your transformation. We get to do it together, which is what I'm excited about. This coaching program is interactive and contains specific exercises you will do to stay motivated for success. After the first 5-day trial you can convert the coaching software into the full 6-week coaching program that parallels the book.

This is the only book you will ever need to achieve your transformation and I am confident that **BODY EXPRESS MAKEOVER** will transform your life forever.



Here's what people are saying about Michael George



“Michael George’s strength-training techniques and constant motivation prepared me for the most physical role of my career to date. I chose to work with Michael because I knew I would be able to achieve the level of strength and endurance that I needed for this demanding role.” — Meg Ryan

“I wasn’t taking care of my body as well as I could. My eating and exercise habits were inconsistent. Michael George provided a key aspect to my lifestyle transformation. I have no doubt that he can inspire people all over the world to change their lifestyle through his words, guidance, and compassion.” — Christian Slater

“Michael George is not just your ordinary trainer. Working out with Michael will challenge your body and your mind in a way you have never experienced before.” — Kathy Kaehler, fitness expert

“One of the best ways to permanent health and healing is fitness. Michael George’s insights can help you get healed and stay healed.” — Mark Victor Hansen

“Michael George is not merely a trainer, a fitness guru, and a dynamic and self-realized person. In my estimation, Michael possesses the greatest gift of all: the gift of healing!” — Nancy Taylor Rosenberg, bestselling author

THE BOOK EXCERPTS – CHAPTER DESCRIPTIONS

Just to give a quick snapshot of the book, I've included an overview of the first three chapters of my book, and what follows:

My book begins with my own personal journey and gives you insight on how I went from and overweight young boy with low self-esteem or discipline into what I consider to be a man who lives a well-balanced, healthy lifestyle.

A lifestyle change takes:

- Understanding The Six Stages Of Change
- Commitment
- Consistency
- Pushing Past Self Imposed Limitations
- Knowing The Tools Of Transformation
- Setting Realistic and Attainable Goals
- Developing a Strategy of Success (That's right for you.)

- A Simple Nutrition Strategy (Understanding the 4 principles)
- A Cardiovascular Strategy
- A Strength Training Strategy (2-IN-1 Toning)
- A Flexibility Component
- Developing a Reward System

All of which my book will guide you through in what I think is a positive/safe environment.

Chapter One is entitled **GET ON BOARD** and focuses on getting you committed to becoming the you always wanted to be. I will discuss the various stages of change you will be going through so you will be able to determine exactly where you are starting from in the process of changing your life, which is empowering for success in achieving your fitness and life goals.

I will provide an overview of my own personal transformation, not to boast, but to motivate you to believe that anything is possible if you just commit to the process and follow your dreams. I will briefly discuss how his revolutionary 2-IN-1 training system will change your body and your life fast and forever. **BODY EXPRESS MAKEOVER** is for everyone from sedentary to extreme athletes, 20 years old to 80 years old, whether you want to lose weight, tone up or just improve your fitness condition.

I address self sabotage behavior and how you're past failed attempts at losing weight or getting toned are just that in your past and have no bearing on your present or future condition. I discuss the importance of quality of life since our generation is living longer and will provide you with startling statistics that will motivate you to change your fitness condition...and fast!

Chapter Two is entitled **RAPID RESULTS** . Once again I will motivate you to commit to my program and explain how my 2-n-1 training system will get you fit fast. I will educate you on how to be your own personal transformation coach and how to push through setbacks and obstacles.

I will provide you with the tools of transformation, which include journaling and utilizing a calendar to structure your eating and workout schedules. Both of these tools work in unison to keep you accountable to yourself. I discuss goals versus results and the right reasons to exercise and eat healthy. Setting realistic and attainable goals are vital to ones success not only in a fitness regime, but in life. It is in this chapter that you will set your goals, your fat loss time line and how often to measure your results. You will also sign a commitment contract to yourself as another accountability tool.

I will educate you on the Mind Body connection and what it really means, the shift in attitude you will experience, the feelings of being activated and increased energy levels. I discuss the positive benefits of increased mental clarity and the feeling of being centered and present, which provides balance in life. These are the Power Tools of life that a healthy lifestyle can and will provide.

Chapter Three is entitled **THE BODY EXPRESS**. With your goals firmly established I will discuss how the right strategy for your particular goals is imperative to your success in achieving the body you've always dreamed of having. Later in the book you will find a cardio and strength training chart that will guide you the whole way to maintenance level. Getting fit and shedding unwanted pounds is all about altering your eating habits and increasing your activity level. That is just the simple truth. In this chapter I will discuss the importance of proper nutrition, aerobic activity and strength training and how they work in unison to help change your body.

My revolutionary 10, 20 and 30 minute Body Express Strength Training routines, one for females and one for males, contain multiple muscle group exercises and are total body exercise routines. Each routine is geared toward saving you time and getting you fit fast. Once you have your eating and exercises strategies firmly established you can then read through the next three chapters that are really very much like having a one-on-one coaching session with me.

In Chapter Four you will learn all about the Fat Blasting Nutrition principles I use with all his celebrity clients and that have a long term proven track record. Chapter Five educates you on Super Fast Sculpting or cardiovascular exercise and how important this activity is to shedding unwanted body fat. I will also teach you how to make it work for you and your time schedule. Chapter Six takes you into 2-IN-1 Toning and educates you on how to sculpt your body in the fastest amount of time possible.