



## LL Cool J's Platinum Workout

By LL COOL J, Dave Honig, Jeff O'Connell

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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

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### Editorial Review

#### Review

“LL Cool J is sharing secrets to his smoking bod in his new book.” *?Star magazine*

“If you've been pretty stagnant in your quest to finally get into mind-blowing shape and fi ne-tune your body like never before, then you must read LL Cool J's Platinum Workout.” *?Oxygen magazine*

#### About the Author

**LL COOL J (aka James Todd Smith)** is a hip-hop star, *Men's Fitness* cover model, television and movie actor, and best-selling author. With six consecutive platinum albums, he is considered one of a select few artists who brought rap from the underground to the mainstream. The best-selling author of *I Make My Own Rules* (his autobiography), he lives on Long Island, New York.

**DAVE HONIG** is a noted expert in boxing conditioning and has worked with champion athletes and celebrities for many years. He lives in New York City.

**JEFF O'CONNELL** recently coauthored *The Power- Food Nutrition Plan* and *The Jump-Off: 60 Days to a Hip- Hop Hard Body*. He divides his time between New York City and Emmaus, Pennsylvania.

### Users Review

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##### Luis Acosta:

This book untitled LL Cool J's Platinum Workout to be one of several books that best seller in this year, that is because when you read this publication you can get a lot of benefit upon it. You will easily to buy this book in the book retailer or you can order it by using online. The publisher with this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Smart phone. So there is no reason for your requirements to past this publication from your list.

##### Marcia Eberhart:

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**Ruth Brown:**

Your reading sixth sense will not betray you, why because this LL Cool J's Platinum Workout guide written by well-known writer whose to say well how to make book which might be understand by anyone who all read the book. Written within good manner for you, dripping every ideas and writing skill only for eliminate your own hunger then you still doubt LL Cool J's Platinum Workout as good book not only by the cover but also through the content. This is one reserve that can break don't assess book by its deal with, so do you still needing one more sixth sense to pick this kind of!? Oh come on your studying sixth sense already told you so why you have to listening to one more sixth sense.

**Harrison Colon:**

The book untitled LL Cool J's Platinum Workout contain a lot of information on that. The writer explains the woman idea with easy technique. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read the idea. The book was written by famous author. The author will bring you in the new era of literary works. You can read this book because you can continue reading your smart phone, or model, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and also order it. Have a nice go through.

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