



Celebrity Body on a Budget

By Cornel Chin

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Celebrity Body on a Budget, Cornel Chin, Even in times as tough as these, you can still shape up like a celebrity, and you can do it without having to earn a celebrity salary. With over twenty years of experience in the field of fitness, Cornel Chin has used his unique training methods to train the likes of Leonardo DiCaprio, Colin Firth, Audrey Tautou, and Tilda Swinton. Now, through "Celebrity Body on a Budget", he unlocks the keys to low-cost or no-cost exercise solutions. As a gym member, you will spend an average of 3 per cent of your annual salary on the cost of your annual membership. For many people, this is a high cost that can no longer be afforded or justified. With this book you can still achieve that 'drop dead gorgeous' celebrity body you have always admired and desired without having to break the bank.



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