

**The 30-Minute Celebrity Makeover Miracle: Achieve The  
Body You've Always Wanted**

**By Steve Zim**

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and fitness network Q&A with Trainer Steve Zim book is The 30-Minute Celebrity Makeover Miracle: Achieve the Body You've Always Wanted . Name: Steve Zim.

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<http://www.livestrong.com/article/330238-lean-arm-workouts/>

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Author: Steve Zim, Title: 6 Weeks to a Hollywood Body: Look Fit and Feel Fabulous with the Secrets of the Stars (Paperback), Publisher: Wiley, Category:

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Genre/Form: Electronic books: Additional Physical Format: Print version: Zim, Steve.

30-minute celebrity makeover miracle. Hoboken, NJ : John Wiley & Sons, 2008

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<http://30minutemakeoverproject.blogspot.com/>

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and race on estimating percentage body fat from body mass Zim, Steve, Steinberg, Steve. The 30 Minute Celebrity Makeover Miracle: Achieve the Body You've

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