



Tracy Anderson's 30-Day Method: The Weight-Loss Kick-Start that Makes Perfection Possible

By Tracy Anderson

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Did you know muscles get bored, just like people do? And did you also know that there's a 9 out of 10 chance that you're working the wrong muscles when you exercise? With TRACY ANDERSON'S 30-DAY METHOD you don't have to worry-her unique workout and eating plan will help you drop the weight and shrink your body in no time.

Based on ten years of scientific research and experience getting clients red-carpet ready-A-listers or not-Anderson has developed a revolutionary program that defies genetics to tone, trim, and reshape the body. Most exercises incorrectly focus on bigger muscle groups, such as the biceps or hamstrings, when they should really be working the smaller accessory muscles. Anderson teaches you how to shift this focus, activating and challenging the smaller muscles to achieve a long, lean physique instead of a bulky look. The 30-Day Method will also prevent your muscles from getting bored; and the menus will help boost your metabolism.

This groundbreaking program includes:

- three proven effective 10-day muscle work sequences
- a dance cardio routine (featured on DVD) targeting the all-important accessory muscles
- Tracy's exclusive 30-day kick-start meal plan and detox
- dozens of delicious recipes.

This comprehensive plan is unlike any other workout on the market and it leaves no chance for anything but terrific, fast results!

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Editorial Review

Review

"Truly is a miracle. Never did I imagine that in my 30's, after two children, I would be able to change my body to the degree to which I have. Tracy's method works! All you have to do is put the time in and you will see results you never thought possible" - **Gwyneth Paltrow**

"Tracy Anderson's Method changes your body in a way that no other exercise can. You will see remarkable results...a feminine sexy body!"

-Courteney Cox

"I love Tracy Anderson's Method! Her approach to exercise is smart, creative, and empowering. I believe that Tracy can transform any woman."

-Shakira

"It is such a fantastic work-out. It targets intensely those areas we all panic about in a unique way that keeps your body and mind agile! I absolutely love it. It is so invigorating that it becomes more of a way of life than the dreaded trip to the gym!"

-Emily Blunt

About the Author

Tracy Anderson began dancing as a child and at age 18 traveled to New York to realize her dream of becoming a professional dancer. After experiencing a considerable amount of weight gain, she began to experiment and research her own workout methods to transform her body--and those of others. After ten years of extensive research she developed the Tracy Anderson Method. Anderson has trained stars like Madonna, Gwyneth Paltrow, Courteney Cox, Molly Sims and Naomi Watts, among others. She also owns the Tracy Anderson Method Studio located in NY and LA and shares her unique workouts through her successful DVDs and webinars.

Users Review

From reader reviews:

Mora Miller:

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Alfred Leahy:

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