



# **The Ultimate New York Body Plan: The Breakthrough Diet and Fitness System That Sheds Pounds and Reshapes Your Body--FAST!**

*David Kirsch*

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"Initially, I went to David to reshape my body, not knowing that my interaction with him would ultimately reshape my life."

--Linda Evangelista

"I work out with David Kirsch on a regular basis, but I really see his magic when I need to get in shape quickly....Within two weeks I see huge results and feel stronger, healthier and 100 percent better inside and out."

--Liv Tyler

"When I first contacted David, I had five weeks to get in shape for my first movie role. His attitude and take-no-prisoners approach was not only inspiring, it was actually enjoyable!"

--Faith Hill

In as little as two weeks, David Kirsch's unique combination of exercise, nutrition, and motivation will help you transform your body and achieve maximum wellness. *The Ultimate New York Body Plan* will show you how to:

- Lose weight . . . without expensive surgery
- Increase energy . . . and burn calories
- Tone muscles . . . in the fastest time possible
- Define shape . . . for a lean, sculpted look
- Look your best . . . and feel even better
- See real results . . . that will last a lifetime

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