



# Hollywood Muscle: How To Develop The Perfect Body (Mobile App and Video Edition)

*Eric the Trainer*

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Hollywood Muscle is a training style 100% focused on improving your aesthetic appearance. By using techniques that exclusively target high impact areas of the body, you can transform your body in the quickest, most direct way possible. Based on the methods of Celebrity Trainer, Eric Fleishman, the Hollywood Muscle Training System is responsible for many of the overnight transformations seen on the big screen today. Get started now and get the dream body you've always wanted.

IT'S FAR MORE THAN JUST A BOOK...

Inside Hollywood Muscle is a variety of tools to fuel your transformation:

- 4 Training Programs for both men and women
- 130+ videos teaching you all of Eric's special training techniques
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