



## Body By Simone: The 8-Week Total Body Makeover Plan

By Simone De La Rue

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### Body By Simone: The 8-Week Total Body Makeover Plan By Simone De La Rue

In *Body By Simone*, Simone De La Rue, the personal trainer for some of the hottest bodies in Hollywood, shares her fitness secrets and teaches women how to achieve an A-list body using her fun and unique strength training and cardio workouts.

Considered the "next Tracy Anderson," Simone De La Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone: arms, abs, glutes, and thighs.

Filled with nearly 200 gorgeous color photos, *Body By Simone* features Simone's eight-week plan that incorporates her dance-based cardio workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose the right plan for you.

Simone offers a breakdown for each week and a schedule for each day, including an overview of the week's goals and challenges. Each week builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

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### Editorial Review

#### Review

“Working out with Simone never feels like work. The fun factor is high, yet you get results. I don’t think I’ve ever felt such a sense of joy when exercising! Simone has the personality, the discipline, and of course the body to inspire and push you. I cannot get enough!” (Naomi Watts, Actress)

“Exercising with Simone is not just a physical experience--it’s a mind-body experience. As a mother of three young children, getting back into exercise wasn’t easy. Simone helped me get stronger and overcome my hurdles. I was hooked after the first workout!” (Camilla Alves McConaughy, Model and Designer)

“Simone truly helps her clients get healthy from the inside out. In Body By Simone, she shows women everywhere that the secret to getting healthy and looking great isn’t about deprivation or spending hours on a treadmill—it’s about building strength, moving joyfully, and nourishing yourself in mind and body.” (Frank Lipman, MD, leading integrative physician and author of *Thrive*)

“Simone has been with me throughout my last two pregnancies and shown me that it’s possible to work out while pregnant. Applying her “mummy modifications,” she kept me fit throughout my pregnancies and then helped me shed the baby weight. I feel fitter now than I did 10 years ago!” (Luciana Barroso Damon, Wife, Mother, and Philanthropist)

“I’ve never been the kind of person who loves to exercise, but I find Simone’s workouts fun and effective. Plus they’re so carefully designed for all levels--they will build your strength and keep you injury-free.” (Gina Gershon, Actress)

#### From the Back Cover

What do the hottest bodies in Hollywood have in common? The secret is in your hands.

We see them in films and magazines in show-stopping red carpet gowns during every awards season. They are the ageless, confident, athletic women of Hollywood we all aspire to look like. Now you can have access to the secret weapon used by actresses like Naomi Watts and Anne Hathaway: the workouts of Simone De La Rue.

Simone, a former dancer with a stage career that spanned more than two decades, is the creator of Body By Simone, a fitness program that’s winning over the women of New York and Los Angeles who flock to her sold-out classes. Now, in her first book, she makes her exclusive workout regimen available to everyone, everywhere.

Her 8-week plan offers a road map to total body transformation. From her unique strength-training moves that target multiple muscle groups at once, focusing on areas like the hips, buns, and thighs for maximum burn, to her fun and fast-paced dance-cardio routines, there are workouts for every fitness level. Whether you’re looking to lose five pounds, twenty pounds, or more, Simone leads you through the goals for each week of the program step by step, and offers both a simple eating plan and a fourteen-day cleanse for instant results.

At the end of 8 weeks, you'll not only lose weight—but more important, you'll lose inches by replacing fat with lean, sexy muscle tone. If you're looking for a way to get bikini (or red carpet!) ready, look no further. Sculpt your way to the body you want and deserve with *Body By Simone*.

## About the Author

Simone De La Rue began training in classical ballet at the age of three and has enjoyed a successful dance career spanning two decades, including numerous performances on Broadway, London's West End, and in her native Australia. She is the creator and owner of Body By Simone technique and currently has two studios, in New York City and Los Angeles.

## Users Review

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