



# **Sly Moves: My Proven Program to Lose Weight, Build Strength, Gain Will Power, and Live your Dream**

*Sylvester Stallone*

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Are you ready to be a contender? Sylvester Stallone's action-oriented program for getting fit and eating right is also a revealing portrait of one of Hollywood's biggest stars.

Sly Moves is more than just a handbook on fitness and nutrition. It's a provocative and candid inside look at the trials and triumphs of one of Hollywood's most famous stars. Throughout his career, Sly has always been body conscious, and as he experimented with intense training methods for various films, he has learned – often the hard way – what works and what definitely doesn't. His goal here is to help readers change harmful fitness habits, learn to counter reckless eating, and appreciate who they are even when they don't feel much like action heroes.

Part 1 is a history of Sylvester Stallone's physique, as the Rocky star shares stories about his being bullied as a child, finding comfort and strength at the gym, and then later, the wild ride of fad diets, crash-training regimens and workout disasters that fringed on obsession.

Part 2, The Sly Moves workout, outlines four exercise programs: classic, advanced, women's and hardcore. The workouts only require a commitment of about three hours a week (exactly the same amount of time Sly works out).

The Sly Moves eating plan (Part 3) is Sly's nutrition guide, highlighted by a unique meal plan for a lifetime of good eating.

Part 4 gives Sly an opportunity to inspire and encourage readers to make Sly Moves part of a long-term picture of health, fitness and wellbeing, with tips on everything from keeping goals and relaxation techniques to lessons learned from The Contender.



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