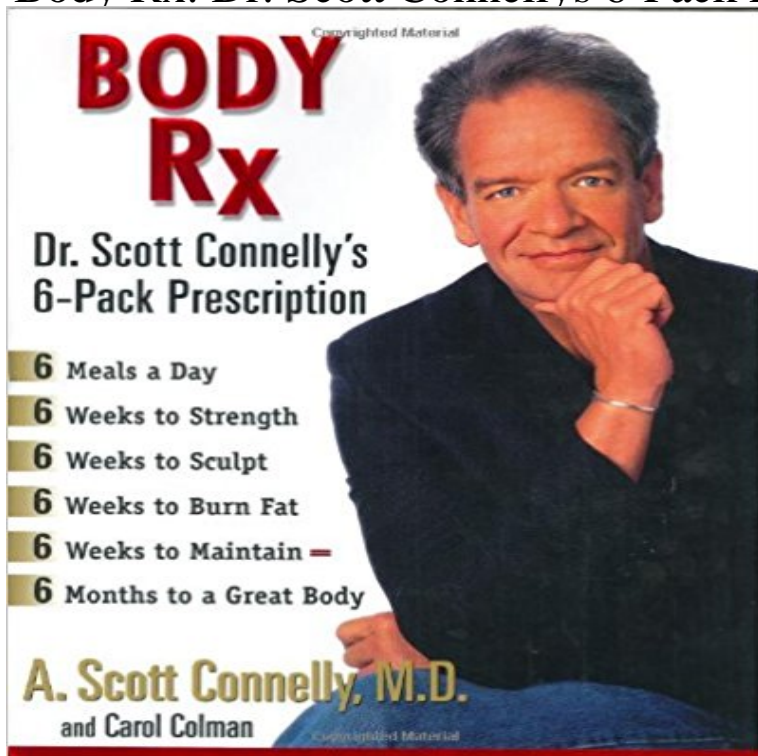


# Body Rx: Dr. Scott Connellys 6-Pack Prescription



The fitness and fat-loss program that keeps star athletes like Jason Sehorn and Troy Aikman in peak condition also has the power to enable a sedentary housewife to lose one hundred pounds, while providing everyone in between with the tools needed to exceed their physical goals. Body Rx is that program. It has changed the lives of thousands. And it can change yours. The genius behind Body Rx is Dr. A. Scott Connelly, the founder of the sports nutrition movement, and the inventor of MET-Rx, the worlds bestselling sports supplement. For years, the five million regular MET-Rx users have been clamoring for Dr. Connelly to put his legendary program into book form. The time has finally come. In Body Rx, Dr. Connelly reveals his 6-Pack Prescription for a great body. Cutting-edge metabolism research teaches us that the only way to get a better body is to make muscle and burn fat. Calorie counting, endless aerobics, and food deprivation will only rob you of muscle and make you fatter. Through four six-week cycles dedicated to getting stronger, getting sculpted, burning fat, and maintenance, Body Rx is an easy-to-follow exercise and diet plan designed for results. Dr. Scott Connelly follows his own advice, and it shows. At fifty, he is six feet five and a lean 220 pounds of solid muscle. Dr. Connelly is the ideal combination of a trusted physician and hard-charging personal trainer. His passion for building healthier, better bodies will take Body Rx to the front ranks as one of the most effective, original, and popular books in the field.

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