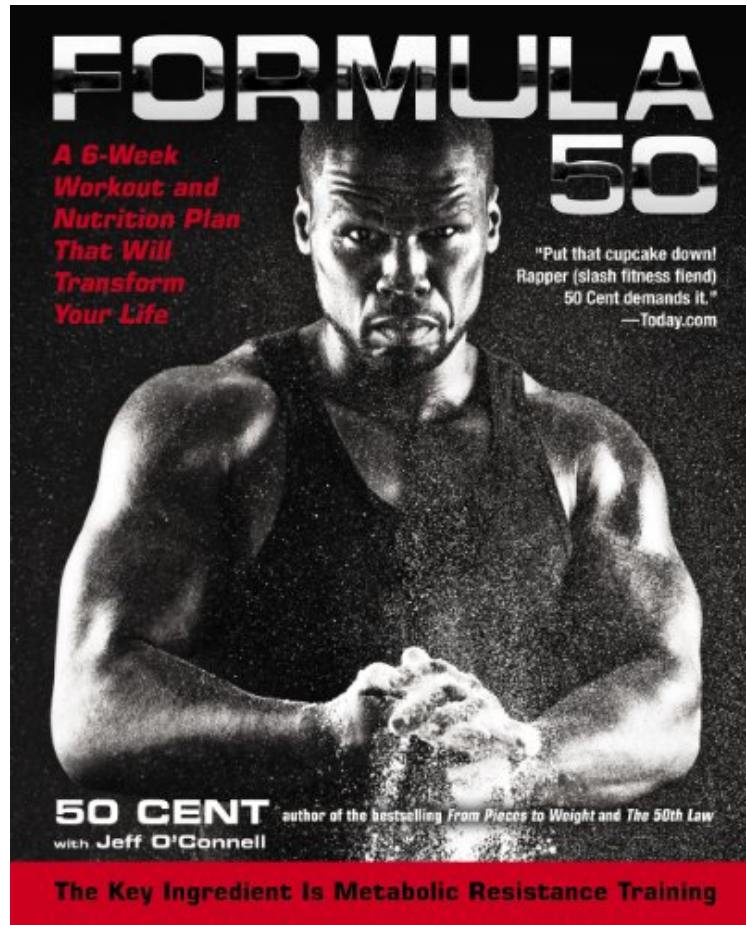


## Formula 50: A 6-Week Workout and Nutrition Plan That Will Transform Your Life

50 Cent, Jeff O'Connell  
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**50 Cent, Jeff O'Connell : Formula 50: A 6-Week Workout and Nutrition Plan That Will Transform Your Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Formula 50: A 6-Week Workout and Nutrition Plan That Will Transform Your Life:

1 of 1 people found the following review helpful. Formula 50 By C. L. I was surprised to see Rap artist 50 cents wrote an exercise book and even more surprised to discover I wanted to actually try it out. I think the book is well thought out even if I did have to look some information up so I'd know what was being said and had to look up some of the exercise moves that I had trouble following. No, I did not stay with the program. I am a beginner with working out and have back problems. I did lose some weight just following the menu the first week. I also did not join a gym but tried to find mods of the exercises done in gym. He actually recommends doing just that if you can't fit a membership into your budget. I'm going over the book again and taking big baby steps this time so I don't re re re injure my back. I say give it a read or listen and try the food definitely and the moves. I love this book but found out today it doesn't work with win 8, or 8.1, which is what I have on my laptop. Disappointing. 0 of 0 people found the following review helpful.

NiceBy Carlos GonzalezThis book is influenced by 50 but it is written by someone else. The workouts are great and the meals are easy to stick to, but I wish the book had more input from 50 than the author.7 of 8 people found the following review helpful. The Special Formula?By Joshua PiorierNo, it's all in your head.When you purchase a planned workout guide you must be 100% committed throughout the entire planned workout or else it will fail. Fifty's success might get you pumped up enough just to purchase the book, but that must last longer than the impulse you got to buy the book. As with any fitness book. I'm a 50 Cent fan, I've been following him since he was still on the come up trying to make it as an artist. That alone got me interested enough to buy the book. Jeff O'Connell seems to linger in the hip-hop fitness community as he has also did a book with LL Cool J, which I have too. Both great material but you need a gym membership and some extra money to buy some good food. This will not be a good starter book for those who workout in the garage or do not have a neighborhood gym or gym membership. Be prepared to find a gym.Needless to say you will see big results from Formula 50 if you are set to follow through with the 6-week (or 12-week plan for beginners) plan Jeff O'Connell and 50 Cent have planned for you. You can actually maintain it as your regular workout after the plan is though. Formulas 50 starts with a lot of reading which should get you well informed and pumped but anxious to get to the workouts. With Jeff O'Connell though you can expect the most up-to-date routines and exercises so this is only expected. Plus, you get pictures to give you a visual of the workouts if you find yourself stuck, even with the stretches. Jeff and 50 also provide a very effective diet plan which will also provide assistance in attaining those results you want.All in all, it is thorough and effective, you get up-to-date workouts, a great meal plan, and you will get results regardless of your level of experience. The book has everything you need, except the commitment you have to give. Believe in yourself, that's where the results come from. Good luck!

Get fit like 50 Cent: The phenomenally fit superstar rapper reveals his strategic six-week workout plan for achieving a ripped bodyand developing the mental toughness to stay in shape for a lifetime.Survival is a recurring theme of 50 Cent's lyrics, and his life. That's why, with obesity rates soaring and fitness levels declining, he wants to give everyone an all-access pass to his premium plan for lifelong fitness. In Formula 50, the mega-successful entertainer and entrepreneur unleashes the power of metabolic resistance training (MRT), the key ingredient that has helped him achieve the famously buff physique that makes his music videos sizzle.Through MRT, 50 Cent's fitness plan breaks down the barriers between traditional weight training and cardio workouts, accelerating fat loss while building muscle and improving overall fitness. Designed for a six-week rollout for total mind-body transformation, the Formula 50 regimen builds willpower while it builds physical power. In addition to motivation, nutrition is another key element; readers will discover the unique dietary combinations that fuel 50 Cent's workouts. Coauthored with Jeff Orsquo;Connell, health journalist and editor-in-chief at Bodybuilding.com (the world's largest fitness website), the book delivers a payoff that goes beyond six-pack abs and flab-free pecs: This is a fitness plan that boosts energy, endurance, flexibility, and mobility. The result is a body you've always dreamed ofand the mindset to attain the rest of your dreams.