

**A NO-BS FITNESS BOOK BY HOLLYWOOD TRAINER AND FORMER NAVY SEAL DUFFY GAVR, FEATURING THE TRIED-AND-TRUE WORKOUTS USED BY MOVIE STARS LIKE CHRIS PRATT AND BRAD PITT**

**F**ormer Marine sniper and ex-Navy SEAL Duffy Gaver is the unsung hero of Hollywood. As a master trainer to the stars, he has transformed the bodies of actors such as Chris Hemsworth, Chris Pratt, Scarlett Johansson, Brad Pitt, and many others. He is a Hero Maker. Duffy gets the most out of his clients by making them rethink their lives. For Duffy, the fitness industry sells a myth: it's all about the latest and greatest fads. Back in 1965, Larry Scott won the first Mr. Olympia. He did this without the aid of a supplement industry which didn't exist. How did he do it? With his will, his discipline, and his desire. The things that big business can't manufacture. In 1954, Roger Bannister ran the first four-minute mile without the aid of fancy sneakers. What does this prove? None of this stuff is necessary.

Inside *Hero Maker*, Duffy Gaver shares the knowledge and motivational sit-downs that get his stars to take hold of their fitness souls. None of these stars bought their way to their impressive physiques; they earned it with old-fashioned work and dedication. He will tell you what you need to do to look super heroic, and he will show you how you, too, can do this if you put yourself to the task. Inside, you will also find some of his game-changing workouts to help get you there.

Discover how to:

- **MAKE EVERY REP COUNT WITH THE PROPER LIFTING TECHNIQUE AND FOCUSED INTENSITY**
- **STABILIZE YOUR DIET WITH SIMPLE, EASY-TO-UNDERSTAND NUTRITIONAL ADVICE**
- **RETHINK HOW YOU APPROACH FITNESS**
- **AIM FOR GREATNESS INSTEAD OF MIEDOCRITY**

**READ BY SEAN PATRICK HOPKINS**



Running Time: Approx. 3.5 Hours • Unabridged

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12 WEEKS TO SUPERHERO FIT

HERO MAKER

DUFFY GAVR



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