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Making the Cut empowers you to: □ Identify your unique body type and metabolic makeup (are you a fast, slow, or balanced oxidizer?) and customize a diet plan that is perfect for you □ Acquire the mental techniques that will greatly enhance your self-confidence and sharpen your focus on success □ Develop your strength, flexibility, coordination, and endurance □ Reach levels of fitness you never before thought possible

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With Tim Gunn, Heidi Klum, Naomi Campbell, Joseph Altuzarra. A group of designers compete in New York, Paris and Tokyo to bring their brands to a new level.

Making the Cut (TV Series 2020) - IMDb

In this first season of Making the Cut, Heidi Klum and Tim Gunn take 12 established designers around the world from New York to Paris to Tokyo, as they compete to become the next global fashion brand. Each week, winning looks will be available to buy on Amazon in the Making the Cut store, and the last designer standing will receive one million dollars to invest in their brand.

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"Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You" sets itself apart from the myriad of fitness and weight loss books at your local bookstore because Michaels' program uses the process of oxidizing as a way to determine what kind of a metabolism your body has in order to lose weight effectively.

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