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Hot Point Fitness is a fitness book by Steve Zim, personal trainer of professional athletes and top celebrities including Chris Evans. Steve is also a gym manager and has a large team of personal trainers under his command. This means that he is exposed to a very diverse range of people on a regular basis, so understands what works for the majority of people.

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A complete plan for total body transformation, Hot Point Fitness introduces more than 100 unique super-exercises, demonstrating routines that exact 100 percent muscle output for leaner and denser muscle in a fraction of the time standard weight-training and aerobic exercises take to get results. When seen through MRI scans, muscles actually glow red hot after these incredible workouts.

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