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### **Antonio Sabato Jr height, weight. Achieving his body**

Apart from his intense gymnastic workout, Antonio also accompanies it with a simple diet plan – pushing all carbohydrates early in the morning before noon and proteins to later in the day and evenings. Antonio speaks more about how you can get yourself to his level of fitness in his book No Excuses: Antonio Sabato Jr Workout for Life.

### **No Excuses: The Antonio Sabato Jr. Workout for Life ...**

From his debut as a soap-opera actor to his iconic presence in Calvin Klein campaigns on billboards and magazine spreads to his recent Hollywood roles, Antonio Sabato Jr. has become as familiar to most young Americans as any movie star or celebrity. In his very first book, Antonio Sabato Jr. finally comes clean: a truly fit body, though divine, is not a gift from the heavens.