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No Excuses: Antonio Sabato Jr. Workout For Life by. Antonio Sabato Jr. 3.40 · Rating details · 10 ratings · 0 reviews 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 ...It is the result of a tough, disciplined, balanced, and fun workout program. More than just a workout book, however, No Excuses lets you in on what motivates Antonio--why he trains the way he does, how he maintains his intensity and commitment, and his perspective on all-around mental and physical well-being.