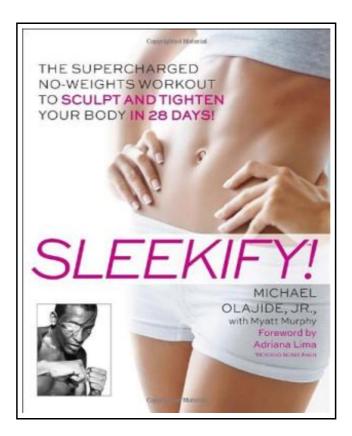
Sleekify: The Supercharged Bodyweight Workout Guaranteed to Get You Looking Runway Ready



Filesize: 4.18 MB

Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book. (Lavina Torp)

SLEEKIFY: THE SUPERCHARGED BODYWEIGHT WORKOUT GUARANTEED TO GET YOU LOOKING RUNWAY READY



Random House USA Inc, United States, 2013. Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. Fight fat and win with the revolutionary no-gym machine-free at-home workout program to sculpt, firm, and SLEEKIFY! your body--in as little as four weeks. When Victoria s Secret models need to look their best for a runway show or ad campaign, they call Michael Olajide, Jr. The former championship boxer has a patented fat-melting fitness program that has helped reshape the bodies of stars like Liv Tyler, Sports Illustrated model Alyssa Miller, and Victoria s Secret Angel Adriana Lima. Now you can have Michael Olajide as your personal trainer, too. This is your chance to experience the same sculpting, firming, sleekifying results that have been turning heads on the red carpet for years. This twenty-eight-day fitness and nutrition plan--the same one Olajide gives his clients--lets you unleash your body s natural energy at home without having to invest a fortune on useless gym equipment. Instead, Olajide is in your corner every day, every step along the way--a one-man entourage urging you on as you build strength, tone muscle, and lose weight without bulking up. SLEEKIFY! s techniques are rooted in the sweet science of boxing, but you don t need a class, a ring, or a punching bag. All you need is a jump rope--and the will to be your best. Equipment-free, plateau-proof, and, most important, fun, this workout puts the power in your hands. You dictate the intensity of the workout and, ultimately, your success. Had enough of what you see in the mirror? Ready to punch out stubborn belly fat and build the stronger, more streamlined body you ve always wanted? Leave the machines behind and SLEEKIFY!.

Read Sleekify: The Supercharged Bodyweight Workout Guaranteed to Get You
Looking Runway Ready Online
Download PDF Sleekify: The Supercharged Bodyweight Workout Guaranteed to Get
You Looking Runway Ready

Relevant Kindle Books



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000,...

Download eBook »



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy...

Download eBook »



The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the...

Download eBook »

\rightarrow	

Readers Clubhouse Set B Safe Streets

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 231 x 147 mm. Language: English . Brand New Book. This is volume eight, Reading Level 2, in a comprehensive program (Reading Levels 1...

Download eBook »



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

Download eBook »