



Jump Off: 60 Days to a Hip-Hop Hard Body (Paperback)

By Mark Jenkins

HarperCollins Publishers Inc, United States, 2005. Paperback. Book Condition: New. 229 x 185 mm. Language: English . Brand New Book. Mark Jenkins, premier fitness instructor to the elite of the hiphop world, presents a fast, effective twomonth workout that uses hiphop drive to attain an unsurpassed level of fitness in record time. Mark Jenkins, celebrity fitness drillmaster, says if you want it, you gotta work it! He s reshaping the world of hiphop and film and now wants to give you a body like today s hottest movie and recording stars. With clients such as P. Diddy, Mary J. Blige, Missy Elliot, D Angelo, LL Cool J, Beyonce, and Brandy, Mark has developed an effective, motivating program, that gets results and keeps people coming back for more. His program consists of intensive sportsspecific training, flexibility, highperformance nutrition and supplementation. Exercises that can be performed without gym access keeps training practical and exhilarating. Training sessions are just an hour long, 3 or 4 times a week. Clients who train using this system can achieve an unsurpassed level of physical fitness, visual appeal and energy. This directly translates to improved posture, body awareness, voice quality, physical control, endurance and, ultimately, stage performance....



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