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

By Michael Olajide

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...

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