

Sleekify

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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. All you need is a jump rope—and the will to be your best.

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Sleekify is a combination of proven drills, advanced techniques, and unique body-sculpting exercises that adapts to your skill set, giving you back as much as you're willing to put into it—so you dictate the pace of your results.

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"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."--Page 4 of cover.

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!

A groundbreaking workout and diet plan that replenishes a man's testosterone levels, rebuilds his body, and remakes his life Testosterone is the most crucial hormone in the male body—and every man's T levels begin a slow, steady decline as he ages. The result? Loss of strength and muscle mass. Poor sugar metabolism. Increased body fat, especially around the waist. Loss of T also affects red blood cell production, vitality, bone density, mental acuity, and sex drive. In short: It slowly chops a man down. Testosterone Transformation helps a man produce higher levels of T and reverse the downward spiral. By eating the right foods and adopting a new exercise approach, any man at any age can transform his life by starting a positive chain reaction: Raise T levels through the strategies in this book, improve workouts, get stronger, improve workouts even more, get even stronger, and enable the body to use muscle to process sugar—instead of storing it as fat. Testosterone Transformation is a life-changer: a serious exercise and strategic diet plan that uses the science of a man's own body to help him recharge his sex drive, increase vitality, and reduce health risks across the board.

A guide to conquering clutter and cleaning your home from one of America's leading housekeeping experts. Drowning in clutter, but don't know where to begin? Feeling overwhelmed by a home that is out of control? It's time to take back your space, and Cut the Clutter can help. From how to combat and stay on top of the clutter tide to the most effective tools and methods for cleaning, expert Cynthia Townley Ewer guides you through solving the many obstacles of running an orderly home. Step-by-step instructions, household routines, and quick tips make these daunting tasks easier to tackle, and will leave you with more time and energy for the good things in life. Whether you want to organize your closet, tame your fridge, or conquer the whole house one room at a time, Cut the Clutter will inform you, entertain you, and save your sanity along the way.

The Men's Health Gym Bible is the ultimate resource for the total gym experience. Men's Health fitness advisor Michael Mejia and co-author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness. In addition to hundreds of exercises for strength and cardio equipment like free weights, stability balls, and treadmills, this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training, sandbags, and kettle bells. With almost 700 photos, this edition features all new images that demonstrate proper form and technique for every functional exercise. The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals, no matter what your fitness level is. Gym novices will find helpful information such as the ins and outs of gym memberships, contract negotiation tips, and how to safely use a piece of equipment for the first time. This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without.

This first and only authoritative mass market bestseller on cholesterol contains the most up-to-date, medically sound information on diet, nutrition, exercise and lifestyle—and their impact on coronary problems. Includes the latest information on determining a coronary risk profile, an all-new exercise program, low-cholesterol recipes and more.

Explains the latest research findings about thyroid disorders while revealing the symptoms of overactive or underactive thyroids and providing reassuring discussions about how to find safe and effective treatments. Reprint. 20,000 first printing.

A big part of Dr. Joe's job as director of McGill University's Office of Science and Society is persuading people that the pursuit of science knowledge is a potential source of wonder, enlightenment and well-being for everyone. And as a chemist, he's particularly keen to rescue chemistry from the bad rep it's developed over recent decades. There is more to chemistry than toxins, pollution, and "Don't drink that soda—it's full of chemicals." The evangelic zeal Dr. Joe brings to his day job is of course also the driving force behind his work as an author. Once again, here he is to tell that everything is full of chemicals, and that chemistry means health, nutrition, beauty products, cleaning products, DNA, and the means by which Lady Gaga's meat dress was held together. In the style established with the bestselling Brain Fuel, each section here is themed and contains a mixture of short, pithy items and slightly longer mini-essays. And as before—but never with such energy and relish--Dr. Joe goes on the attack against charlatans in the alternative health trade, naming and shaming them in a particularly entertaining and edifying section of the book called "Claptrap." You will learn whether to put broccoli on a pizza before or after baking, whether beauty pills are worth taking, and whether the baby shampoo you're using is poisonous. You will discover but not use, please, the recipe for a Molotov cocktail. You will be enabled to enthral fellow dinner guests with the derivation of the name Persil, and the definition of a kangarian (it's someone who only eats kangaroo meat). As ever, this torrent of entertainment is delivered in Dr. Joe's unmistakably warm, lively and authoritative voice.

This is a time when organizations must develop far deeper relationships with customers. But they don't know how this is done profitably and at scale. This book will help usher confused organizations into a new future where community and profit mutually support one another. Carrie Melissa Jones and Charles H. Vogl highlight companies succeeding (Airbnb, Reddit, Apple, Toyota Motor Company, etc.) and those who are failing (left anonymous). The authors clarify the structural differences between authentic brand community and simple marketing, social media, and platform projects. Their book outlines brand community strategies and models for organizations that will help them create communities that make the world a better place for the organization's stakeholders and everyone else. Organizational leaders will gain the skills to distinguish how communities differ when serving marketing, innovation, advocacy, recruitment, retention, and social support goals and choose how best to succeed with their own goal-appropriate community models.

Eating healthy can be a struggle. It's hard to choose broccoli and brown rice instead of hot, cheesy pizza. And diets often ask you to cut out different foods all at once, leaving you feeling deprived. In The 3-Day Reset, Pooja Mottl outlines 10 simple ways you can change your cravings and start eating whole, healthy, delicious foods—three days at a time. Each reset takes only 72 hours to complete, which means you'll be able to stay focused on healthy eating from start to finish. Resets include: sugar, wheat, salt, chocolate, yogurt, chicken, beverages, breakfast, salad, and takeout. Packed with delicious recipes and nutritional information to support why you should eat whole foods like quinoa instead of processed, frozen, or packaged foods, The 3-Day Reset will set you on the path to healthy eating... and help you stay there for good.

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