



# Victorias Step Shape Workout

**Michael Olajide, Jr., Myatt Murphy**



## **Victorias Step Shape Workout:**

*Bowker's Complete Video Directory, 1998*, 1998      **Shape**, 1994-05      **The Video Source Book** David J. WEINER, 1990      **Consumers Index to Product Evaluations and Information Sources**, 1993      *Video Source Book*, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction      **Sleekify!** Michael Olajide, Jr., Myatt Murphy, 2013-12-03 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      *Video Source Book* Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction      *Victoria Johnson's Attitude* Victoria Johnson, Megan V. Davis, 1993 Victoria Johnson who once carried an incredible 170 pounds on her tiny 5 3 frame waged a war against her own childhood insecurities compulsive eating and poor health and fitness and won Now she shares her inspirational story and shows others how they too can break unhealthy patterns to live a more vital and energetic life Photos throughout      **Heart & Soul**, 1995-03      **Glamour**, 2008      **5 Pounds** Harley Pasternak, 2015-03-03 For most people the hardest part of lasting weight loss is either getting started or reaching their goals too often motivation is tough to maintain or those final few pounds simply won t budge no matter how many hours are logged on the treadmill and how many calories counted Now from the New York Times bestselling author of *The Body Reset Diet* comes a deceptively simple plan to slim down whether you need to shed those last few stubborn pounds or want to jump start a more significant weight loss effort *5 Pounds* teaches you how to implement five simple strategies as daily habits Walk 5 miles a day Eat protein and fiber 5 times a day Do resistance exercise

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