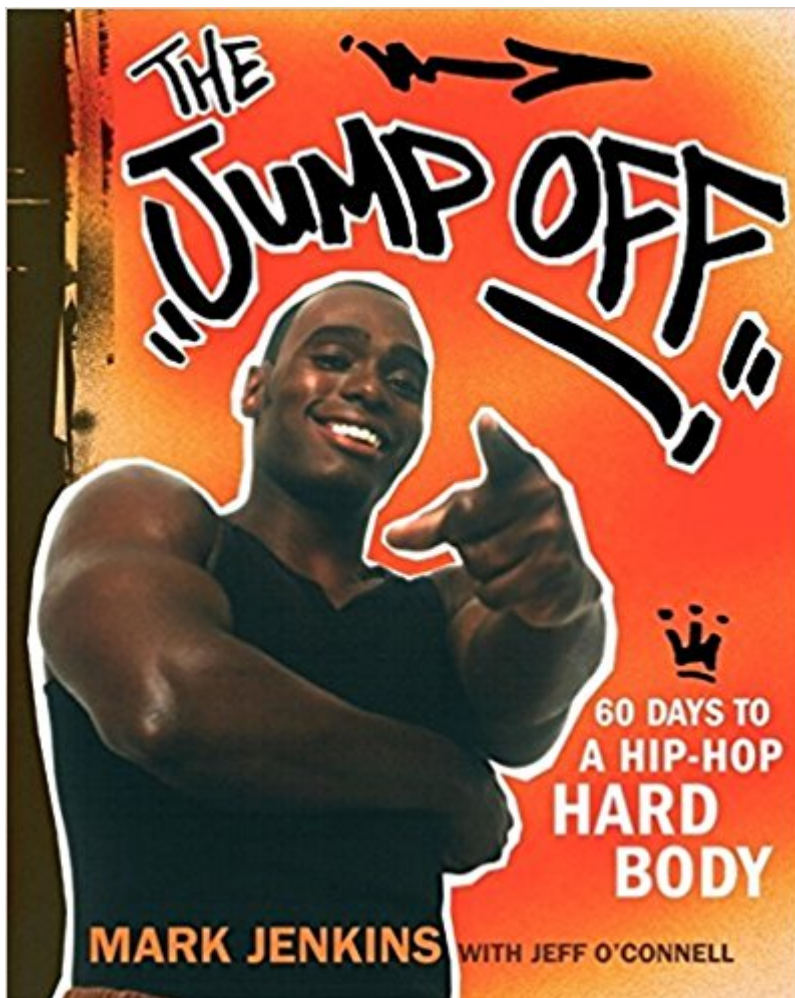


The book was found

## Jump Off, The



## Synopsis

Mark Jenkins, premier fitness instructor to the elite of the hip-hop world, presents a fast, effective two-month workout that uses hip-hop 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 hip-hop 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 sport-specific training, flexibility, high-performance 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. Even if you're not a multi-platinum megastar, you're sure to benefit from looking and feeling like you are.

## Book Information

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## Customer Reviews

My legs, my abs, my arms they look incredible. I'm in the best physical shape of my life thanks to Mark. • (Mary J. Blige) He's like McGyver. He'll get a rope and tie it around something and be like ^pull, pull, run. He's clever. (Missy Elliott) I've hired one of the best trainers, Mark Jenkins, to help me train for the marathon | We have 9 weeks... • (Sean P

Diddy Combs)[Markâ€™s] taught me just how much is possible to achieve and that the quest for higher goals is never over. (D'Angelo)

Mark Jenkins is the founder/co-owner of International Fitness, a fitness and wellness company that specializes in training performing artists. He has started a nonprofit organization, Muscle and Music for Youth, to help kids learn about fitness, and has developed his own supplement line, the Pinnacle Work It kit, sold at GNC stores nationwide. He lives in Brooklyn, New York.

I saw this book at a library once and checked it out, and then I just had to buy it. It's awesome. If you want to lose weight and get a nice body, then this book is for you.

A fun and motivational book with great advice. Mark Jenkins' personal story is inspiring and the text is easy to read and understand. However, there is a glaring error in the section on how to calculate your percent body fat. First, the equation for women doesn't work because of a typo - multiply your body weight by 0.732, NOT .0732 as the text says. Second, the resulting number is your lean body mass and not your percent body fat, as the example in the book states. There is no additional info on how to use lean muscle mass number to calculate your percent body fat. This is just lousy fact checking - the rest of the book is great and as long as you move the decimal point, you'll get a usable number. You can also use this easy online calculator, just plug in your measurements:[...]Good luck!

This book is great if you're looking for beneficial exercises you can do in the comfort of your home with minimal equipment. I had never used an exercise ball, so I was pleasantly surprised with the fun and intensity this added to my workouts. I have yet to see what the program does long term, but I have to say overall the book is excellent for exercise instruction and even motivational purposes. The only beef I have is that the nutritional segment is really not even a blip on the radar. I guess I was hoping for more in-depth information than just you are what you eat and one sample menu. Other than that, I'm glad I bought the book!

"THE JUMP OFF" is a book that is uplifting for all ages of adult life. I'm a senior and I appreciate what this book says about the efforts you refine as you gain a hard body. Mark Jenkins is brilliant to show his past and present life. He explains how important it is to focus on what your goals are, as he helps to teach you to take control over your body. I like this book for all my associates because

we all want to look and feel our best. His examples and pictures and hard facts are tried and true. On page 110, Mark gives excellent advice for those to remember about survival in the great outdoors. From cover to cover he takes you "Outside the Box", back to your mind, and being "what you eat". I am excited again for me, staying in shape, and delighted for the millions to get a copy of his book now. Remember, this author has helped himself, and celebrities, and now he will share Body awareness with the world!

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