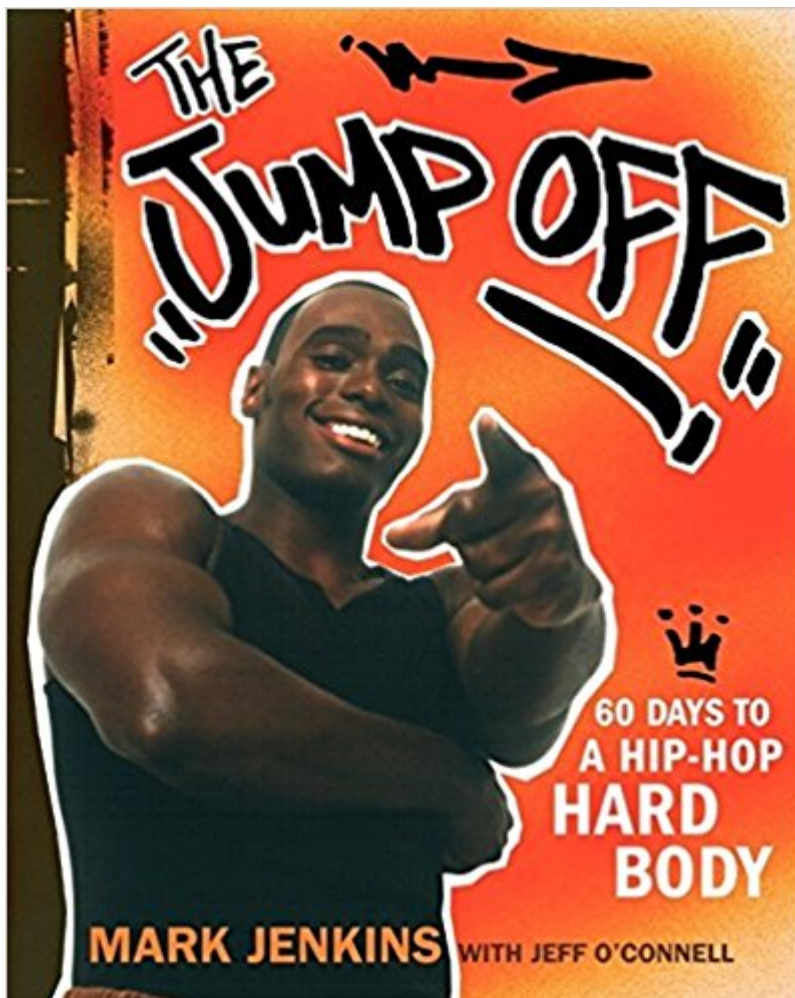


The book was found

Jump Off, The



clever. (Missy Elliott) "I have hired one of the best trainers, Mark Jenkins, to help me train for the marathon. We have 9 weeks..." (Sean P Diddy Combs) [Mark Jenkins] 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!

[Download to continue reading...](#)

Vertical Jumping: 20 Exercises - How to Increase Your Vertical Jump (How to Jump Higher - How to Jump High) Jump, Frog, Jump! Jump, Kangaroo, Jump! (MathStart 3) Jump Off, The Jump Off (Show Jumping Dreams ~ Book 22) 3-D Doodle Book & Kit: Where Your Imagination Can Really Jump Off the Page! Thin From Within: The Proven Breakthrough to Take It Off and Keep It Off! The Dakotas Off the Beaten Path™: A Guide to Unique Places (Off the Beaten Path Series) Connecticut Off the Beaten Path™: A Guide To Unique Places (Off the Beaten Path Series) Upstate New York Off the Beaten Path™: A Guide To Unique Places (Off the Beaten Path Series) Alabama Off the Beaten Path, 8th (Off the Beaten Path Series) Alabama Off the Beaten Path, 6th: A Guide to Unique Places (Off the Beaten Path Series) Alabama Off the Beaten Path, 5th: A Guide to Unique Places (Off the Beaten Path Series) Alabama: Off the Beaten Path (Insiders Guide: Off the Beaten Path) Arkansas Off the Beaten Path, 8th (Off the Beaten Path Series) Arkansas Off the Beaten Path, 9th: A Guide to Unique Places (Off the Beaten Path Series) Arkansas Off the Beaten Path, 5th: A Guide to Unique Places (Off the Beaten Path Series) Arkansas Off the Beaten Path, 6th: A Guide to Unique Places (Off the Beaten Path Series) Arkansas Off the Beaten Path: A Guide to Unique Places (Off the Beaten Path Series) Maryland and Delaware Off the Beaten Path™: 8th (Off the Beaten Path Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)