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Rock Your Body: The Ultimate Hip Hop Inspired Workout to Slim, Shape, and Strengthen Your Body (Paperback)

By Jamie King

RODALE PRESS, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. A one-of-a-kind fitness program incorporating hip-hop dance moves created by celebrity director/choreographer Jamie King. One of today's hottest directors/choreographers, Jamie King is continually sought after to work with top pop stars like Jennifer Lopez, Christina Aguilera, Prince, Shakira, Ricky Martin, and most notably, his longtime collaborator, Madonna. Most recently, King directed Madonna's hit video, Sorry and directed her 2006 Confessions on a Dance Floor world tour. Not only is Jamie King known for his work with celebrities, he's been creating quite a sensation in the fitness world as the creator of the Nike Rockstar Workout, which has become hugely popular at health clubs across the country and around the world. In Rock Your Body, Jamie King fashions some of his electrifying hip-hop moves into an innovative 4-week intensive workout program that targets and tones every muscle group, increases strength and flexibility, and promotes weight loss. Best of all, anyone can do it, no matter how fit or how polished a dancer, and start seeing results right away. Rodale is publishing this full-color book at the same time it is releasing a full-length DVD...



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