



Get the Look 2 Get Booked: The Modelsculptfitness Workbook! (Paperback)

By Toni Hopper

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Workbook. Language: English . Brand New Book ***** Print on Demand *****. GET THE LOOK 2 GET BOOKED! GET HOOKED 2 MODELSCULPTFITNESS! Modelsculptfitness is a specialized bootcamp workout and fitness workbook for actors, singers, dancers, and performers. As a former Talent agent with many years in the entertainment industry, my goal was to design a cool, hip and fun fitness method to address the needs of talented performers. The focus is to improve their overall fitness level including, endurance, stability, core, flexibility and strength. However, this is an interesting read for anyone looking to develop a more fit and healthy lifestyle. This innovative fitness workbook is based on a three phase fitness method geared to motivate you to get your fitness in check as you adapt to a more fit lifestyle. It also teaches you how to be your own motivator by designing your own workouts. Design your best bootcamp workout through a sequence of exercises you enjoy. Best when used with the help of a fitness trainer. Also includes bonus sections for performers to build endurance through high intensity exercises and a rigorous endurance performance philosophy. Challenging sample suggested...



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Reviews

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