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Sleekify! eBook by Michael Olajide, Jr. - 9780345549686 ...

Michael Olajide Jr. has trained some 15 models to "sleekify" so they can squeeze into sample sizes for Fashion Week. Here, he puts the model Lily Kwong through her paces at his gym.

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Sleekify is a new book by Michael Olajide, Jr., labeled as "the supercharged no-weights workout to sculpt and tighten your body in 28 days." Michael is a personal trainer to everyone from housewives and senior citizens to celebs and supermodels but you'll probably recognize his name from his boxing career.

Sleekify!: The Supercharged No-Weights Workout to Sculpt ...

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Michael Olajide, Jr., demonstrating moves in his new book, Sleekify! (Photo: Random House) "Heavier weights" is a popular rallying cry right now (thanks, CrossFit).But Aerospace co-owner and ...

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Sleekify!: The Supercharged Bodyweight Workout to Tone and ...

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