

**The Jump Off: 60 Days To A Hip-Hop Hard Body By
Mark Jenkins**

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He's also the author of the book "The Jump Off: 60 Days to a Hip-Hop Hard Body." Welcome to the program. Mr. MARK JENKINS And Mark Jenkins,

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Jeff O'Connell is the author of Sugar Sculpt Your Best Body Ever with Hollywood's Fittest Star by The Jump Off: 60 Days to a Hip-Hop Hard Body by Mark

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Details about The Jump Off: 60 Days To A Hip-Hop Hard Body Mark Jenkins/ Jeff O'Connell

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