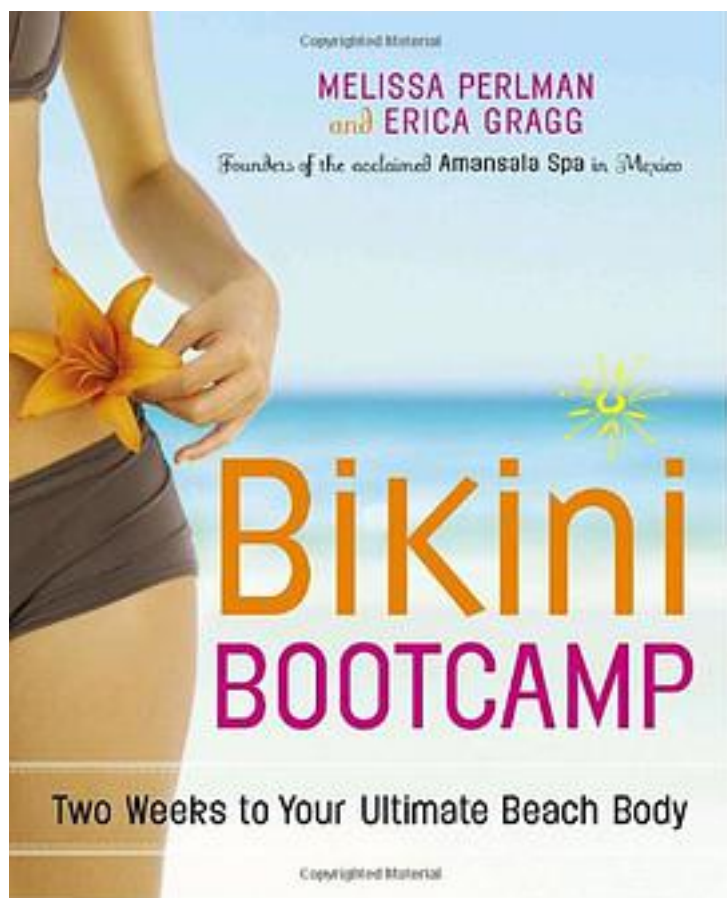


Bikini Bootcamp



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Get in shape for beach season! This super-slimming, body-sculpting makeover gets you bikini-ready—in just two weeks.

Bikini Boot Camp creators Melissa Perlman and Erica Gragg know that the secret to

losing weight and getting fit is not another diet or endless hours at the gym. Instead, it's a highly targeted exercise plan combined with healthy, delicious, all-natural foods that jump-start your metabolism and melt away the pounds. At the elite Amansala Eco-Chic Resort and Spa in Mexico, their Bikini Boot Camp program has become the destination of choice for celebrities and women everywhere who want to change their bodies and their lives. Now, this book gives you everything you need to recreate the Bikini Boot Camp experience at home—from the signature workouts to the low-cal, Latin-flavored dishes—and achieve the same incredible results.

Capturing the spirit of the spa and Mexico's sunny shores, each day of Bikini Boot Camp provides you with:

A total-body workout that combines walking, circuit training, core strengthening, and yoga to target trouble spots and sculpt you head to toe

Energy-enhancing meal plans with slimming, easy-to-follow recipes—a mouthwatering mix of Mexican, Yucatán, and Asian cuisines—straight out of Amansala's kitchen and available here for the first time

Mindfulness exercises to relax and restore you, and to help you stay focused on your fitness goals

Do-it-yourself spa treats, from easy facials to herbal baths

With more than 75 mix-and-match recipes, and a lifestyle plan to keep you going after the first two weeks are up, Bikini Boot Camp is the fastest way to whip your body into shape—and have fun doing it! So don't panic now that summer is here. No matter how long you've been putting it off, this book gives you everything you need to achieve a bikini body all year round.

作者介绍:

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