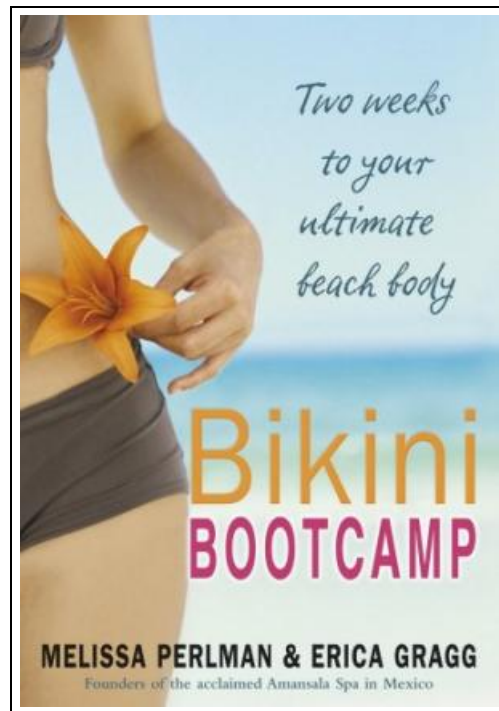


## Bikini Bootcamp: Two Weeks to Your Ultimate Beach Body



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## BIKINI BOOTCAMP: TWO WEEKS TO YOUR ULTIMATE BEACH BODY



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Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, Bikini Bootcamp: Two Weeks to Your Ultimate Beach Body, Melissa Perlman, Erica Gragg, "Bikini Bootcamp" 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 Bootcamp has become the destination of choice for celebrities and women everywhere who want to change their bodies and their lives. This invaluable guide gives you everything you need to recreate the Bikini Bootcamp experience at home - from the signature workouts to the low-calorie, Latin-inspired dishes - and achieve the same incredible results. Capturing the spirit of the spa and Mexico's sunny shores, each day of Bikini Bootcamp provides you with: a total-body workout - the 14-day programme combines walking, circuit training, pilates, core strengthening, and yoga to target trouble spots; Energy-enhancing meal plans with slimming, easy-to-follow recipes - a mouthwatering mix of Mexican, Yucatan, 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; and do-it-yourself spa treats, from easy facials to herbal baths and hair conditioning treatments. With 150 delightful line drawings and more than 75 mix-and-match recipes - and including a lifestyle plan to keep you on track after the first two weeks are up - "Bikini Bootcamp" is the fastest way to whip your body into shape - and have fun doing it! So don't panic! No matter how long you've been putting it off, this book gives you...



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