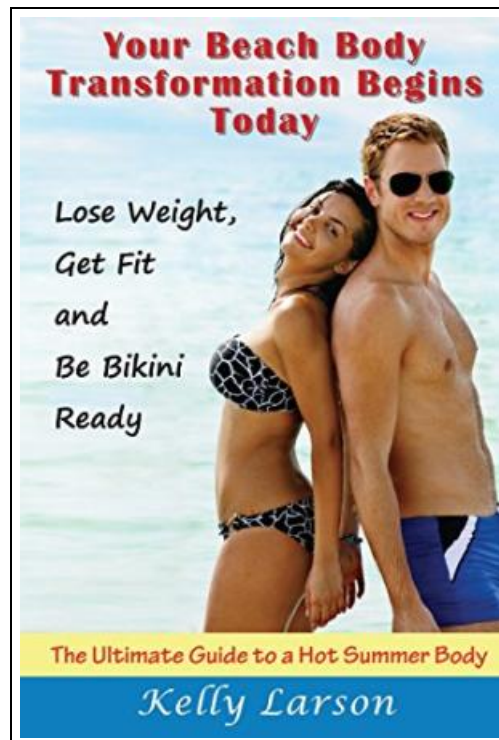


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Speedy Publishing LLC. Paperback. Condition: New. 74 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Is your body bikini ready No worries. Certified fitness trainer and nutrition and wellness coach, Kelly Larsons comprehensive guide will blast the fat off of your body via a multipronged plan of effective fat burning methods. Larson kicks off her hot body fitness guide with a chapter crammed with general fitness and beauty tips. Then, to help you suit up your new fit body before and after youve achieved your fitness goals, Larson provides a savvy rundown of swimsuits that are best suited for your particular body type. Once shes covered the basics, Larson dishes out the straight scoop with specific tips targeting fat loss: ideal diet calorie counts, good fats to include in your diet, and daily habits that help you lose weight. Larsons exercise tips arent hard to implement because she suggests a variety of ways to sneak exercise into your daily routine. There are tips to help you sneak shorts bursts of exercise into your workday and ways to integrate exercise into your daily housecleaning routine. To work on common problem areas, such as the abdomen, Larson offers ways to expedite spot reduction, along with specific exercises for firming your upper arms, legs, butt, and breasts. In the final chapter, Larson addresses the important topic of motivation and provides recommendations on the best ways to keep track of weight loss. If you stick to her sensible diet and exercise plan, Larsons professional expertise will transform your bloated, fat, or flabby body into a toned, bikini babe body using safe, time-tested tips that wont jeopardize your health. Some of the important information youll discover, includes: o Specific fat-burning foods to include in your diet o Advice on taking supplements to lose weight o How a...

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