



Bikini Bootcamp: Two Weeks to Your Ultimate Beach Body

By Melissa Perlman, Erica Gragg

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 jumpstart 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...



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Reviews

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