

## Kayla Itsines 12 Week Bikini Body Free

Unlock Nature's Way of Getting and Staying Lean for Life When you hear the words "carb-cycling" you may think: That's for the serious athletes and bodybuilders, there's no way I could ever do that - it's just too complicated. Guess again. In *The Sweet Potato Diet*, popular fitness guru Michael Morelli removes all of the guesswork and takes away the fear from traditional carb-cycling by simplifying it down into a step-by-step eating schedule where you'll never have to weigh your food, and there's absolutely no calorie counting ever. Carb-cycling the Sweet Potato Diet way is a super simple program that will begin to work instantly. Not only will it have an incredible impact on your fat loss, but you will notice increases in energy, better health markers across the board, and a body you can be confident in again no matter how old or young you are. Don't worry, you don't need to be a gourmet chef to do well on this diet, which includes 45 step-by-step, easy-to-follow recipes that will leave your taste buds happy and your stomach satisfied. *The Sweet Potato Diet* arranges recipes in convenient sections by course, even some sweet treats and decadent desserts which you can enjoy guilt-free on your new diet. It really works by supercharging your metabolism, promoting lean muscle gains, and optimizing fat burning by working with your body. In this book you will see... Methods for carb-cycling, essential nutrition, and an accessible two-phase approach for optimal results Strategies to track your results and adopt the lifestyle of

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permanent fat loss Meal plans, approved foods, and a grocery guide Easy exercises to structure workouts around your super carb-cycle

Based on the wildly successful Women's Health Big Book of Exercises, this portable handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-toning exercises ever choreographed. This essential workout guide is for any woman--from beginner to expert--who wants to lose weight fast, build strength, and tone those terrible trouble spots, namely the belly, butt, and thighs. Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights:

- The best new exercise to firm flabby arms
- The ultimate circuit for a swimsuit ready body
- The fastest cardio workout of all time
- Plus, 10 new workouts and an exercise log to track progress from start to finish

This shape-up manual bulges with hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers. Best of all, it'll help readers shape a body that will ensure a longer, healthier, happier lifetime.

A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel

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Brathen—Instagram’s @Yoga\_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she’s built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It’s a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a “diet”, but a lifestyle. With my 2.0 guide, I’ve created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals! From Cameron Diaz, the #1 New York Times bestselling author of *The Body Book*, comes a fresh, personal, and authoritative examination of the art and science of growing older and a roadmap for abundant health and resilience as we age.

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The Lean Machines are genuine experts in health and happiness and have helped thousands of people get lean and strong through their work as personal trainers and on their hugely popular YouTube channel. Champions of balance, moderation and individuality, their advice is sensible, accessible, and not at all intimidating - eat well, move better and feel awesome! "Our aim is to help as many people as possible get healthy and understand that getting in great shape doesn't have to be hard or depressing." Here, they share their secrets in their first book; a fun, fully illustrated guide for becoming the best version of yourself. Featuring easy nutritious recipes, as well as simple workouts, toning tips and mindfulness techniques, the boys prove that having a healthy lifestyle is achievable and fun. #leanmachines

"Health and fitness trainer and co-star of NBC's The Biggest Loser Jen Widerstrom's groundbreaking weight-loss program to help readers drop pounds with a customized approach based on eating right for their personality type"--

The HELP Vegetarian Guide contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with recipes. Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

The fitness expert and lifestyle blogger behind Blogilates.com offers a workout guide full of creative Pilates poses and challenging sequences based on seasonal goals like "Bikini Body" and "Post-Holiday Fat Burn." Original.

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Outlines the principles of the earth diet, which draws on the power of plant-based and natural foods, and shares nutrient-dense recipes for all dieters, from raw vegans to meat eaters. Chloe Madeley's 4-Week Body Blitz is an exercise and nutrition plan that shows you how to transform your body shape in just 28 days. Do you have a party dress to squeeze into for the Christmas season? If you have a short-term weight-loss goal, then this is the book for you! Chloe Madeley is a qualified personal trainer who specialises in body shape transformation. In the 4-Week Body Blitz, she lays out the exercises you need to do and the food you should eat every single day for four weeks in order to get yourself in shape. Follow Chloe's instructions and you will see a significant difference in how your body looks. What's more, you don't need a gym membership or expensive equipment to follow Chloe's plan. This comprehensive, fully illustrated guide is full of delicious, easy recipes to fuel your exercise and aid your weight-loss. Use the power of motivation and good habits to become fitter, healthier, and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, The Bikini Body Motivation & Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to

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achieving your goals and show you how to use motivation to create healthy habits that will stick."

Keep track of your goals, meals, and weight. This workout log includes a motivation section to help you achieve your goals and stay positive with each day.

Top Hollywood makeup artist Kimura, who is Asian American herself, offers a gorgeously illustrated guide to makeup techniques and colors specifically for Asian women. 150+ color photos.

Offers advice on exercise and diet for women who want to lose weight and improve their fitness levels, and recommends exercise routines and recipes.

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, *Strong Curves* offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In *Strong Curves*, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. *Strong Curves* is the cure.

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This is a memoir by two-time CrossFit Games champion, Katrin Davidsdottir. Dottir is two-time consecutive CrossFit Games Champion Katrin Davidsdottir's inspiring and poignant memoir. As one of only three women in history to have won the title of "Fittest Woman on Earth" twice, Davidsdottir knows all about the importance of mental and physical strength. She won the title in 2015, backing it up with a second win in 2016, after starting CrossFit in just 2011. A gymnast as a youth, Davidsdottir wanted to try new challenges and found a love of CrossFit. But it hasn't been a smooth rise to the top. In 2014, just one year before taking home the gold, she didn't qualify for the Games. She used that loss as motivation and fuel for training harder and smarter for the 2015 Games. She pushed herself and refocused her mental game. Her hard work and perseverance paid off with her return to the Games and subsequent victories in 2015 and 2016. In *Dottir*, Davidsdottir shares her journey with readers. She details her focus on training, goal setting, nutrition, and mental toughness.

The all-in-one guide to building strength and toning up! Guided instructional videos, community, and expert support for this book available at [GetFitNow.com](http://GetFitNow.com) and on Facebook at [GetFitNowdotcom](http://GetFitNowdotcom)! Experts agree the fastest and most effective way to build strength and enhance muscle tone is to lift weights. Written by top strength training professionals and created specifically for women, *Strength Training Bible for Women* is the comprehensive, easy-to-understand guide to mastering the basics of weight lifting and barbell training. Divided by fitness levels, *Strength Training Bible for*

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Women shows you how to craft powerful workouts that are tailored to your unique goals. Designed to minimize risk and maximize results, the Strength Training Bible for Women program combines the best elements of strength training and weight lifting in a program you can do at home or in the gym. With the Strength Training Bible for Women program you will: - Build muscle and definition while increasing endurance and energy - Achieve perfect form with detailed, step-by-step exercise instructions - Turn your home work space or garage into a fully functional weight room - Reach long-time fitness goals and maintain definition year-round - Stay motivated with helpful tips from professional powerlifter and physique competitor Julia Ladewski - Get the body you've always wanted—in record time! Stop looking for the “perfect program” and start working towards your goals with an exercise regimen created to help you reach the next level in physical fitness. It's time to take the first step towards your physical peak with Strength Training Bible for Women! From the Trade Paperback edition.

This program has helped thousands of women build their best bodies ever. Will YOU be next? What if you could build that hot “Hollywood body” without having your life revolve around it? What if you didn't have to starve yourself, put in long hours at the gym, or do grueling cardio sessions that turn your stomach? What if you could eat all of the foods you actually like and do muscle-building workouts that you actually enjoy? Imagine waking up every morning, looking in the mirror, and feeling downright excited by your reflection. Imagine being able to proudly wear the clothes you really want to wear and

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take them off with confidence. Well, you can have all of these things, and it's not nearly as difficult or complicated as you probably think. The Year One Challenge for Women is a workout journal companion to the bestselling women's fitness book *Thinner Leaner Stronger*, and it contains a full year's worth of workouts neatly organized so you can record, track, and review your progress toward the body you've always wanted. With this program, you can melt away up to 35 pounds of fat—including stubborn hip, belly, and thigh fat—add lean muscle to all the right places on your body, and double or even triple your whole-body strength. And that's just year one! So, if you're ready to build muscle definition and lose stubborn fat faster than you ever thought possible, scroll up, buy this journal today and start your journey to a thinner, leaner, and stronger you!

"Hannah Bronfman is challenging us all to rethink our default standards of beauty and definitions of 'healthy' —and I, for one, couldn't be happier to hear this from another woman of color in the wellness community. *Do What Feels Good* is a practical, inspirational, and beautiful guidebook to feeling good in your own skin." --Gabrielle Union, actress and bestselling author of *We're Going to Need More Wine* As a food lover, beauty product addict, exercise junkie, and wellness entrepreneur, Hannah Bronfman practically radiates confidence and health. But she'll be the first one to admit that the road to wellness and self-acceptance hasn't been easy. As a woman of color who grew up watching a close family member struggle with an eating disorder, Hannah's had to forge her own path and create her own standards of beauty. And

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what she's learned is this: Healthy is beautiful. And healthy should feel good. In *Do What Feels Good*, Hannah offers real talk about getting in touch with your body's needs, baring her soul and sharing her story along the way. Hannah provides insight on everything from gut health to nutrition to fitness to skincare, sharing insight from top experts on how to understand your body's unique chemistry so that you can fuel it with more of the things that feel good and less of the things that don't. And since delicious food is one of the things that makes everyone feel good, Hannah shares more than 50 of her favorite recipes for healthy hedonism (desserts and cocktails included!). Enlightening, empowering, and educational, this is an approach to wellness that is holistic, hedonistic, and real. Because self-care should not feel self-punishing, and every body deserves to feel good.

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

*The Stanislaskis*: an unforgettable family saga by #1 New York Times bestselling author Nora Roberts The first time single-father Spence Kimball set eyes on Natasha Stanislaski, he was floored by her exotic beauty. But the former ballet dancer turned toy shop owner had a fiery temperament that kept men safely at bay. Sensing a hidden wound, Spence and his little girl joined forces to find a way into her closely guarded heart. For Spence realized he'd do anything to tame Natasha's fears...and show her how to love.

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It is often said that one of the key determinants of a book's worth is the extent to which it fulfills the reader's expectations. As such, we welcome this opportunity to help formulate the expectations of our readers, to express our view of what this book is and what it is not. We believe that fully appreciating this volume requires understanding its mission and how it differs from that of other books on research methodology. We have not prepared a primer on research techniques. We offer no "how to" guides for researchers—nothing on how to conduct interviews, how to design studies, or how to analyze data. We also have not prepared a partisan platform documenting "our way" of thinking about research. Very few, if any, attempts at proselytizing may be found in these pages. What we have done, we believe, is to bring together a number of recurring controversial issues about social psychological research—issues that have divided professionals, puzzled students, and filled the pages of our journals. Few scholars have missed reports arguing the sides of various methodological controversies, such as those surrounding the merits or shortcomings of field research in comparison to laboratory research, the use of role playing as an alternative for studies involving deception, or the value of informed consent procedures, to name only a few examples. Our aim in preparing this volume has been to organize and summarize the salient aspects of these and other important controversial issues.

Improve your physique, build lean muscle, increase strength—Glute Lab is the all-in-one glute training system that will teach you how to do all this and more. The gluteus

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maximus is the largest and most versatile muscle in the human body. In addition to being aesthetically appealing and controlling a wide range of functional movements, big, strong glutes set you up to lift heavier, jump higher, sprint faster, and swing harder and can even play a role in preventing knee, hip, and lower back pain and injuries. Your glutes influence every aspect of your physical life: from the way you look and how you feel to your ability to run, jump, cut, lift, and twist. Yet few understand how to properly build and develop this all-important muscle. Enter Glute Lab. In this book, Bret "The Glute Guy" Contreras—PhD, personal trainer, and bestselling author—lays out a glute training system that will help you reach your strength, performance, and physique goals. Through descriptive narrative, step-by-step images and illustrations, and easy-to-follow training programs, the Glute Guy distills the science and art of glute training into one comprehensive manual. Whether you're a bodybuilder, physique competitor, athlete, powerlifter, CrossFitter, personal trainer, physical therapist, or simply someone who wants to improve your physique, this book contains everything you need to know about building bigger, stronger, leaner, higher-performing glutes. In this book, you will learn:

- The fundamentals of optimal glute training
- How to perform the most effective glute-building exercises
- How to select exercises based on your goals and body type
- Variations for the hip thrust, deadlift, and squat exercises
- The science behind how muscle develops and grows
- The anatomy and function of the glutes
- How to design a customized glute-training program
- Techniques and programs for sculpting rounder,

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stronger glutes - The importance of glute training for aesthetics, health, strength, and performance - How glute training can prevent knee, hip, and low back injuries and pain - Strategies for targeting different areas of the glutes and lower body - More than 30 glute burnout circuits and workouts.

Are you fed up with restrictive dieting? Do you feel you've tried everything before and failed? Then this plan is for you. This is different. This will work. Joe Wicks is back with another instalment of 100 brand-new delicious recipes and five speedy, effective HIIT workouts. The Fat-Loss Plan can motivate everyone on their way to achieving a fit, lean and healthy body. Inside the book is a combination of reduced-carb, post-workout and snacks and sweet treat recipes – all incredibly tasty and easy to make in 15 minutes flat. Every recipe is filling and fuels you with energy for your day and your workout – including Steak Taco with Lime Salsa, Lamb Kofte Tagine and Veggie Super Bowl. Thanks to sample weekly plans, Joe makes it simple for you to prep like a boss and eat well every day of the week. Joe has more than 4 million followers on social media where fans share their personal journeys towards a leaner, fitter lifestyle. The Lean in 15 titles won platinum and gold awards at the Specsavers Nielsen book awards. Joe's first book Lean in 15: The Shift Plan has become the bestselling diet book of all time and all his books have been non-fiction number one bestsellers. Start

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your journey to better health and fitness now with The Body Coach.

Following on the heels of the successful "101 Workouts" and "101 Workouts for Women," these titles deliver even more breakthrough fitness advice. The editors of "Muscle & Fitness" magazine provide expert workouts, high-energy cardio routines, and tasty low-fat recipes. Color photos throughout.

Michelle Bridges is passionate about health - her health, your health, our health. In *Food for Life*, Michelle shows us how to cook for a lifetime of wellbeing and fitness, and reminds us that we each have the power to choose better health through our food. Michelle includes 200 delicious recipes, using accessible nutrient-dense ingredients, suitable for singles, couples and families. There are meal plans for reducing weight, boosting energy and feeding families, as well as smart shopping lists, ingredient descriptions and the sort of sensible, sustainable dietary advice you have come to expect from one of Australia's most trusted voices in health. *Food for Life* is not just for short-term weight loss; instead, it shows you how to develop a pattern of healthy eating that will last you a lifetime. As beautiful as it is practical, it will inspire you to see food as a path to good health, empowerment and joy. This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

Self-taught cook and food blogger Leah Itsines is happiest when she's preparing

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delicious food for the people she loves. She's on a mission to help others make healthy eating an easy lifestyle choice by promoting creativity and confidence in the kitchen. With over 100 colourful recipes that are close to Leah's heart, The Nourishing Cook will inspire you to have a go and learn for yourself just how effortless it is to create nutritious meals that everyone will want to eat. You'll discover:

- \*A clear approach to nutrition for every meal.
- \*How to love making simple, yummy food by going back to cooking basics.
- \*Leah's tips for food shopping, setting up her kitchen and her all-time favourite staples.
- \*How to boost your energy and reset your body with her 've tailored 'days on a plate'.

Leah's passion for healthy, wholesome food shines through on every page, and the key ingredient here is balance - if you enjoy a varied diet that is flexible and full of wholefoods, you needn't deprive yourself of anything! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

14 days of Kayla Itsines' healthy, tasty meals! Sometimes the only thing harder than the workouts, is eating healthy and fighting those junk food cravings. Itsines' Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing, drool worthy recipes.

Social media sensation Belle Gibson is the creator of the world's first health, wellness and lifestyle app, The Whole Pantry – chosen by Apple as Best App of

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2013 in the Food and Drink category. Now Belle brings us her first book, with more than 80 new, delicious and nourishing plant-based recipes (gluten, dairy and corn free) aimed at nurturing the body, including healthy versions of old favourites such as lasagne, burgers and black forest cake. As part of Belle's 'whole life' philosophy, she passes on a wealth of information on how to live a healthier life, with support on everything from natural beauty and superfoods to detoxing.

Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is

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the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, *The Rebel's Apothecary* presents:

- Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects
- Everyday wellness routines
- Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more
- The latest research on CBD, THC, medicinal mushrooms and psilocybin
- Tips for creating a cutting-edge home apothecary of your own

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their *Tone It Up* book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every

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healthy, feel-good technique they recommend. Dawn and Scott will help readers get:

- **FIT.** With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after.
- **FIERCE.** Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones.
- **FABULOUS.** This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

Ballet-inspired fitness for every woman! You don't have to be a professional ballerina to look like one! With Mary Helen Bowers' Ballet Beautiful, forget beating yourself up in the gym and suffering through starvation diets for some unattainable goal. You can achieve your ideal body and develop the strength, grace, and elegance of a dancer by following Mary Helen's proven program--one that's got everyone from celebrities to busy moms to executives raving! Ballet Beautiful is a fitness method that blends the artistry and athleticism of ballet with an easy, accessible eating plan that works for every body - and absolutely no dance experience is required. Created by professional ballerina Mary Helen Bowers, this transformative approach to fitness and health will reshape your body and your mind! Ballet Beautiful's three-fold approach is not an

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extreme workout nor is it a radical diet for an overnight fix; it's a roadmap to achieving and maintaining your ideal health, shape and size--all with the elegance and strength of a ballerina. Part One of the book introduces the program's empowering mindset, the key to supporting and guiding you through lasting change. Part Two, the Ballet Beautiful Method, consists of challenging, effective, and fun workouts that sculpt and tone sleek ballet muscles and build beautiful posture. Whether you have a full hour or only 15 minutes, you can tailor the program to your own schedule and needs. Part Three shares the Ballet Beautiful Lifestyle, a healthy, balanced approach to nutrition. With meal plans, shopping tips and quick but delicious daily recipes that will satisfy and nourish your entire body, it's a stress-free, diet-free plan that will help keep you feeling as strong and healthy as you look.

The HELP Nutrition Guide contains Kayla Itsines' 90 page clean eating plan including a full 14 day meal plan with recipes. Learn what to eat, discover fat burning goods, eat tasty meals and speed up your metabolism.

Hey Gorgeous! Welcome to Tone It Up, a worldwide community of amazing girlfriends who support and encourage each other to live our happiest, healthiest lives. As women, we so often focus on others, but a balanced and beautiful life means prioritizing yourself so you can truly be the version of you. The best way to do that is by combining a nutritious diet, active lifestyle, and most importantly, by spreading positivity and boosting each other up. Whether you're sharing workouts or wine, female friendship is

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so important—plus it makes fitness a lot more fun! BALANCED AND BEAUTIFUL is a guide to focusing on the amazing woman that is you, with a 5-day plan to Refresh, Motivate, Inspire, Energize, and last but not least, Relax. Filled with daily fitness routines, delicious recipes, wisdom to transform your mindset, and all the love and advice of the TIU community, Karena and Katrina make it easier than ever to reach your goals and feel great. Each day, you'll find tips and advice for every aspect of your journey, told through fun and fascinating stories and secrets that will be like having your best girlfriend along for the ride. Throughout these pages, you'll feel empowered, uplifted, and connected—with the entire TIU community behind you, cheering you on towards your most confident, centered self. Ready to reset? Feeling BALANCED AND BEAUTIFUL is only 5 days away!

Lose up to 14 lbs in just 4 weeks! By dieting for only two days a week you can have the bikini body you've always dreamed of – fast. With over 140 mouth-watering and filling recipes, all under 500 calories, bestselling diet author Jacqueline Whitehart is the answer to your dieting prayers.

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