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BIKINI BOOTCAMP: TWO WEEKS TO YOUR ULTIMATE BEACH BODY



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...

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- Authored by Melissa Perlman, Erica Gragg
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