



The Bikini Competition Training Guide: Professional Bikini Contest Preparation Guide

Mr. Daniel Burke

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A complete plan of action for women interested in competing successfully in Bikini Contests. Covers dieting, contests, body shaping, fat loss, benefits of competing, losing the last 5 pounds of sticky body fat, complete exercise guide, daily meal plans, stage walk, contest preparation in detail: suits, tanning, make-up, hair, and more. Look like a Bikini Champion and become a winner yourself. Over 200 photos.

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