

BIKINI WORKOUT

PREPARE TO BARE



Lose the Weight.....
Feel Great!

The Bikini Workout is a full body workout designed to increase overall fitness levels, burn body fat and shape and tone specific body parts (including the abdominals, legs bum and arms) in preparation for a special occasion, the summer, wedding or holiday.

This workout is based around simple to follow sections including aerobic, pilates based and traditional body conditioning exercises.

The circuit workout section burns fat, builds muscle and increases metabolism whilst the pilates section also improve flexibility, whilst creating long toned muscles.

This workout is designed for those wishing to shed a few pounds, improve and redefine the body, restore and create confidence, resulting in a slimmer, firmer and more radiant you.

To be released April 2009

Special Thanks to



Directed by **Ken Gray** Produced by **Red Rodrigo**
Executive Producer **Ken Gray**

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BIKINI WORKOUT - PREPARE TO BARE

GET FIT FOR SUMMER

BIKINI WORKOUT

PREPARE TO BARE

PRESENTED BY MILLIE DOBIE
Released April 2009



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