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Bikini Competition Guide

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TV Guide, 2002.

Bikini Posing and Training Guide Daniel Burke, 2013-01-18. The Bible On Bikini Competition. Over 300 pages. This is the NEW 2013 Bikini TRAINING GUIDE from Fitness Expert Dan Burke. This is the same book as the previous edition, but now with 115 new pages containing a complete World Champion Posing Seminar with over 70 new poses and over 100 new photos and illustrations. For the price of one personal training session, you will learn to be a Champion Bikini Athlete. For the serious elite female athlete, in this book is the most detailed view on Bikini Posing ever documented. Learn to pose and train exactly like the current 2013 Top World Champions. Learn their secret poses, diets, training, and more. Detailed posing and instruction new for 2013 with over 70 documented poses taught to you in detail. 40 Chapters of Bikini Training Guidance. The 2013 Professional Bikini Posing and Training Guide is a complete plan of action for women interested in competing successfully in Professional Bikini Contests. Covers dieting, contests, body shaping, fat loss, benefits of competing, losing the last 5 pounds of sticky body fat, complete exercise guide, detailed and illustrated 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 340 photos. If you want to be a pro, this is your book.

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