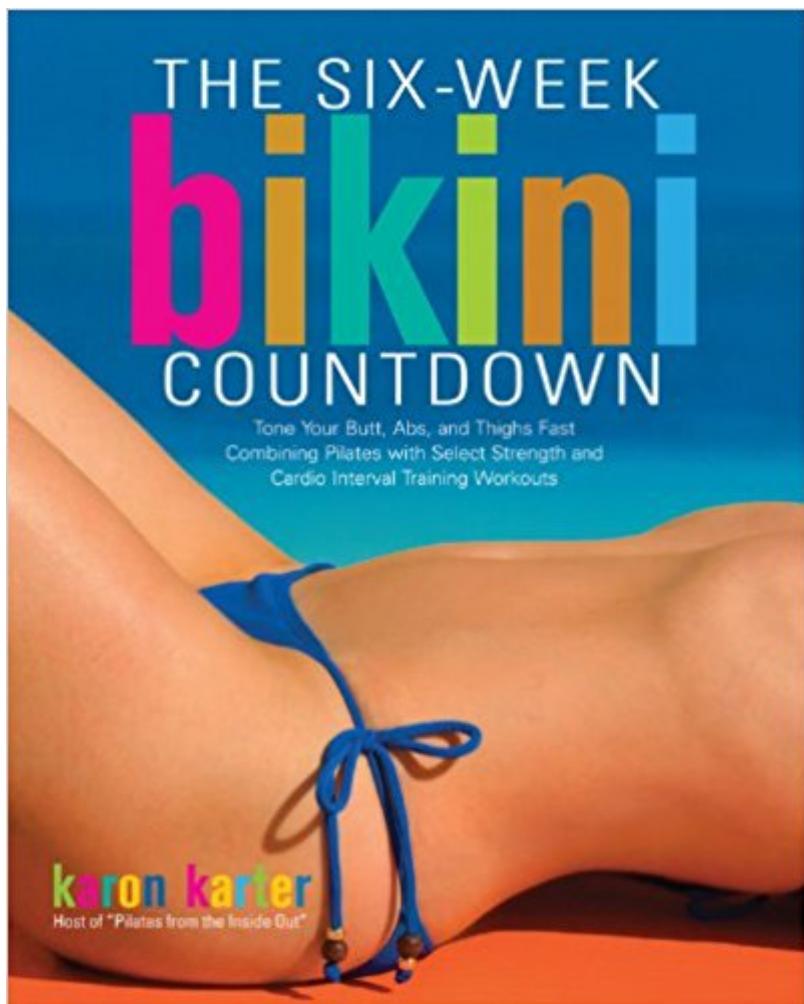


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# **Six-Week Bikini Countdown: Tone Your Butt, Abs, And Thighs Fast Combining Pilates With Select Strength And Cardio Interval Training Workouts**





## **Synopsis**

With a minimal time commitment any woman can sculpt away her body trouble spots. There isn't a woman on the planet who doesn't dream about looking great in a bikini-until they are faced with the huge amount of time and sweat equity involved in reaching swimsuit cover model shape. Feeling intimidated and overwhelmed, they give up before they start. However, readers can get a bikini body-not by working harder, but by working smarter. Exercise guru, Karon Karter, featured on The Natural Wellness Channel's "Pilates for Real Bodies" program, takes the best Pilates moves and combines them with the most effective leg, butt, and ab firming exercises to get in bikini shape in the shortest amount of time possible. Using targeted routines, women will re-sculpt and firm muscles in key trouble areas. Built around a 6-week timeline, Karon Karter offers a specific course that gives women the shortest legitimate way to sculpt their body to bikini perfection.

## **Book Information**

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## **Customer Reviews**

Karon Karter (Dallas, TX) is an exercise guru featured on The Natural Wellness Channel's Pilates for Real Bodies. She is the author of The Six-Week Bikini Countdown, The Core Strength Workout, and Pilates Lite.

Great workout book!! One I always go back to when I'm in a workout slump.

This book is excellent guide that includes day by day exercises with photos for whole 6 weeks. If I

finally have strong enough will to stick with this program (I have been starting it several times but not following through to the end) I am sure I will see the results. Exercises that everyone can do but challenging enough, they do get more complex as long as you go further in time. Getting some sweat guaranteed. I love this book and recommend everyone. This is not a diet or recipe book, so you need to search for the diet that will help you to achieve the results faster.

Love this book. This helped me get into shape a few years ago when I did my first 5k. I'm hoping to get back into shape with it. I really like these exercises & that you aren't doing the same thing everyday, but I find the build up each week to be odd. Also, this is an exercise book. There isn't much about diet in it so if that's what you're looking for, this isn't for you.

On day 8 ... and already seeing results. I'm already in good shape and workout regularly. I have done this program for the last 8 days and am very happy with the results , I already look and feel more toned. This book is a good mix up of workouts to shock your muscles and you won't get bored. Only downfall is the cardio is all for a treadmill which I do not own. So I switch it out for a Jillian Michael Cardio video!! Great Program totally worth it!!

I enjoy this because it is well organized, well explained, and well rounded. There is no doubt this book will get you in shape. This is not a beginners book, but don't be too intimidated by it. The real challenge is the amount of weight or the length of time. I think that if you had some idea of what you were doing, you could modify those things. Depending on where you start, it might take you more than 6 months, but this book will get you bikini ready!

Had more writing on the interior than expected. The book information itself is great and easy to follow.

I am going on a cruise in June and would love to be in a 2 piece suit, while not scaring others. So I found this book and decided to give it a try. I am on Week 4 and have lost about 50% of my belly. You will be challenged and I spent the first two weeks eating Ibuprofen, but it is totally worth it!! The exercises are deceptively easy - you feel it the next day though. Totally worth the money and time. It would be nice if there was a DVD for the Pilates portion of the workout so you learn to do them correctly.

I bought this book 4 weeks ago and am in love with it. The workouts change every week so you never get bored and they're fun. Also the book has tons of color photos and each exercise is clearly described. I am seeing changes in my body and I'm not even done with the 6 week program. If you want a workout program that you'll enjoy and get results then this is the book for you!

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Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Bikini Competition: Ultimate Bikini Competition Diet Cookbook! - Bikini Competitors Guide With Carb Cycling And Clean Eating Recipes To Prepare And Win ... Low Carb, Paleo Diet, Atkins Diet) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Deep End of the Pool Workouts: No-Impact Interval Training and Strength Exercises Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Pilates and Lifestyle with Foreword by Julian Clary: Pilates (flat abs, help back pain), lose weight, manage stress, quit smoking Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Tone Every Inch: The Fastest Way to Sculpt Your Belly, Butt & Thighs Tone Every Inch (TM): The Fastest Way to Sculpt Your Belly, Butt & Thighs The 11 Best Cardio Workouts: To Burn Fat, Tone Up, and Lose Weight Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by

Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out,Flat Stomach,Weight loss) Bellydancing for Fitness: The Sexy Art That Tones Your Abs, Butt, and Thighs

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