

Bikini Bootcamp: Two Weeks To Your Ultimate Beach Body By Melissa Perlman

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Melissa perlman (author of bikini bootcamp) -

Melissa Perlman is the author of Bikini Bootcamp (3.76 avg rating, 33 ratings, 7 reviews, published 2007), Melissa Perlman s Followers. None yet.

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Bikini bootcamp : the two week at-home fitness escape that delivers your ultimate beach body, Melissa Perlman and Erica Gragg ; illustrations by Diana Marye

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Get in shape for beach season! This super-slimming, body-sculpting makeover gets you bikini-ready--in just two weeks. Bikini Boot Camp creators Melissa Perlman and

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Laura lost 34lb in 8 weeks at No1 Boot Camp Norfolk "My journey wasn't just about the weight loss and fitness, but I really wanted to find myself again.

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Chicken curry with veggies on whole-grain couscous

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Bikini boot camp: lose up to 10 lbs in 2 weeks |

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