

Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts

By Karon Karter

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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.

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Editorial Review

About the Author

Karon Karter (Dallas, TX) is an exercise guru featured on The Natural Wellness Channelu2019s Pilates for Real Bodies. She is the author of The Six-Week Bikini Countdown, The Core Strength Workout, and Pilates Lite.

Users Review

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