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[The Healthy Gamer Fitness Guide](#) Da Capo Press

Body Transformations are the most sought-after type of training in the fitness world at present. It is now understood by the leading magazines, gym chains and industry as a whole, that training for a marathon, getting into swimming or general exercise (like squash) will not give people the bikini body or rippling six pack they would like.

[Get Off Your Acid](#) Speedy Publishing LLC

A RUNNER'S DIET: A Comprehensive Guide to Fulfilling your Nutrition Needs for Training and Competition and Weight Loss Everywhere you turn you will find some sort of advice that will make you skinny by tomorrow or change in pattern that will make you the leanest you have ever been! And every single time you look at it- The Information Has Changed! Now we no longer have to worry about always ambiguous information. We have a steady, stable, tried and true, proven system that will help you reach ANY GOAL you have set for yourself! Keeping track of the nutritional needs as we change our workout schedule, distance or pace goals, and even for general weight loss is a difficult task. It can be even worse with all of the misunderstandings and distorted information available these days! A RUNNER'S DIET: A Comprehensive Guide to Fulfilling your Nutrition Needs for Training and Competition

and Weight Loss- Will help to show you the simplicity of a well-designed nutrition program that will make it easier than you ever thought to reach those goals. You will find simple explanations for all aspects of dieting and "eating to train" in this book! Never before have you been able to find so much information, given to you in such an easy to read format that you will be able to start applying what you read, almost immediately! All of this great information on what foods are made of and what you really need to fuel yourself like a jet fighter also includes what to eat and when! Know what your body needs, based on your workout, schedule, or goals, is key to reaching those goals and realizing all of the "GAINS!" you are looking for! We have never released a book like this before. Learning how to feed yourself at any time, for any situation, will free you up from always needing to check a calculator to make sure you aren't going over your calories. You'll know what kinds of foods will do what for your body- giving you freedom from only eating certain things. As your personal fitness and weight loss journey continues, you will incorporate more of the material in this book into your personal life. Taking action now will lead you to your Weight Loss Goals. Getting you back into your favorite bikini (for you ladies) or making you feel more comfortable on a beach run, in just your boards shorts and without shirt (for all the guys that want to show off that 6 pack they haven't seen in a few years). Taking the step now will improve your ability to provide

yourself with a Healthy and Happy Life for years to come. You will understand all of the factors that affect your health, and be able to use all of the information in this book, to your individual advantage! Today can be the day you take control of your "Diet" and learn to train to your best potential! Making yourself into the athlete that fills your dreams and inspires you to work out so hard. Mankind Landing on the Moon, The Titanic Being Built, and all Major Medical Advances have two things in common. It took time. And it took some help! We are here to HELP you be successful in your goals of Fitness and Weight Loss. We want to ensure you have a long and happy life, that you can enjoy without feeling like you must constantly refer to something or someone else. By learning what food really is, what it really does, and how you can use it to reach your goals. You will be in Control!

[Gender Swap Erotica Bundle - Woke Up A Woman \(3 Stories!\)](#) Chronicle Books

Warning: When regular guys are transformed into lusty women, wild sexiness may occur! This bundle contains 3 stories, 28,000+ words of gender bending sex and adventure! Included are the previously published stories: Girl Mask Portrait As A Lady Jailhouse Gender Swap Girl Mask College boy Alex just wanted to buy a mask for his frat 's party - what he gets instead is a full-body disguise! The only cure is time, so Alex is free to attend the party as a completely anonymous woman. He thinks he 's got a handle on the situation. But soon, his sexy new body 's rampant lust locks in - on his roommate! Portrait As A Lady College student and playboy Robert Whitney Sutherland the 4th gets caught up in one of his father 's feuds when a rival arranges to have him turned into a girl! He gives Robbie two options - hand over the famous and expensive piece of art his father just purchased, or remain a woman forever. Robbie refuses to be blackmailed, though, and soon he hatches a plan to use his new body for fun and revenge! Jailhouse Gender Swap Patrick 's girlfriend has devised a plan to break him out of jail - all he

has to do is become her! He needs a few favors along the way, though. And no favor come for free. He ' ll have to get past his fellow inmates and the prison guards - will Patrick ' s transformed body be enough to bargain his way out from behind bars?

Tone It Up Da Capo Lifelong Books

This manual brings the reader through a step-by-step process explaining both diet and exercise in a way that's never been done before. It shows the reader how to prepare season by season so the reader will look her best for the time of year that matters most, **Bikini Season**.

The Vegan Muscle & Fitness Guide to Bodybuilding Competitions Macmillan

All you need to smash your body goals Drive visible results in 2 weeks Full 6 Week Tone Guide Full 12 Week Nutrition Guide BONUS: FREE Smoothie Recipe Book

Haynes Publishing UK

From the A-list bodyworker, trainer, and alignment expert dubbed "the body whisperer" by Goop comes **Taller, Slimmer, Younger**—a powerfully simple daily foam roller routine to help you sculpt longer, leaner muscles, stand an inch taller, look ten pounds slimmer, and renew your body and mind. Are you ready to roll? **ALIGN YOUR BODY, ALIGN YOUR LIFE** There's a new buzzword in the fitness world: fascia. It's the connective tissue that wraps around your muscles and organs and helps keep everything in place. But in our increasingly busy and often stressful lives, tension and toxins are often stored within our fascia, resulting in serious long-term consequences including poor posture, excess weight, acute anxiety, and chronic pain. Fitness and alignment expert **Lauren Roxburgh**—who has worked with such stars as Gwyneth Paltrow, Gabby Reece, Melissa Rauch, and Baron Davis—has the solution to keep your fascia supple, flexible, and strong. Using only a foam roller, you can reshape and elongate your muscles for a leaner, younger look, while also releasing tension, breaking up scar tissue, and ridding yourself of toxins. In just fifteen minutes a day, Roxburgh's 21-day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body, including the shoulders, chest, arms, legs, hips, butt, back, and stomach. The result is a healthy, balanced, aligned body that not only looks but feels fantastic. Advance praise for **Taller, Slimmer, Younger** "As an athlete with a lifelong passion for fitness and wellness, I am always looking to get an edge in my body, and Lauren Roxburgh has helped me do just that. Lauren's philosophy will rejuvenate your body and spirit, helping you look and feel lighter and brighter, reducing stress and tension, while dramatically improving

your stance in your body and also in your life!"—Gabby Reece, U.S. beach volleyball champion "This book is sure to become the body bible for anyone who wants to live a healthy, fit, and balanced life."—Melissa Rauch, actress, *The Big Bang Theory* and *True Blood* "Lauren's method has rejuvenated my spirit, giving me more energy and strength, which has allowed me to perform better on and off the court."—Baron Davis, two-time NBA all-star "Lauren's method sculpts the body's soft tissues, slimming and streamlining whatever part you work. She's a 'body whisperer!'"—Goop "If you've never tried foam rolling, I highly recommend it. [Lauren Roxburgh's] program is designed to improve posture, release tension and stress, activate and strengthen the core, and heal from the inside out. When I was a model, I used a foam roller to lengthen my muscles. I'm so excited to get back into it once I give birth! Oh, and Goop dubbed her 'The Body Whisperer.' Enough said."—MollySims.com

SUMMER BODY 101 The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

Zoey Taylor understands what it's like to struggle to lose weight and maintain it, and she all about losing it in the healthiest way possible. Years of experience as a health and fitness expert have taught her that extreme diets and exercise regimes simply don't work in the long term--and they'll make you look haggard and frazzled in the short term. If you want to look great in a bikini, at any age, you've got to adopt a realistic diet and workout routine that integrates seamlessly into your daily lifestyle. That's why Taylor wrote the **Beach Body Makeover**--to show you exactly how to change the daily habits and triggers that are sabotaging your ability to look stunningly fit and trim in a skimpy bikini swimsuit. Taylor understands that the average woman can't afford a personal trainer or expensive supplements. She knows that most women juggle a busy schedule and possess limited time to exercise or plan a low-calorie diet menu that the entire family can enjoy. Taylor steers clear of recommending exotic "miracle" supplements or exercise plans requiring expensive exercise equipment. Instead, she shows you how easy it is to integrate an exercise routine at the office or while cleaning your home. You've got to clean your home anyway--so why not get bikini body ready at the same time? Taylor gets your body swimsuit ready by revealing: o specific negative calorie foods that will fill you up and expedite weight loss o fat-flushing secrets that will help you melt away stubborn fat o the secret to enviable 6 pack abs Taylor's final chapter brims with tips on motivation to keep you firmly on track so that you'll

always look beach ready and fit without having to starve or spend your days in the health club. What are you waiting for? Get motivated, get ripped, and slip into the snuggest swimsuit you've ever worn. Zoey Taylor will show you how.

Body For Life Harper Collins

The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her **Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions** that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her **Sweat with Kayla** app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. The **Bikini Body 28-Day Healthy Eating & Lifestyle Guide** features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's signature 28-minute workouts - Full-colour food shots and photos featuring Kayla throughout **Daddies Explicit Forbidden Taboo Erotica for Adults Bundle Anthology** Bluebird

Welcome to the phenomenal journey of learning Project management, and beyond! This book is based on latest PMBOK 6th edition. With help of numerous examples from IT Industry, Civil Industry, and Mechanical Industry, the Author has simplified the concepts of PMBOK which helps students from any background to understand them. The Author has utilized his wide international experience across the USA, UK, Europe, Middle East, and the India while working for multiple industries. Many real-life examples have also been included to share his experience and way to handle them. The approach used in this book is to make a solid foundation for students on which any castle can be built, may be it is clearing PMP® exam or implementing management tools and techniques in real life. One further step is taken for leadership role to understand the concepts of, and work on, fundamentals of any organization, for example, starting from vision, mission, and values - to - strategic plan - to - support system for project managers - to - project management standardization - to - monitoring and control system (e.g., PMO). Comprehensive yet simplified explanation of tools, for example, CPM/PERT, Fast tracking, Crashing, Burndown chart, Budgeting, and funding, Earned

value analysis for EAC and TCPI, ITYXC & Roof shaped matrices, Root cause analysis, Control charts, RACI, Risk response tools, Stakeholder grid/cube, and much more, will enable reader to work in standardized and most professional fashion. This book is for all of you, who is either preparing for PMP® certification or working project manager, as a senior management up to CEO/Owner level by making you fully equipped to take up any level of management tasks. Enjoy the journey, of becoming a Supermanager...

Natalie Jill's 7-Day Jump Start Macmillan

Mention the name Bill Phillips to any of the people he's helped transform and you will see their faces light up with appreciation and respect. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about exercise, nutrition, and living with strength. Elite professional athletes, among them John Elway, Karl Malone, Mike Piazza, and Terrell Davis who have turned to Phillips for clear-cut information to enhance their energy and performance. People once plagued by obesity, alcoholism, and life-threatening ailments who accepted a personal challenge from Bill Phillips and, with his help, have regained control of their bodies and their lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover Body-for-LIFE is much more than a book about physical fitness - it's a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before. Within 12 weeks, you too are going to know - not believe, but know - that the transformation you've created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down-to-earth, Bill Phillips guides you, step by step, through the integrated Body-for-LIFE Program, which reveals: How to lose fat and increase your strength by exercising less, not more; How to tap into an endless source of energy by living with the Power Mindset™; How to create more time for everything meaningful in your life; How to trade hours of aerobics for minutes of weight training with dramatic results; How to make continual progress by using the High-Point Technique™; How to feed your muscles while starving fat with the Nutrition-for-LIFE Method™; How thousands of ordinary

people have now become extraordinary and how you can, too; How to gain control of your body and life, once and for all. The principles of the Body-for-LIFE Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.

The Birth Space Robinson

If you're a gamer - and you don't think fitness is for you, this might be the most important thing you ever read. I get it, most fitness books suck - they're dry as day-old toast, mislead readers by only sharing snippets of BS info instead of what really matters, and they make things way more complicated than they need to be. This book changes everything. See, there's a whole lot more to being fit & healthy than the "gym rat" most people think of. Health, injury prevention, and training is important for keeping players in the game, and giving a competitive edge as gaming is becoming more competitive. Any gamer can level up their health and fitness, using the Healthy Gamer Fitness Guide because it uses your natural, built-in gamer mindset, and abilities to turn fitness into a game you want to play every day! If you want to look great, wake up with vibrant energy, without aches and pains, and perform your best in game and IRL - without steroids, sketchy bio-hacking supplements, good genetics, crash dieting, or wasting crazy amounts of time in the gym - regardless of your age, or fitness level... you need to read this book. You don't need to: become a bulky, bloated bodybuilder, obsessed with the gym You don't need to: drudge through mindless, boring cardio. You don't need to: be stuck on crappy salad diets made for bikini models. Instead you can craft the sculpted, lean body you want eating all the foods you love. You don't need to: sacrifice gaming, or doing things you love. In fact you can spend less than 3 hours a week exercising to achieve the body of your dreams. These fitness industry lies keep gamers fat, frustrated, and discouraged. In this book, you'll discover: The 5 Health Dangers Every Gamer Needs To Know & How To Avoid Them 11 Ways to Overcome "Gymtimidation" & Be Confident Exercising Anywhere Any Time! The 3 Fundamental Laws of Fitness (Missing These Practically Guarantees Failure) The 5 Types of Exercise + How Each of Them Can Shape & Sculpt Your Dream Body Done-For-You Workouts For All Experience Levels & Equipment Access 7 Crippling Injuries That Stop Gamers in Their Tracks - Learn How to Fix and Avoid Them for Good! Develop Cat-like Reflexes & Reaction Time to Dominate Your Competition! The 5 Levels of Nutrition + How to Level Up Your Diet to Craft Your Ideal Body Eating Foods You Love! And so much more! Imagine just a couple short months from now... looking in the mirror,

stopping and being damn proud of what you see looking back at you, rather than horrified. Imagine being constantly complimented on how great you look and asked how in the world you're doing it. Imagine waking up full of energy and excitement, free of aches and pains, feeling strong and ready to take on the day, crush your scrimms, and dominate your competition. The bottom line: you CAN get a ripped body, look great, feel great, extend your gaming career and dominate your competition - without living in the gym. You can turn fitness into a game, level up your health + fitness while having fun. This book shows you how. SPECIAL BONUS FOR READERS! With this book, you'll also get 2 FREE bonus reports with the top training and nutrition myths every gamer needs to know. Healthy gamer meal plans, 100s of extra gamer workouts, Beta access to 6-Pack Gaming Online: complete quests and workouts to gain XP, climb the ranks & unlock achievements for leveling up your health + fitness, and a lot more! Scroll up, click the "Buy" button now, and start your epic quest to becoming the best version of you!

The Women's Health Big Book of Abs North Yard Publishing
Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after. • FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

The Bad Girl's Guide to the Open Road Britten Thorne

The newly pregnant woman faces a multitude of changes in her mind, life, and body, some of which are addressed by traditional

medical care but many of which are not. In this holistic guide, the expectant mother will find warm and reassuring advice that will help her stay calm, focused, and energized during this exciting time and beyond. Rather than treat the arrival of a baby as strictly a one-moment-in-time medical event, author Karen Salt provides advice and wisdom to "treat" the whole woman-her emotions and her physical changes-and covers the entire year-long experience of pregnancy, childbirth, and the postpartum period. Salt's holistic approach unveils for mothers-to-be the backbone of the doula role-to provide support, information, advocacy, and facilitation to women during pregnancy, labor, and early motherhood-and teaches her the many ways to use the doula philosophy to nurture herself through the process. From meditation and relaxation exercises, to fitness and nutrition advice to tips for achieving "positive energy living," this comprehensive guide puts mothers in control of their pregnancy, their birthing experience, and their approach to this wonderful and life-altering time.

The Bikini Body 28-Day Healthy Eating and Lifestyle Guide

Lulu Press, Inc

Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

Bikini Body Training Guide 2.0 Cengage Learning

Getting ready for a beach vacation? Do you want to get a visible, strong six-pack? Just looking to get a bit more body confident? The first day of summer is quickly coming, which means it's time to get in shape and feel good about your "summer body." Do you think it's too late? You're wrong! There is plenty we can do to get physically fit in time for summer. You can get your summer body quickly, and it doesn't have to be a hassle. This comprehensive Workout and Nutrition Guide for Men and Women of All Ages include: - Physical and mental benefits of getting fit for summer - Simple tips to overcome workout obstacles - A complete 4-week beach body workout plan - All the nutrition secrets behind a health and well-defined body - Effective tricks to lose weight quickly - How to keep that summer body all year round - And much more Fitness isn't just about appearances, and exercise is beneficial to your well-being whether or not you care about losing even an ounce of weight. Start today to get fit and build your summer body!

Body Transformation Manual MacGowan Press

There's nothing better than spending time out by the seaside, reading a book and sipping wine under a parasol or sun tanning, and creating new memories with your family on a dream tropical trip! And now, you can capture every special moment and record all your adventures with this beautiful beach journal! This Camping Journal features: Large 6" x 9" soft

cover book with over 100 pre-formatted pages to record information like your summer memories, reservation dates, flight booking number, activity planner and much more! Pages are designed to make it easy to record and track your vacation activity as well as stay organized throughout your adventure! Plenty of space to write about your favorite holiday memories! Over 100 pages that you can use however you choose! Use this special journal to document your dream trip or use it throughout the years to record all your travelling adventures. The possibilities are endless. This all-inclusive Beach Journal is the perfect way to record your adventures and keep track of those special places and people you've met! Purchase your copy now! Makes a wonderful gift for all beach lovers! Your companion for writing your next vacation trip and preparation before you leave. This 120 page journal could bring out the creative ideas you've been harboring inside while you plan your dream holiday. Can be used for writing notes or keeping a note of every place you visit and what kind of memory or experience that place brings during your travels Sometimes preparing for a dream vacation can be overwhelming so being organized can help in many ways besides the experience and the fun you're looking forward to. When you book the flight, hotel, and hire car, that's just the beginning. Organize your trip, expectations, and enjoy your adventure. Features: Fill-in lists and prompts will help you to compile important information as your packing checklist, flight information, places to stay, date of travel and important documents checklist Some of the detailed costs to work out and remind yourself of are your clothing to pack, daily adventure, tips, and many more are in this cute travel checklist planner. Record each event so it becomes your go to book till the day you leave for your annual vacation.

Summer Body 12-Week Workout Guide Ballantine Books

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a "diet", but a lifestyle. With my 2.0 guide, I've created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

Hardie Grant Publishing

Based on the successful video franchise from Prevention, Fit in 10 is a plan for even the busiest woman: exercise for 10 minutes per day and prep clean recipes in 10 minutes or less. Most women already know, more or less, what they should be doing to keep their bodies healthy and strong. Eat right, work out, and be mindful--but who really has the time for all of that when

work is crazy, the kids are waiting for dinner, and there just aren't enough hours in the day? It turns out, you don't need hours: just 10 minutes! Based on cutting-edge research and designed for real women, the 60-day Fit in 10 plan offers proven results without endless hours at the gym or cooking elaborate meals. Working out for just 10 minutes per day and spending 10 minutes or less creating healthy, delicious meals will result in a faster metabolism, slimmer waistline, reduced pain, and overall improved health and mood. Fit in 10 is a lifestyle, not a diet. Prevention has developed this program to help you boost your commitment to a healthy, active life. The book includes a 10-day clean-eating jumpstart meal plan, 85 healthful, delicious recipes to the 60-day training plan that will help you form new exercise and eating habits that will improve your health and tone and tighten your body. The 10-minute "Life Changers" throughout the book encourage and empower you to prioritize yourself and stay on track to meet those goals long past those first 60 days.

A Holistic Guide To Embracing Pregnancy, Childbirth, And Motherhood Createspace Independent Publishing Platform

The essential diet and fitness guide to lean, sexy abs-including a results-driven 4-week program to lose weight, strengthen your core, and tone your entire body. Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area-and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 4 weeks-and keep it off, forever. The Women's Health Big Book of Abs special features include: - A delicious, easy-to-follow diet that includes satisfying carbs! - A special section on the best pre- and post-pregnancy workouts - Hundreds of tips on how to reveal a lean, flat belly and bikini-worthy body! Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men's Health Big Book of Abs and The Women's Health Big Book of Abs by Adam Bornstein and the Editors of Women's Health is the ultimate guide to a leaner, fitter, sexier body-starting with your core. **The Resistance Training Revolution** A&C Black Miles Away From the Body You've Always Dreamed Of? Can you squat and bench heavy loads but are also carrying an extra load

around the waist? Can you perform amazing boot camp and cross-training drills but don't look like you've ever exercised a day in your life? Can you hit amazing running times but are still soft, saggy, and flabby crossing the finish line? There is no doubt about it, Man Boobs & Muffin Tops are a tenacious tag team opponent that is hard to keep down for the count these days. Most of us are a long way from living lean year-round, even if we "think" we're eating right and exercising the way we should. **Ditch the Fitness Myths & Find a Sustainable Diet Structure** The truth is, most of us are doing everything wrong when it comes to getting lean and finally getting that much-desired 6-pack. Those quick-fix, boot camp workouts you see advertised on TV? Not gonna cut it. Loading up on fat to be in a ketogenic, "fat-burning" zone? Nope, not going to work, either. So what's it going to take to get the bikini or board short body you've always wanted? More diets, deprivation, and struggle? Or are there some simple strategies you can put into place that "fit into your lifestyle" that will finally get you lean? **Stop Wasting Hours in the Gym** Use the most efficient path to results possible. Nate Miyaki has condensed his 15 years of shredding experience into "The 6-Pack Checklist," which will give you a step-by-step process for getting the body you've always dreamed about. No magic, no pills, no crazy diet plans that will have you feeling hangry by lunchtime. This is simple advice that anyone can implement. Miyaki walks his talk (and has pictures to back it up). So get out there and start attacking your goals today--not tomorrow, or some other time down the line. "Some other time" usually ends up being never.