

Bikini Ultimate Bikini Competition Prep Guide for Weight Loss and Diet Bikini Competition Bodybuilding Figure Competition Diet Weight loss Contest Prep



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BOOK SYNOPSIS

A complete and comprehensive guide for competing in Bikini, Fitness, Figure, Womens Physique and Bodybuilding. Loaded with information and resources for those looking to compete. Guides you through the steps from choosing a trainer to stepping on stage. Complete with Q and A section with judges, competitors, and a professional photographer.

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