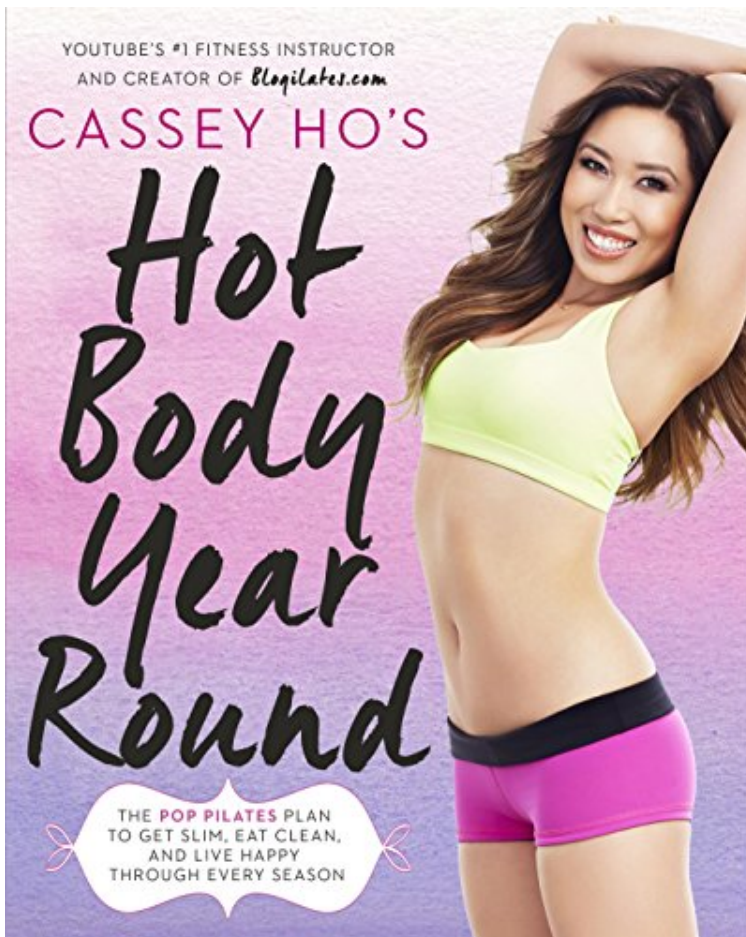


[PDF] File size: 51.Mb

Cassey Ho's Hot Body Year-Round: The POP Pilates Plan to Get Slim, Eat Clean, and Live Happy Through Every Season



Par Cassey Ho

DOC | *audiobook | ebooks | Download
PDF | ePub

Dtails sur le produit Rang parmi les ventes :
#174355 dans eBooksPubli le: 2015-04-07
Sorti le: 2015-04-07
Format: Ebook
Kindle

[PDF] Cassey Ho's Hot Body Year-Round:
The POP Pilates Plan to Get Slim, Eat
Clean, and Live Happy Through Every
Season

Par Cassey Ho : Cassey Ho's Hot Body Year-Round: The POP Pilates Plan to Get Slim, Eat Clean, and Live Happy Through Every Season before purchasing it in order to gage whether or not it would be worth my time, and all praised Cassey Ho's Hot Body Year-Round: The POP Pilates Plan to Get Slim, Eat Clean, and Live Happy Through Every Season:

Download

Read Online

Description :

Prsentation de l'diteur Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. Cassey will show you how to stay motivated throughout the year, no matter what the

challenges are. You will get:- 120 of Cassey's BEST total body transforming exercises- The complete POP Pilates exercise library - fully photographed and easy to follow- 20 full length workouts- 40 brand new, ridiculously delicious nutritious recipes- Foods for beautiful hair, skin, and nails- 4 complete clean eating meal plans grocery lists that complement each season- Cassey's personal daily meal plan- Motivational tips to stay inspired year-round- 256 pages of full color, glossy inspiration

From the Trade Paperback edition. *Revue de presse* "...Offers a gorgeously laid-out exercise and diet regimen that aligns with nature's calendar." *Publisher's Weekly* Presentation de l'auteur Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. *Hot Body Year Round* is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get:- 120 of Cassey's BEST total body transforming exercises- The complete POP Pilates exercise library - fully photographed and easy to follow- 20 full length workouts- 40 brand new, ridiculously delicious nutritious recipes- Foods for beautiful hair, skin, and nails- 4 complete clean eating meal plans grocery lists that complement each season- Cassey's personal daily meal plan- Motivational tips to stay inspired year-round- 256 pages of full color, glossy inspiration

From the Trade Paperback edition.