



Secrets of the Bikini Competitor: Everything you need to rock the stage and win your competition

Valerie R Wiest

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Want to enter a bikini competition but not sure where to start? This book is for you! I will walk you through the secrets to success only top competitors know. In this book you will find everything you need to rock the stage and succeed: -8 week training program -3 sample diets -Posing Tips -Tanning Advice -Choosing a bikini -Make-up Tutorial -Competition Countdown -And so much more! Plus there is a link in the book for my FREE Meal Prep Guide.

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