



# **The Body Sculpting Bible Swimsuit Edition for Women: The Way to the Perfect Beach Body**

*James Villepigue, Hugo Rivera*

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Whether you summer in the Hamptons or Malibu, it's time to start getting ready for that itsy-bitsy bikini.

Today's beach fashions have never been more revealing. Tankinis, bikinis, thongs—you have to be in shape to wear the fashions of the season. Now let renowned trainer James Villepigue show you the way to physical perfection and the hottest summer of your life.

Special features:

- \* New exercises that target the thighs
- \* Toning exercises for the abs and obliques
- \* A glutes workout for the best butt on the beach
- \* Diet tips, workout plans, meal schedules, and more

*The Body Sculpting Bible Swimsuit Edition for Women* will make you your sexiest best just in time for the beach.



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