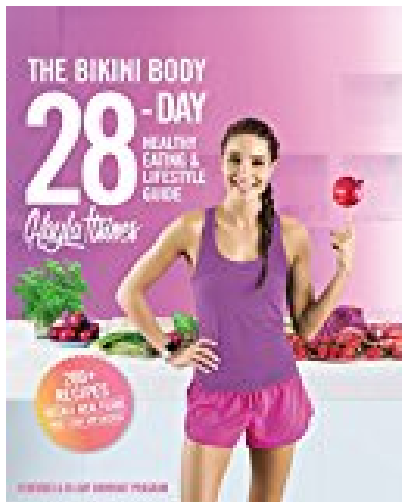


The Bikini Body 28-Day Healthy Eating & Lifestyle Guide 200 Recipes and Weekly Menus to Kick Start Your Journey



BOOK DETAILS

- Author : Kayla Itsines
- Pages : 400 Pages
- Publisher : St. Martins Press
- Language : English
- ISBN : 1250121477

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BOOK SYNOPSIS

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

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