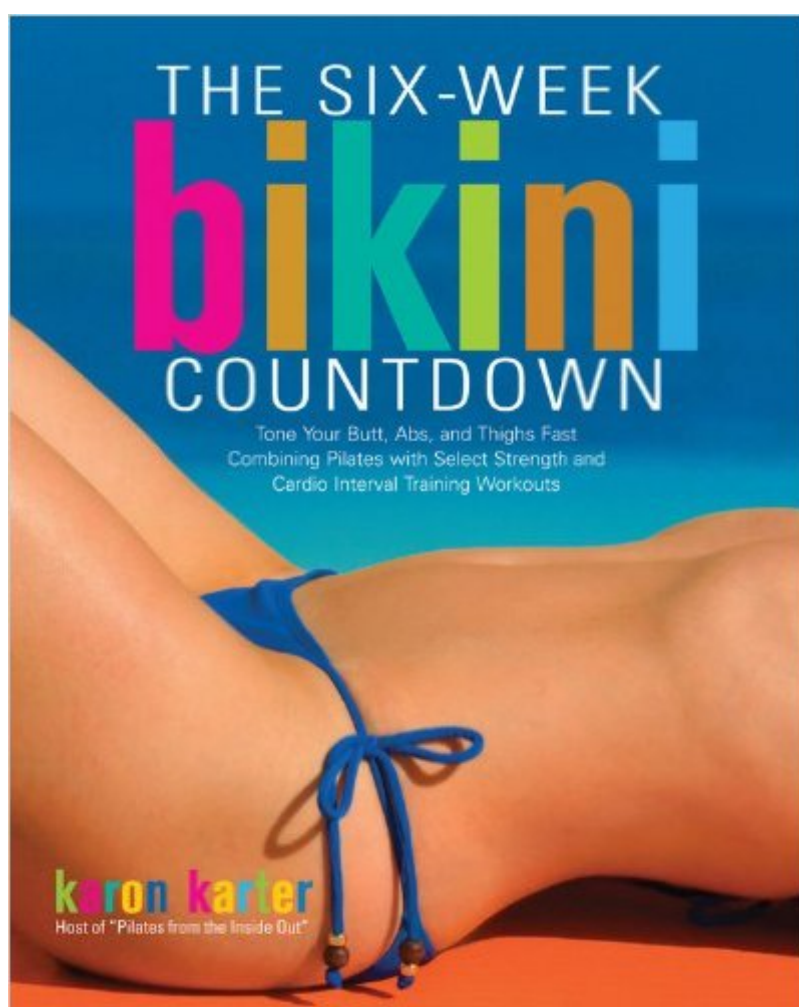


The book was found

Six-Week Bikini Countdown: Tone Your Butt, Abs, And Thighs Fast Combining Pilates With Select Strength And Cardio Interval Training Workouts



Synopsis

With a minimal time commitment any woman can sculpt away her body trouble spots. There isn't a woman on the planet who doesn't dream about looking great in a bikini-until they are faced with the huge amount of time and sweat equity involved in reaching swimsuit cover model shape. Feeling intimidated and overwhelmed, they give up before they start. However, readers can get a bikini body-not by working harder, but by working smarter. Exercise guru, Karon Karter, featured on The Natural Wellness Channel's "Pilates for Real Bodies" program, takes the best Pilates moves and combines them with the most effective leg, butt, and ab firming exercises to get in bikini shape in the shortest amount of time possible. Using targeted routines, women will re-sculpt and firm muscles in key trouble areas. Built around a 6-week timeline, Karon Karter offers a specific course that gives women the shortest legitimate way to sculpt their body to bikini perfection.

Book Information

Paperback: 288 pages

Publisher: Fair Winds Press (March 1, 2008)

Language: English

ISBN-10: 1592332951

ISBN-13: 978-1592332953

Product Dimensions: 8 x 0.8 x 10 inches

Shipping Weight: 2.2 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #620,652 in Books (See Top 100 in Books) #32 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #84 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) #96 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#)

Customer Reviews

Not just for Women! As a Doctor of Chiropractic I have encouraged patients of both sexes to buy the book. It is filled with great workouts that can challenge people of all fitness levels. Targeted at the muscles needed to stabilize and support your body (the "core"), not only will this help you tone, but strengthen as well. Karon integrates exercises like Pilates (long a favorite exercise of dancers) with exercises usually only performed by elite athletes like "plyometrics" and interval training (made popular recently in an article published in The Australian Journal of Applied Physiology). Pilates was started by Joseph Pilates as a way to rehabilitate wounded soldiers during World War I. It

emphasizes control, strengthening and stretching of key muscles in the body. Plyometrics uses quick short movements to help build strength, and speed. Interval training usually involves high speed workouts along with lower intensity workouts such as sprints, while performing a longer run. Interval training helps burn calories and increases cardiovascular fitness. Karon's program is FUN! Her writing style is easy to read, follow, and is entertaining. She takes you from the basics, to more advanced exercises as your skills improve. By the time you're done you'll have a better body, not just a better "bikini body."

I am going on a cruise in June and would love to be in a 2 piece suit, while not scaring others. So I found this book and decided to give it a try. I am on Week 4 and have lost about 50% of my belly. You will be challenged and I spent the first two weeks eating Ibuprofen, but it is totally worth it!! The exercises are deceptively easy - you feel it the next day though. Totally worth the money and time. It would be nice if there was a DVD for the Pilates portion of the workout so you learn to do them correctly.

I got this book to replace my expensive bootcamp classes and it has been an excellent replacement. The workouts are easy to follow, of medium to difficult intensity, and target each muscle group over the 6 weeks. A weeks worth of work-outs are printed on one page so you can see what's in store easily and each of the exercises from that week are demonstrated in easy-to-follow pictures. I found this helpful because it gave me a the week-at-a-glance and I could prepare myself accordingly. Also, not a lot of fancy equipment is involved, handweights and a treadmill (although alternatives are suggested also). As an intermediate "exerciser", I thought some of the exercises challenging, depending on the recommended running speed or the amount of weight being used but the book provided many suggestions on how to modify the exercises. Also, there's not a lot of unnecessary verbiage and "chatter" -its a very simple and straightforward book. The only thing I don't like are the random full-page glossy pictures of the author frolicking in her bikini- I'm not sure if its meant to be inspiring or sexy but it just came across as weird. And its definitely not for people who exercise occasionally and now want to get in shape quickly- but it states that up front. This is for people who are used to activity and just need to ramp up their regimen. Overall a good buy and if you can devote the hour a day, a great alternative to bootcamps and gyms.

This book is amazing! It has great pictures that clearly demonstrate each exercise. It's a

combination of cardio, weights, and pilates. I used to take Karon's pilates class in Dallas. The pilates exercises in her book are a page from Karon's classes! I've moved away from Dallas, and have not found a pilates class that even compares to hers. This book is my saving grace! I'm a week into her program and find it very easy to follow. I would highly recommend this book to anyone that wants to tone up with a variety of exercises. It's a great read!

As a current pilates addict of Karon's, this book is giving me a great way to change up my workout routine to include weights and cardio. I've seen tremendous results from taking her classes, and I'm already seeing the difference that this book is making, in the short time that I've been following it. If you are looking for an exercise book that is easy to follow and will deliver the results, then this is the book for you!

The exercises found in this book are great, BUT I was concerned when I saw one of the "healthy" eating tips supported having only yogurt for dinner. When you are doing about an hour of exercise a day your body needs nutrients to replenish and be healthy! Having too few calories will help you lose weight, but may also make you nauseous, irritable, and tired, none of which is attractive even with your best bikini body!

I bought this book 4 weeks ago and am in love with it. The workouts change every week so you never get bored and they're fun. Also the book has tons of color photos and each exercise is clearly described. I am seeing changes in my body and I'm not even done with the 6 week program. If you want a workout program that you'll enjoy and get results then this is the book for you!

Love this book. This helped me get into shape a few years ago when I did my first 5k. I'm hoping to get back into shape with it. I really like these exercises & that you aren't doing the same thing everyday, but I find the build up each week to be odd. Also, this is an exercise book. There isn't much about diet in it so if that's what you're looking for, this isn't for you.

[Download to continue reading...](#)

Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts
How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2)
Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness -

Strengthen,Tone and Heal Your Body) 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14) Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less Tone Every Inch:Â The Fastest Way to Sculpt Your Belly, Butt & Thighs Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! HIIT Made Easy: Burn Fat and Lose Weight Fast, With 20 Minutes High Intensity Interval Workouts You Can Do at Home Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Protocolos de cardio-RM y cardio-TC de la Unidad de Imagen Cardiaca Sant Pau (Spanish Edition) Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)

[Dmca](#)