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(Ultimate Guide to Bikini Competition) Youâ€™re about to discover how to... Effectively prepare and win your
bikini competition in 12 weeks or less. Bikini competitions are not easy and requires discipline and following a
strict diet and exercise regime. A lot of people lose motivation when they don't have a guideline and a sense
of ...

Ultimate Guide To Bikini Competition: How To Prepare And

If youâ€™ve always wanted to hit the stage in a bikini or figure competition, this is your time. Our
comprehensive plan includes the Workout Plan , this nutrition plan, and motivational tips to help you get a
winning physique in just 12 weeks.

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