



The Body Sculpting Bible for Brides: Look Your Best in Your Wedding Dress

James Villepigue, Hugo Rivera

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Your big day is on the way!

On your wedding day, you want to look your absolute best in even the most revealing of wedding gowns. Are you ready to bare your shoulders, back, and arms with a strapless, backless wonder? And don't forget the honeymoon bikini!

Together with personal trainer **RoseMarie Alfieri, James Villepigue and Hugo Rivera**--the experts who started the body sculpting phenomenon--have designed a series of unique workouts that will get you in your best shape in as little as four weeks. Whether you've booked a cathedral or plan to elope to Vegas, they have the perfect workout for you.

The Body Sculpting Bible for Brides includes:

- Exercises to tone and shape your arms and shoulders
- Stretching and breathing exercises to relieve those wedding day jitters
- Four, eight, and twelve-week programs to fit any schedule
- Tips to revitalize your energy levels and improve your posture
- Plus, nutritional tips, meal schedules, motivational hints, workout plans, and more!

From dumbbells to wedding bells, brides everywhere will be saying "I do" to **The Body Sculpting Bible for Brides**.

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From reader reviews:

Melissa Parra:

The book with title The Body Sculpting Bible for Brides: Look Your Best in Your Wedding Dress contains a lot of information that you can discover it. You can get a lot of advantage after read this book. This book exist new expertise the information that exist in this book represented the condition of the world at this point. That is important to you to understand how the improvement of the world. This book will bring you inside new era of the global growth. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

Daniel Buch:

Exactly why? Because this The Body Sculpting Bible for Brides: Look Your Best in Your Wedding Dress is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret this inside. Reading this book alongside it was fantastic author who write the book in such wonderful way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of rewards than the other book possess such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I had been you I will go to the guide store hurriedly.

Elmer Dooley:

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