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KEY=BODY - ALIJAH SANAA

THE BIKINI BODY 28-DAY HEALTHY EATING & LIFESTYLE GUIDE

200 RECIPES, WEEKLY MENUS, 4-WEEK WORKOUT PLAN

Pan Macmillan The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's signature 28-minute workouts - Full-colour food shots and photos featuring Kayla throughout

BIKINI BODY TRAINING GUIDE 2.0

The Bikini Body Training Company So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a "diet", but a lifestyle. With my 2.0 guide, I've created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

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before and after progress shots. Kayla's audience is avid and growing, with over 13 million followers worldwide. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features:- 220 nutritious recipes, including fresh fruit breakfast platters, dips, smoothie bowls, drinks, salads and much more- 4 weeks of flexible meal plans for balanced eating - Clear, practical advice on nutrition and how to choose and prepare food that fuels strong bodies - A handy pull-out poster featuring Kayla's signature workouts in a comprehensive 4-week exercise plan

DER BIKINI BODY TRAINING GUIDE 2.0

The Bikini Body Training Company Yeah! Du hast mein 12 Wochen Programm beendet! Du kannst stolz auf dich sein und fühlst dich jetzt bestimmt viel besser, gesünder und fitter. Wie du jetzt weißt, geht es bei meinem Programm nicht nur um ein Training, sondern es geht um einen neuen Lebensstil. Mit meinem BBG 2.0 habe ich ein weiteres 12 Wochen Programm erstellt, welches dich auf deiner Reise zu mehr Fitness und Gesundheit unterstützen soll. Der Guide enthält weitere herausfordernde Workouts, ein komplettes Glossar mit neuen Übungen sowie einen Leitfaden für das Schaumstoffrollen. Der BBG 2.0 hilft dir noch gesünder zu leben und ist der beste Weg, um deine Fitness-Ziele zu erreichen!

THE 4-WEEK BODY BLITZ

TRANSFORM YOUR BODY SHAPE WITH MY COMPLETE DIET AND EXERCISE PLAN

Random House Chloe Madeley's 4-Week Body Blitz is an at-home workout that shows you how to transform your body shape in just 28 days. No gym equipment needed. If you have a short-term weight-loss goal, then this is the exercise and nutrition plan for you! Chloe Madeley is a qualified personal trainer who specialises in body shape transformation. In the 4-Week Body Blitz, she lays out the exercises you need to do and the food you should eat every single day for four weeks in order to get yourself in shape. Follow Chloe's instructions and you will see a significant difference in how your body looks. What's more, you don't need a gym membership or expensive equipment to follow Chloe's plan. This comprehensive, fully illustrated guide is full of delicious, easy recipes to fuel your exercise and aid your weight-loss. What readers are saying: ***** 'Step by step exercise program that you do at home with no equipment (that really kicks your butt!!), and simple recipes that anyone can follow. 100% recommend!' ***** 'The plan gets results. I am over the moon with my results.' ***** 'Great recipes and ideas. Love the workouts. I love Chloe - such an inspiration.'

BODYBOSS ULTIMATE BODY FITNESS GUIDE

FOAM ROLLING GUIDE

The Bikini Body Training Company Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find: • The importance of foam rolling • Recommended upper body foam rolling routine • Recommended lower body foam rolling routine • Stretching exercises to aid in rehabilitation • Do's & Don't's • Step-by-step information

RECIPE GUIDE

The Bikini Body Training Company 14 days of Kayla Itsines' healthy, tasty meals! Sometimes the only thing harder than the workouts, is eating healthy and fighting those junk food cravings. Itsines' Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing, drool worthy recipes.

THE ULTIMATE BODY SHAPING BIBLE

Fair Winds

THE 12-MINUTE ATHLETE

GET FITTER, FASTER, AND STRONGER USING HIIT AND YOUR BODYWEIGHT

Tiller Press Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, **The 12-Minute Athlete** will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In **The 12-Minute Athlete** you'll also find: -A guide to basic calisthenics and bodyweight exercises for any fitness level -Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands -More than a dozen simple and healthy recipes that will fuel your workouts -Two 8-week workout plans for getting fitter, faster, and stronger -Bonus Tabata workouts -And so much more! **The 12-Minute Athlete** is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

TONE IT UP

28 DAYS TO FIT, FIERCE, AND FABULOUS

Rodale Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their **Tone It Up** book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular—a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • **FIT**. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after. • **FIERCE**. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • **FABULOUS**. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

WOMAN EVOLVE

BREAK UP WITH YOUR FEARS AND REVOLUTIONIZE YOUR LIFE

Thomas Nelson A New York Times bestseller! With life lessons she's learned and new insights from the story of Eve, Sarah Jakes Roberts shows you how past disappointments, struggles, and even mistakes can be used today to help you become the woman God intended. Who would imagine being friends with Eve—the woman who's been held responsible for the fall of humanity (and cramps) for thousands of years? Certainly not Sarah Jakes Roberts. That is, not until Sarah discovered she is more like Eve than she cares to admit. Everyone faces trials, and everyone will mess up. But failure should not be the focus. Your focus should not be on who you were but rather the pursuit of who you can become. In **Woman Evolve**, Sarah helps you understand that your purpose in life does not change; it evolves. Making her mistake in the Garden of Eden, Eve became the first woman to deal with rebuilding her life in the aftermath of her past. Eve knew better, but she didn't do better. With scriptural lessons, Eve as the framework, and Sarah as your guide you will discover and work through: Past issues and insecurities that haunt you Seeing yourself as God sees you and trusting Him with who you really are How to come out of darkness and pursue a real relationship with God Why it's important to truly care for yourself Setting in motion the beautiful seed that God planted in you Your fears and insecurities may have changed how you viewed God, others, and yourself, but in **Woman Evolve**, you can break through and use past mistakes to revolutionize your life. Like Eve, you don't have to live your future defined by your past.

THE HELP VEGETARIAN NUTRITION GUIDE

The Bikini Body Training Company The HELP Vegetarian Guide contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with recipes. Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

TRANSFORM YOUR BODY AFTER 40

A WOMAN'S GUIDE FOR TO WEIGHT LOSS & FITNESS & NUTRITION AFTER 40

Transform your body after 40 is a book for all women especially those 40+ who want to lose weight, get fit, get lean, gain energy and enjoy life with health and confidence. I updated the book in March 2020, this is the second edition. In this book you will learn: -why you don't lose weight even though you are on a diet.-how to calculate your daily energy and macronutrient needs.-what and when to eat in order to lose weight.-why you should exercise and what kind of exercise you need to do.-how to build workout plans and daily menus-how to deal with ugly cellulite.-an illustrated exercise guide to help you get started.-how to put it all together for life lasting results. Enjoy reading and exercising !

THRIVE (10TH ANNIVERSARY EDITION)

THE PLANT-BASED WHOLE FOODS WAY TO STAYING HEALTHY FOR LIFE

Hachette UK One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Ten years later, his lifestyle still works. In this anniversary edition, Brendan brings 25 new recipes as well as updates throughout. Thrive features a 12-week whole foods meal plan, 125 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar. With this program, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully. Thrive is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health.

GLUTE LAB

THE ART AND SCIENCE OF STRENGTH AND PHYSIQUE TRAINING

Victory Belt Publishing WALL STREET JOURNAL BEST SELLER IMPROVE YOUR PHYSIQUE, BUILD LEAN MUSCLE, AND INCREASE STRENGTH For more than twenty years, Bret “the Glute Guy” Contreras has been on a quest to improve human performance, focusing his research on the gluteus maximus, the largest muscle in the human body. What started as an effort to improve his own weak, flat backside quickly evolved when he discovered the wide range of functional movements to which the glutes contribute. Properly trained glutes not only help you lift heavier, jump higher, sprint faster, and swing harder but also help prevent knee, hip, and lower back pain and injuries. Bret went on to earn a doctorate in sports science and is now known as one of the world’s foremost experts on strength and physique training. After helping thousands of people reach their strength goals and achieve their ideal physique in his world-renowned training facilities, Bret brings you Glute Lab, which pulls his field-tested and scientifically proven methods and techniques together into an all-in-one glute training system that will help you develop leaner, rounder, stronger, higher-performing glutes. This all-encompassing guide explains why glute training is important for health and performance, how the glutes function, what critical role they play in the body, and how to design the optimal training program to accomplish your aesthetic and performance goals. This book offers thirty-six weeks of programming and several training templates for those who want to dive right in, breaking down each technique with step-by-step photos and descriptions. Bret also reveals the most common faults people make when performing these movements and offers hundreds of tips for getting the most out of every training session. You can implement his system in your local gym or even in the comfort of your own home. Glute Lab is more than just a book on glute training. These principles and methods can help you maximize muscle growth and strength, improve body composition, overcome training and physique plateaus, train around injuries and discomfort, determine ideal training frequency and exercise selection, design periodized programs, and so much more. In short, this book gives you the tools to make strength and physique gains and design balanced programs that cater to a wide range of goals and work for your entire body. Whether you’re a regular person looking to improve your appearance, an athlete looking to boost your performance, a physique competitor or bodybuilder looking for an edge over the competition, a powerlifter looking to increase your strength, a CrossFitter inspired to gain knowledge, a personal trainer interested in offering your clients cutting-edge training techniques, or a physical therapist looking to improve

your clients' health, Glute Lab will equip you with the information you need. In this book you will learn: The fundamentals of optimal glute training The anatomy and function of the glutes How to select exercises based on your physique and training goals How to perform the most effective exercises for sculpting rounder, stronger glutes Variations of the hip thrust, deadlift, and squat exercises Sample training templates and splits that cater to different training goals and preferences How to implement advanced methods into your training routine Diet strategies to reach weight loss and body composition goals Sample glute burnouts and templates Twelve-week beginner, intermediate, and advanced full-body training programs with a glute emphasis How to design your own customized training programs How to overcome plateaus in training, strength, and physique

THE GLEASON'S GYM TOTAL BODY BOXING WORKOUT FOR WOMEN

A 4-WEEK HEAD-TO-TOE MAKEOVER

Simon and Schuster A Hollywood boxing coach who trained Hilary Swank for her Oscar-winning role in Million Dollar Baby outlines a four-week fitness program for women that draws on the philosophies of the Gleason's gym, providing coverage of a range of stances, offensive and defensive moves, and muscle-sculpting techniques. Reprint. 25,000 first printing.

CROSS TRAINING WOD BIBLE

555 WORKOUTS FROM BEGINNER TO BALLISTIC

CreateSpace Here is A Preview Of What the Cross Training WOD Bible contains:A comprehensive list of the health benefits of Cross Training In depth terminology to help you understand the abbreviations and lingo used555 Cross Training WODs (workouts)And Much More! Here is A Preview of the 555 Workouts the Cross Training WOD Bible contains:Beginner workouts 'The Girls' - benchmark workouts Heroes - benchmark workouts Bodyweight workouts Running based workouts Rowing based workouts Kettlebell workouts Olympic lifting workouts Strongman workouts Short 'N' heavy workouts Minute by minute workouts Bi-element workouts Tri-element workouts Four or more workouts Hybrid workouts AMRAP workouts Epic endurance challenges - designed to obliterate even the toughest endurance athletes There really is something for everybody in here!

THE OUTLAW OCEAN

CRIME AND SURVIVAL IN THE LAST UNTAMED FRONTIER

Random House 'Just incredible' Naomi Klein 'Gripping and shocking...with the pace of a thriller' The Times A New York Times bestseller, The Outlaw Ocean is a riveting, adrenalin-fuelled tour of a vast, lawless and rampantly criminal world that few have ever seen: the high seas. The oceans are some of the last untamed frontiers on our planet. Too big to police, and under no clear international authority, these treacherous waters play host to the extremes of human behaviour and activity. From traffickers, smugglers and pirates to vigilante conservationists, stowaways and seabound abortion-providers, Ian Urbina introduces us to the inhabitants of this hidden world and their risk-fraught lives. Through their extraordinary stories, he uncovers a globe-spanning network of crime and exploitation that emanates from the fishing, oil and shipping industries - but to which all of us are connected. **ONGLISTED FOR THE BAILLIE GIFFORD PRIZE 2019** 'An astonishing book about a world most of us don't even know exists' Oliver Bullough, author of Moneyland 'An outstanding investigation of a global criminal culture on the high seas' Guardian 'Truly important... A complex portrait of an unseen and disturbing world' New York Times

10-DAY STRENGTH TRAINING FOR WOMEN

A WOMEN'S GUIDE TO EASY-TO-DO EXERCISES, LIFTING WEIGHTS AND MAINTAINING A LEAN, STRONG AND FIT BODY SHAPE

Discover The Secrets To Greater Strength This book is a practical step by step guide that uncovers tons of weight training exercises for total body strength. It provides you with helpful tips on nutrition, gym etiquettes and much more. In this book you'll discover; -Different types of Strength training exercise -Helpful strength training tips -How to develop your own weight training programs -And much more. It doesn't matter if you're a beginner, senior or pro, by reading a copy of this book you will discover the secret to total body strength.

WOMEN'S HEALTH LIFT TO GET LEAN

A BEGINNER'S GUIDE TO FITNESS & STRENGTH TRAINING IN 3 SIMPLE STEPS

Rodale Research shows that building muscle helps the body burn more calories 24/7 and that resistance training is the most effective way to torch body fat. Yet that message is still lost on many women who fear that weight lifting will make them bulky, turn their skin green, and give them Incredible Hulk muscles like their boyfriends'. Women have more options than step aerobics or running on a treadmill to shed pounds: They can weight-train in a very specific manner designed to make the most of a woman's unique physiology. Lift to Get Lean is the first beginner's guide to strength training from Women's Health that is written specifically for women by a woman. Holly Perkins is a certified strength and conditioning specialist (CSCS) who has been teaching the fat-burning secrets of weight training exclusively to women for more than 20 years. Perkins doesn't follow men's rules when it comes to building muscle. Lift to Get Lean delivers a three-step system: Technique, Movement Speed, and the Last 2 Reps Rule, which make all the difference in developing the kind of strong, lean, and sexy body women want. Perkins offers four different 90-day training programs that efficiently build functional strength along with leaner legs, stronger arms, and a sexier butt.

FUNCTIONAL TRAINING FOR SPORTS

Human Kinetics Publishers Reach a higher level of athleticism with "Functional Training for Sports." This book presents a complete system that focuses on training your body the way it will be used during competition. Detailed exercise progressions and training will help develop the movement skills, body positions, and explosive power essential for sports.

WONDROUS YOU

EMPOWERING POEMS FOR MAGICAL KIDS

Wondrous You is a delightful book of universal truths and empowering messages for kids told through poetry. The book reinforces important concepts such as: You are not your body. Your voice matters. Healing begins within. Words have power. Your energy is a guide. And more. Author Kayla Floyd is a mother and avid meditator who spent nearly a decade helping adults manage their energy and transform their beliefs about what's possible. She now brings her wisdom and positive way of seeing the world to help kids harness their power within. Wondrous You is a beautiful book full of empowering words and bright, colorful illustrations to engage not only kids but the child within us all.

THE REBEL'S APOTHECARY

A PRACTICAL GUIDE TO THE HEALING MAGIC OF CANNABIS, CBD, AND MUSHROOMS

Penguin Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: • Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects • Everyday wellness routines • Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more • The latest research on CBD, THC, medicinal mushrooms and psilocybin • Tips for creating a cutting-edge home apothecary of your own

THE VERTUE METHOD

A STRONGER, FITTER, HEALTHIER YOU - IN 28 DAYS

Yellow Kite Revolutionise the way you approach fitness with yoga expert and celebrity trainer Shona Vertue - in just 28 days! 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the best.' - David Beckham Are you someone who has tried every fitness class out there, but nothing has ever really stuck? Or perhaps you can run a 10k but can barely touch your toes? Heard lifting weights is good, but feel lost in the gym? Keen to calm your racing mind and get the focus you need to train? Shona Vertue's 28-day reset plan will revolutionise the way you approach fitness. Her groundbreaking three-in-one method features a blend of resistance training with weights to build strength, yoga to aid flexibility and lengthen muscles, and a positive, mindful approach to exercise, combined with delicious, nourishing recipes. Get in the best shape of your life, both physically and mentally, and feel stronger, healthier and more flexible - in just 28 days. Features photos of every exercise, complete with food plan and nutritious, energising recipes.

BALLET BEAUTIFUL

Random House Get the strong, toned and graceful figure of a dancer - without the rigorous training! Mary Helen Bowers has helped tone and sculpt the bodies of a whole host of celebrities, including Natalie Portman for her role in Black Swan, plus Liv Tyler, Zooey Deschanel and Helena Christensen. Now, in this fantastic fitness guide, she reveals her exercise, diet and lifestyle plan for transforming your whole body. - Achieve the long, toned and powerful body shape of a dancer - Target trouble areas, such as legs, bum and tummy - Get a dancer's beautiful posture and elegance - Lose weight and turn fat into muscle - Radically transform your physique - Noticeable results in just 14 days

THE WOMEN'S HEALTH LITTLE BOOK OF EXERCISES

FOUR WEEKS TO A LEANER, SEXIER, HEALTHIER YOU!

Pan Macmillan The Women's Health Little Book of Exercises is a handy instruction manual to more than 250 of the best exercises and workouts for banishing fat and losing weight, shaping abs, and sculpting a better body! With detailed step-by-step photos, the book will instruct readers how to execute each move with perfect form to challenge every muscle fibre for better, faster results. Special advice includes 'how to tone your arms faster than ever before', 'the best abs exercises for bikini season' and '4 surprising foods that burn fat and build lean muscle'. Based on the Women's Health Big Book of Exercises, the Little Book by Adam Campbell is even more useful because it's compact enough for you to take right into the gym with you - so you'll never question whether you're doing an exercise wrong again. Workout log included.

STAND UP PADDLE BOARD RACING FOR BEGINNERS

A QUICK GUIDE ON TRAINING FOR YOUR FIRST STAND UP PADDLEBOARDING COMPETITION

HowExpert "Stand Up Paddle Board Racing for Beginners" is the perfect newbie's guide to preparing for your first paddle board race. Paddle boarding takes certain equipment and it can be intimidating to even think about entering a competition, so this provides a great place to start. There is a lot of information out there and training guides geared towards advanced paddle boarders, but nothing really for the beginner. This is a nice, easy introduction to the basics of paddle boarding and how that relates to training for a race. In this guide, learn about: - Why I wrote this book - Different water to train in and how their altitude affects training (specifically in Lake Tahoe, USA) - Finding the right coach - Access to water and why people paddle board - The basics of paddle boarding - Finding the right kind of paddle board for your race - The best paddles and other accessories for your competition - What to wear - When to start training - Know how much time you have to train - Developing balance, strength and endurance - Paddle stroke techniques - Safety: the key to having fun - What to expect on race day - Takeaways from my first races - Tips and tricks - My personal training diary and additional resources About the Expert Residing in Lake Tahoe, California, Kayla works for one of the best stand-up paddleboard rental/coffee shops in the nation called Waterman's Landing. There, she has access to some of the best paddle boards, the water, and two elite paddle board racers. In autumn 2017, she started seriously training for her first paddle board race and took third out of six people in Mike's Sunday Fun Race. In the duration of her training, she ended up shaving 6-8 minutes off of her average distance time. Although she is nowhere near being an elite athlete, Kayla is still paddle board racing and working up the ranks. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

THE YEAR ONE CHALLENGE FOR WOMEN

THINNER, LEANER, AND STRONGER THAN EVER IN 12 MONTHS

Oculus Publishers The Official Workout Journal for the Thinner Leaner Stronger Program Is this a workout book that can give you a lean and toned “Hollywood babe body” in 30 days flat? No. Is it a bodybuilding book full of dubious diet and exercise “hacks” and “shortcuts” for gaining lean muscle and melting belly fat faster than a sneeze in a cyclone? Absolutely not. But is it an exercise book that’ll show you exactly how to eat and train to lose up to 35 pounds of fat (or more) and gain eye-catching amounts of muscle definition and strength? Yes. And faster than you probably think possible, or your money back. The Year One Challenge for Women is a workout journal companion to the bestselling fitness book for women, Thinner Leaner Stronger. This workout book contains a full year's worth of Thinner Leaner Stronger workouts for getting lean, sexy curves and muscle definition in all of the right places on your body . . . in only 3-to-5 hours of resistance training per week. This workout journal also provides you with a comprehensive Thinner Leaner Stronger “cheatsheet” that lists and demonstrates all exercises in the program, and explains how to choose the right routine for you, how to progress in your workouts, how to make exercise substitutions, and more. It’s backed by a “No Return Necessary” money-back guarantee, too, that works like this: if you’re unsatisfied with this workout journal or program for any reason, let the author know, and you’ll get a full refund on the spot. So, imagine . . . just 12 weeks from now . . . looking at the changes in your physique and thinking, “I did that. That’s awesome. I’m awesome.” And believing it. The bottom line is you can get that beautiful “beach-ready” body without doing exhausting strength training workouts you hate. And this exercise book shows you how. Get your copy now, and start your journey to a fitter, leaner, and stronger you.

SUPPLE BODY

THE WAY TO FITNESS, STRENGTH AND FLEXIBILITY

Duncan Baird Publishers How to unlock the body: a guide to low-impact exercises.

DO WHAT FEELS GOOD

RECIPES, REMEDIES AND ROUTINES TO TREAT YOUR BODY RIGHT

HarperCollins "Hannah Bronfman is challenging us all to rethink our default standards of beauty and definitions of ‘healthy’ —and I, for one, couldn’t be happier to hear this from another woman of color in the wellness community. Do What Feels Good is a practical, inspirational, and beautiful guidebook to feeling good in your own skin." --Gabrielle Union, actress and bestselling author of We’re Going to Need More Wine As a food lover, beauty product addict, exercise junkie, and wellness entrepreneur, Hannah Bronfman practically radiates confidence and health. But she’ll be the first one to admit that the road to wellness and self-acceptance hasn’t been easy. As a woman of color who grew up watching a close family member struggle with an eating disorder, Hannah’s had to forge her own path and create her own standards of beauty. And what she’s learned is this: Healthy is beautiful. And healthy should feel good. In Do What Feels Good, Hannah offers real talk about getting in touch with your body’s needs, baring her soul and sharing her story along the way. Hannah provides insight on everything from gut health to nutrition to fitness to skincare, sharing insight from top experts on how to understand your body’s unique chemistry so that you can fuel it with more of the things that feel good and less of the things that don’t. And since delicious food is one of the things that makes everyone feel good, Hannah shares more than 50 of her favorite recipes for healthy hedonism (desserts and cocktails included!). Enlightening, empowering, and educational, this is an approach to wellness that is holistic, hedonistic, and real. Because self-care should not feel self-punishing, and every body deserves to feel good.

STRONG CURVES

A WOMAN'S GUIDE TO BUILDING A BETTER BUTT AND BODY

Victory Belt Publishing This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to

develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

PUPPY PRIMER

Dogwise Pub Raise that new puppy successfully with this understandable and user-friendly primer! Includes socialization, how to raise a confident puppy, children and puppies, basic obedience/manners, how to praise or correct, crate training, play biting, housetraining, through adolescence and problem- solving (submissive urination, home alone, barking, car sickness, more)

HOW ACTORS GET SHREDDED

Critical Bench Actors in Hollywood have gone to great lengths to bulk up and get completely SHREDDED for their movie roles. Say what you will about pharmaceutical assistance...there is no magic pill for gobs of muscle, insane 6-packs and shirt splitting guns. It comes down to hard work and hours of training. These guys (and gals) all had to devote months to rigorous training and grueling workouts to gain blockbuster muscle mass. That is why we've highlighted several of the most prolific movie stars and the 5 workouts they use to get shredded for the camera. ACTION!

THE SKINNY RULES

Random House Losing weight has never been so easy! With so many conflicting diets around, it's no wonder people find it hard to shed the pounds and keep them off. At last, here's a weight-loss plan that is clear, logical and easy - no gimmicks, no fads, just a no-nonsense way to get thin. Bob Harper is a renowned fitness trainer and is the star of The Biggest Loser USA. Bob has used his vast knowledge of nutrition, weight-loss strategy and human nature to devise twenty simple principles that will enable you to step into a newly thin lifestyle. His rules are as easy as: Don't Drink Your Calories; Eat Protein at Every Meal and No Carbs After Lunch. Bob doesn't stop at just teaching you the rules, either. He also shows you how to integrate them into your everyday life by supplying menu plans and 90 delicious, rule-abiding recipes for breakfast, lunch and dinner. If that wasn't enough, there are also tips for what to stock in your fridge and meals you can prepare ahead in case you don't have time to cook during the week. With Bob as your coach and mentor, you can and will lose weight - whether you want to shed two pounds or two hundred. It's the surefire way to a thin new you!

THINNER LEANER STRONGER

THE SIMPLE SCIENCE OF BUILDING THE ULTIMATE FEMALE BODY

Oculus Publishers The International Bestselling Fitness Book for Women Is this a workout book that can give you a lean and toned "Hollywood babe body" in 30 days flat? No. Is it a bodybuilding book full of dubious diet and exercise "hacks" and "shortcuts" for gaining lean muscle and melting belly fat faster than a sneeze in a cyclone? Absolutely not. But is it an exercise book (and nutrition book) that'll show you exactly how to eat and exercise to lose up to 35 pounds of fat (or more) and gain eye-catching amounts of muscle definition and strength? Yes. And faster than you probably think possible, or your money back. Because here's the deal: Muscle building and fat loss aren't nearly as complicated as you've been led to believe. You don't need to: Obsess over "clean eating" and avoiding "bad" or "unhealthy" foods like sugar, meat, and bread. Some foods are just more nutritious than and should be eaten more frequently than others. That's it. You don't need to: Constantly change up your fitness routine. A little of the right variability in your exercise is productive, but more than that is obstructive. You don't need to: Spend a couple of hours in the gym every day grinding through punishing strength training workouts. Sweating buckets, getting really sore, training until bone-tired . . . all wholly overrated for gaining lean muscle and strength. You don't need to: Slog away on the treadmill. In fact, you don't need to do any cardio exercise at all to shed ugly belly, hip, and thigh fat and even build your best body ever. You don't need to: Waste coin on sketchy fitness supplements like fat burners, amino acids, and greens powders. Most of these products either haven't been scientifically proven to do what you're paying for or have been proven outright ineffective. Those are just a few of the harmful lies and myths that keep gals from ever achieving the lean, toned, and strong body they truly desire. And Thinner Leaner Stronger will teach you something that most women will never know: How to transform your body while eating all of the foods you like and doing just a few challenging (but not grueling) resistance

training workouts per week. Oh and cardio? Completely optional. Here are just a few of the things you'll discover inside this fitness book for women: The 10 biggest fitness myths and mistakes that keep women weak, overweight, and confused. For example, "calories are all that matters," "carbs and sugars make you fat and unhealthy," and "strength training makes women bulky." The primary driver of muscle growth that literally forces your muscles to get fitter and stronger. And no, it has nothing to do with "muscle confusion," "functional training," or any other pseudoscientific fitness nonsense. How to create meal plans for losing fat and building muscle with all of the foods you love so you never feel starved, deprived, or like you're "on a diet" (and especially a "bodybuilding diet"). 12 months of done-for-you, paint-by-numbers strength training workouts for getting lean, sexy curves and muscle definition in all of the right places on your body . . . in only 3-to-5 hours of resistance training per week. A no-BS guide to fitness supplements that'll save you hundreds if not thousands of dollars on useless (and sometimes even dangerous) pills, powders, and potions for fat loss, muscle gain, and the rest of it. And that's not all, either . . . 367 peer-reviewed scientific studies support the Thinner Leaner Stronger system of eating, exercising, and recovering for losing fat and gaining lean muscle and strength. Thinner Leaner Stronger has sold over 400,000 copies in 13 different languages and is regularly revised based on the latest findings in nutrition and exercise scientific research (four editions released and counting!). It's also backed by a "No Return Necessary" money-back guarantee that works like this: if you're unsatisfied with this workout book for women or the program for any reason, let the author know, and you'll get a full refund on the spot. So, imagine . . . just 12 weeks from now . . . looking at the changes in your physique and thinking, "I did that. That's awesome. I'm awesome." And believing it. The bottom line is you can get that beautiful "beach-ready" body without following a bland, boring, bodybuilding diet and without doing exhausting strength training workouts you hate. And this exercise book shows you how. Get your copy now, and start your journey to a fitter, leaner, and stronger you.

NURTURE

A MODERN GUIDE TO PREGNANCY, BIRTH, EARLY MOTHERHOOD—AND TRUSTING YOURSELF AND YOUR BODY

Chronicle Books "What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

LEAN IN 15 - THE SHIFT PLAN

15 MINUTE MEALS AND WORKOUTS TO KEEP YOU LEAN AND HEALTHY

Pan Macmillan Start your journey to better health and fitness now with The Body Coach and the bestselling diet book of all time! Eat more. Exercise less. Lose fat. In his first book, Joe Wicks, aka The Body Coach, reveals how to shift your body fat by eating more and exercising less. Lean in 15 - The Shift Plan features a hundred recipes for nutritious, quick-to-prepare meals - including his bad-boy burrito and oaty chicken - and guides you through Joe's signature HIIT (High Intensity Interval Training) home workouts - revealing how to combine food and exercise to ignite intense fat-burning. It will teach you how to fuel your body with the right food at the right time so you burn fat, build lean muscle and never go hungry.

THE BIKINI BODY MOTIVATION & HABITS GUIDE

Macmillan Publishers Aus. Use the power of motivation and good habits to become fitter, healthier and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named

the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, The Bikini Body Motivation & Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a downloadable 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick." This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.