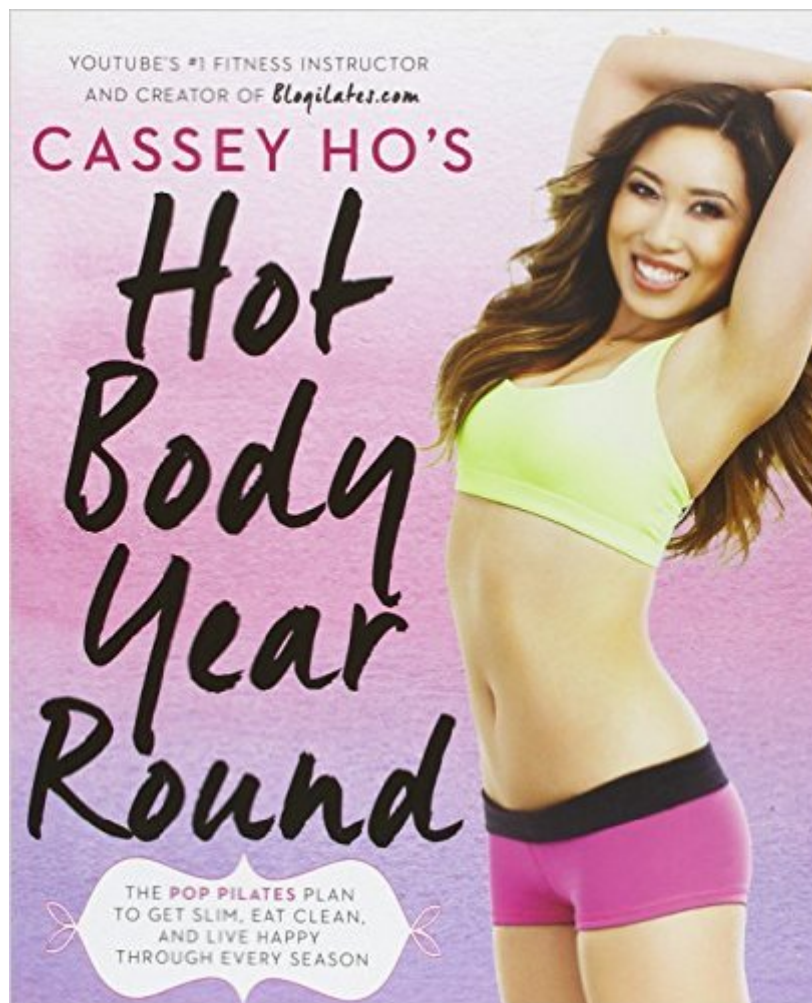


The book was found

Cassey Ho's Hot Body Year-Round: The POP Pilates Plan To Get Slim, Eat Clean, And Live Happy Through Every Season



Synopsis

Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates® is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. A Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. A Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get:- 120 of Cassey's BEST total body transforming exercises- The complete POP Pilates exercise library - fully photographed and easy to follow- 20 full length workouts- 40 brand new, ridiculously delicious & nutritious recipes- Foods for beautiful hair, skin, and nails- 4 complete clean eating meal plans & grocery lists that complement each season- Cassey's personal daily meal plan- Motivational tips to stay inspired year-round- 256 pages of full color, glossy inspiration

Book Information

Paperback: 256 pages

Publisher: Harmony; 1 edition (April 7, 2015)

Language: English

ISBN-10: 0804139040

ISBN-13: 978-0804139045

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars A A See all reviews A (207 customer reviews)

Best Sellers Rank: #53,738 in Books (See Top 100 in Books) #12 in A Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #114 in A Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #222 in A Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I am currently 25 and 195lbs. When I was 21 I was 135lbs and worked out constantly. Suddenly I began feeling tired, my brain became foggy, my mood dropped and my weight skyrocketed. I went

to the doctor and found out that I had Hypothyroidism which was causing all of these problems. Even on medication I ended up being 210 lbs by the time I was 23. I didn't know what to do. I tried to work out, but I felt like I was a lost cause, a failure. My hypothyroidism combined with my weight caused arthritis and, as previously mentioned, I was tired all of the time. I thought that there was nothing I could do. If I couldn't lose the weight while on medication (which I was told, by my doctor, would make me as skinny as a model), then I would never lose it. To top it all off both my fiancé and I lost our jobs. We moved 6 hours away from my hometown, my friends, my family, to stay with his family until we could get back on our feet. So, now I was heavy, depressed, and 6 hours from the only people I have ever loved and the only support network I have ever known. That was when I found Cassey on YouTube. I started following her videos (one a day) and bought her dvd. Never had I felt like a YouTube personality, fitness coach and stranger, cared so much for me and my well being. I actually cried during a workout. I was doing a move and was tiring quickly when she said, "I know it is hard, but keep going! You are worth it! You are so worth it and you deserve it!". I have lost 15lbs so far and plan on continuing to do so with Cassey as my guide. That is why I bought her book. I bought it to support her and to continue my journey. You won't regret buying this. Everything from the photos, to meal plans, to a personal note from Cassey is just beautiful.

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