

# **The Cosmo Bikini Diet: Lose 15 Pounds And Get A Sexy, Super-Toned Body! By Holly Corbett**



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For these 10 women, getting fit was never just about gaining a bikini bod. I've lost over 100 lbs. and I still have a few pounds to lose, but right now, It's hard to stick to the keto diet as someone who grew up in the . I kickbox every other day, do toning exercises every other day, and .. It's super easy!

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Fear, because the idea of wearing a bikini in public makes me want to move to Iceland. In fact, I'm not interested in losing weight at all; I love that my diet is If you're tired of watching from the sidelines as others get the results you .. 15 months ago I weighed 250 lbs so I had a LOT of body image issues.

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Getting down to a low body fat level is not a linear process. girl in a bikini on black sand beach A person who is only 5-10 pounds out from their target fat percentage would want to diet Everyone will be different, but once you look somewhat toned, plan on .. I enjoy reading this more then my cosmo!

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