



Workout, diet,
and polish tips
for your hair, skin
and nails to look
your absolute best!

Prep Steps For Your
BIG DAY

Kim @ The Gym

Kim Rose

Prep Steps for Your Big Day By Kim At The Gym



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It may be your high-school reunion where you'll have all the tools you have to start prepping once again!ve got some prolonged anticipated rubbing in to do. It may be a long-awaited vacation that you want to look smokin' sizzling hot for. It may be someone else's Big Day where you' This is why, your Big Day can be just about any event thatYour Big Day doesn're getting married! Maybe your WEDDING DAY is a photo-shoot, a bikini competition, or a weight-loss problem... whatever your WEDDING DAY is, allow me help you get ready!How do I live a healthy and active life therefore i can lower my risk for cardiovascular disease, diabetes and specific types of malignancy?t call myself to ask, "Of training course I am an advocate for healthy living all of the time but honestly, most customers don'" No. So even if that bridesmaid dress can be hideous, you's similar to, "Help! I have (place # of weeks) to get ready for (insert WEDDING DAY)! So I've finally put into print the easy-to-follow plan We've used in combination with hundreds of clients ranging from a wife preparing for her husband's return from deployment to dozens of consumed with stress brides-to-be. I've helped a gentleman prepare to meet up his on-line crush face-to-face after a year-long courtship and a Miss America contestant. I myself was a top-rank fitness competitor and I've helped several others take the stage since.re expected to squeeze right into a (probably hideous) bridesmaid outfit.s important to you. I' I take advantage of every week breakdowns of the workout routines you should look solid and lean.ve also put in real-life solutions for a wholesome diet to give you fast results as well as beauty tricks for your hair, epidermis a d nails to make sure you look fantastic on your Big Day. It'll still look fantastic. And when the next Big Day rolls around, you't often mean you'



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Love this!! Best advice you can ever be given. All of the secrets to planning for that big day! It's not just workout however the big picture actually!.. Great book. Mine personally gets ready for my husband to come back from a deployment. I'm so excited to discover my end result and more importantly hubby to See! I definitely recommend this one! Reading the book gives me the motivation to get right up and keep on with my workout and consuming right!! Awesome! Girls, this is an incredible book!and while I've started following her guidebook, I've already seen results!. good work! Very professional, good work! Five Stars Very knowledgeable dude!Perfect guide to get you prepared gor your big day! Author Kim Rose really knows how to . I will read it again and again.. Love this! Writer Kim Rose really knows how to talk with the reader and get them looking fabulous for whatever their wedding day is!



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