

## **My Bikini Butt: Review Examining Andrea Albright's Complete Exercise and Nutrition Program Released**

*My Bikini Butt reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this exercise and weight loss product that claims to give women a body that they would die for.*

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My Bikini Butt, a 'Women Only' exercise plan that promises far better results from following a female workout and nutrition program, rather than many home workout offerings that just pretend that 'one size fits all' has caught attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our My Bikini Butt review shows that this 28 day exercise and nutrition program guarantees firmer legs, a toned butt, and less cellulite. Not only does it work on those hard to target thigh and butt area, but it also truly targets cellulite," reports Stevenson. "Specifically for us girls, this a gender specific program is based on that fact that no matter what we like to think, men and women are different. We store fat in different places, we have a different metabolism, different hormones, different strength, and a different muscular frame."

My Bikini Butt includes expert workouts like Bikini Blaster for the butt, hips and thighs, Bikini Sculptor that is all about sculpting the whole body, Butt Kicker that provides women with some of the most rapid results possible, Cheek Chisler that works on those stubborn, hard to lose areas of fat for a hard and muscle toned backside, and Bubble Butt. The program also offers Bikini Butt Success Journal, Blast the Fat EBook that teaches women the four simple principles, so they never have to count calories again, 100 Fat Melting Recipes, and 3 x Mini Vacation Spa Escapes.

"With the sensible eating strategies in My Bikini Butt, you learn from the beginning; eating once again becomes a pleasure, not a chore. The exercises are designed for all standards, providing you with a way to progress as you get fitter and more beautiful," says Stevenson. "You never need to follow a 'starvation diet' again. In addition, when you join My Bikini Butt you also join a living, thriving community online of other women, so when you need any motivation, then they're all there to give you everything you need."

"Whether you're a beginner, intermediate, or advanced when it comes to starting your training, you'll know that you'll be well catered to with My Bikini Butt. One of the best things about the program is that you begin to see results fast, and as far as we're concerned, that's the best kind of motivation you could hope for. The online community for motivation is also an excellent

added bonus. A great program for all standards, it's fun to follow and really does do what the title suggests!"

Those wishing to purchase My Bikini Butt, or for more information, click here:

<http://healthyandfitzone.com/go/MyBikiniButt/>

To access a comprehensive My Bikini Butt review, visit <http://healthyandfitzone.com/my-bikini-butt-review>