

Alicia's Journal

Testing Valerie Waters new Bikini Body Express program.



Start



Finish

REAL RESULTS

To the readers...

Hello there!

What you're about to read is my daily notes and food diary from my 21 day test run Valerie's new "I Want My Bikini Body Express" program.

The results were nothing short of **AMAZING!!!**

Before we get into it, let me thank YOU, Mr. or Mrs. Reader. It was knowing that Valerie was going to put pictures of my exposed booty all over the internet, that gave me the push I needed to really get it done.

Nothing like knowing your near-naked butt is going to be seen by thousands of people on the internet, right? Ha ha ha

Seriously though, I hope you enjoy it! Hit me up if you have any questions... I'm on Facebook.

-Leash

Here's what I'd like you to note:

- YOU can do this too. It's not that difficult. -
- I didn't work out more than 3 days per week. -
- I did keep my diet in check, but hey ... the results were SOOOOO worth it. -

Consider doing a **BODY ASSESSMENT** with Valerie. She doesn't open this program very often and when she does, they sell out pretty much immediately.

But WOW! She's blessed with the ability to look at someones body and know exactly what to do to get them from where they are to where they want to be.

A little perspective...

- 1 About a month ago, I was invited to a POOL PARTY, of all things...
- 2 Said Pool Party was with my co-workers, who are all extremely fit. EGADS!!!
- 3 I e-mailed Valerie immediately and asked if she had any magical formulas to make me look amazing in 2 weeks
- 4 The universe must have aligned for me that day because it just so happened she was in the final stages of testing her new bikini program
- 5 I did exactly what she told me to do... to the letter. And well, the rest is history... you'll see the results in this document.

HINT: I showed up to the party feeling strong, sexy and confident.

21 Days

7 pounds
11 inches

Before

134
pounds



After

127
pounds

and a little more tan



Val says...

"that's what I'm talkin about! Alicia totally rocked it. Very inspiring. She's a working mother who made it work. Are you **in?**"

Deets on next page



Weight & Measurements TRACKER

	@ start May 19	after 21 days June 2
Hips	36 3/4"	35"
Waist	31"	27"
Below Waist	33"	30"
Thigh	21 1/2"	20 1/2"
Bicep	11 1/2"	11"
Calf	13"	same
Chest	37"	36 1/2"
WEIGHT	134	127!!

Inches Lost:

11"

Pounds Gone:

7

Get BBX!



OMG! Really!?! results in 4 days

Day 1

Day 4



Val says...

"so so so proud. It's amazing what you can do in just 4 days when you want it bad enough. are you **in?**"

Getting my sweat on!

DAY
5

I definitely got my sweat on. It took about 55 mins.

It started with the Jumbos. 20 were good, dying by 30
Dear Lord!! 10 more???? I didn't know if I had it in me.
Thank goodness the first round through was the worst.
Ha ha

I did SWEAT 3 times through, but to be honest, the 3rd
round of Turbo kicks, I did 15 instead of 20 😊

SWEAT was by far the most challenging. It was the prep
for the vacation. You know when you are planning a vaca-
tion and all the prep work is a pain in the ass. All this
stress, but then you get to the destination and it is all
worth while? Well that is the SWEAT one.

I absolutely loved--hate--loved it, if you know what I mean.
Alright...that is all I have for now. I am curious to see if I
will be able to sit down on the toilet tomorrow without
assistance!!

With much love....I think,
Alicia

Get BBX!
➡

Valerie Waters'

I Want My Bikini Body Express

(I call it BBX. 'Cuz I'm cool.)



June 2011

Are you **in?** or are you out?



Click it. I dare you.

some tips 4 u from me

1

Enlist a friend.

It is amazing the energy you can create and feed off each other.

My friends saw how excited I was to be on a clear cut plan and started to join in. It was awesome. It truly was the snowball method.

Then my husband joined me too.

And when you start focusing and bettering yourself in one area of your life, it pours out into other areas too.

My husband and I have never felt more motivated!!

2

INTENSITY

Kick it up to high gear. Just when you think you have nothing left....do more.

Push yourself farther than you ever imagined.



"Awesome stuff, Alicia. She's definitely living the 'Red Carpet Ready' lifestyle. A lot we can learn from her."



Maliboooooty Workout!

DAY
12

The Malibu Workout gets me every time. I'm calling it "Malibooty!" The jumbos were getting better, the under the bar ...burning...plie drivers... dying. and then turbo kicks....I mean this lovingly, are you out of your mind??!!!

Val, Don't change a thing. We need a good ass kicking and something to strive for.

Definitely the workout I LOVE to hate. He he. The Malibu days are kinda tough but WOW do I feel the burn right where it counts... as Valerie calls it "the butt smile"

**BUTT SMILE:
THE SPOT RIGHT HERE**



Val says...

"Wanna feel the MALIBOOTY BURN (love that!) Alicia told you about? I Want My Bikini Body Express hurts so good."

in?

Rocked the party!!!

DAY
15

The party went great. I felt good running around in my bikini. This program definitely got me Bikini Ready!!!!

And in **2** short weeks!

This program is like

M

The party was fun and did pretty good with food 'n drink. However..I do not have any good pictures of the actual party.

No joke....my husband thrown into the pool towards the end of the evening....and there goes his iPhone. Uggggggggg. It felt like we were back in 6 grade. Give some adults some alcohol and geez. We were a little - ummm - annoyed.

A

G

Here's my pic from the morning of the party!



I

C

The Home Stretch!

DAY
18

**PARENTAL
ADVISORY
EXPLICITish TXTs**

Today, I did the Miami Workout.

Fantastic. I wasn't dying like I was on the other two, which was refreshing.

It was an amazing workout, I think my body is just adjusting to these more intense ones.

Thank goodness!!! So I can't wait to try Malibu again and see if I don't totally curse you after. *wink* this time.

Oh, check out the text my DH sent. LOL!



Val says...

"Awww.. isn't he a sweetie? We're sharing this because it illustrates that desire & Bikini Body Express = hotness. Are you

in?

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Val says...

Deets on next page



"that's what I'm talkin about! Alicia totally rocked it. Very inspiring. She's a working mother who made it work. Are you **in?**"

I Want My... Mankini Body?

DAY
22

That's right.

Bikini Body Express is strong enough for a man... (but PH-Balanced for a woman... LOL)



Check next page



**CRAZY
RESULTS**
in just
2 WEEKS!



My husband, Brian, was so excited I was doing a project with you, he jumped on board and did the workouts and clean eating with me.

These photos are what he accomplished in two short weeks!

He would of finished the whole three weeks, but remember I told you he got pushed in the pool which ruined his iPhone? Well he also hurt his leg. Long story.



"This program was definitely designed for women, but as you can see - it just plain works. Just stick to the system."



Thank You, Valerie!

**THE
END**

Pushing ourselves to become our personal best was so rewarding and super motivating for both of us.

During these three weeks, I have had so many people stop me and asking me what I was doing.

When you really focus and work hard and stay positive, it all comes together. Life becomes on fire!!!

You Valerie, have given my husband and I that fire back.

The fire to better ourselves, the fire and passion to put into following our dreams and have our own personal training business.

Thank you for your part in it.

this program is
the **BOMB!**



"Alicia, you are definitely in the Bikini Body Hall of Fame. Amazing, amazing work and congrats to you both!"

in?

Valerie Waters'

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June 2011

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