

How I Lost Nearly **50 POUNDS** In Less Than 4 Months

...and how you can too!



I W A N T M Y
BikiniBody 2.0
AT-HOME BODY MAKEOVER KIT

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Bikini Body

AT-HOME BODY MAKEOVER KIT

WHAT THE WOMEN ARE SAYING



"My years beyond age 40 are 'hot and healthy'!!"

Hi Val! I just wanted to chime in and say how much I love your "I Want My Bikini Body" workouts! I was just turning 40 and **I've lost 16 pounds and about 12-14 inches overall.** I feel great and love how I finally can get some quality exercise in without spending hours upon hours in the gym! (I get bored so easily!)

The IWMBB workouts are the best of both cardio and strength training. These gave me results so quickly!! I can't wait to see the new 2.0 workouts!! **Anyone thinking about doing this should!!** I have had 2 assessments by Valerie and it really opened my eyes to just exactly what I needed to do to transform myself without a lot of grief! Thank you Val! You are the best! xx -Mary Bess



"The Best Thing I Have Ever Done For Myself And The Only Thing That Has Ever Worked!"

Hi Val - I just wanted to tell everyone that your bikini workouts are the best! There are more than a few of us in the club that are in the 45 - 50 age range and we have all had great success - **I personally have lost nearly 20lbs, 5 inches off my hips and 3 inches off each thigh! I am back in a size 4 pants** and am probably in the best shape of my entire life.... *My husband can not get over the transformation!*

I also had the body assessment done. It is amazing how Val can look at a picture of your body and know exactly what needs to be done! Honestly, starting Val's program was the best thing I have ever done for myself and the only thing for me that has worked! Love you Val!

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“The Bikini Body Program Got Me In Bikini Shape Like Nothing Before!”

I have worn a bikini only 1-2 times my entire life (20 years ago) and after following Val's bikini body program, I have felt confident wearing a bikini again this summer! I am so looking forward to trying the new workouts. I Want My Bikini Body is highly recommended!!

I have also had the opportunity to have a body assessment and the information is extremely valuable. Val pinpointed the areas of my body that I should be proud of and gave suggestions on how to improve certain areas. Although there was plenty of work that needed to be done with my body, she made me feel very good about my body and helped me feel confident that my goals could be reached.

Danielly lost...



Mary Bess D. lost...



Leeanne H. lost...



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MY STORY



time for

We'll get right into it. My name is Ryan Orrico.

So I moved to LA to help Valerie with some of her marketing and product development. I'd been living in Chicago my entire life which has been great, but as you may or may not know it's a completely different scene out here.

I had originally been here on sort of a temporary basis - we were going to do a few projects together and I planned on going back. But after having been here for a couple of months, I knew it was me to just make the move.

One, because it would make working together so much easier and two, because I just loved it.

So when I realized in March that I was actually going to be staying here.. in LA, the land of the beautiful people.. something had to change.

I was way over weight.. I had no energy. I looked like sh*t, felt like sh*t.

There was no way I could stay here looking and living like this.

“Do or do not, there is no try.” - Yoda

I made the decision.

This is GOING to change. I'm not going to try. I'm not going to go on a *diet*. I'm not going to *try* to lose weight.

I'm going to transform my body. That's it.

And that's what I did.

Even though I already sort of already knew what I had to do.. what better person to ask than Valerie.



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She's become famous for the results she produces in women but she has also trained many of Hollywood's leading men.. some super studs.

Guys like Bradley Cooper, Richard Gere, Matt Dillon etc..

So when I was first getting started with my LA transformation, we were just beginning development of the I Want My Bikini Body project. Now obviously, I'm not so interested in getting my own Bikini Body.

But what I am interested in, being here in LA, is attracting some bikini bodies.. if ya smell what I'm cookin. So after seeing some of the components of the program and how it was coming together, I asked if she thought it could help me..

Now the thing with Valerie.. is that she's often called on to get results like.. YESTERDAY. I mean, she's known for her quick-turnaround.

And she didn't get this reputation for nothing.. so what I wanted was some of her little tricks:

She shared with me some of her best exercises and strategies for changing my arms, abs, butt and legs.

And it's those strategies and exercises that I'd like to share with you.

In this report, I'm going to cover:

- ★ 2 of the most 'badass' (pun completely intended) exercises you can do to **shape and strengthen the muscles of your butt and thighs**
- ★ A few exercises I pulled from the Bikini Body circuits that are designed to do one thing: **burn the most amount of fat from your body in the least amount of time**
- ★ A series of arm exercises from her Bikini Body Polish series that **reshaped my arms and shoulders faster than I thought possible.**



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- ★ Her thoughts on **EATING CHOCOLATE during a weight loss program!** She made me do it!! (OH YEAH!!)
- ★ I was the guinea pig (pic of guinea pig) on a **3 part circuit that practically erased my belly within the first 4 weeks..** she calls it the triple threat! This has now become part of the I Want My Bikini Body 2.0 package!!



So without further adieux, let's get started.

In the following pages, you will find the components of Valerie's I Want My Bikini Body program that helped me lose nearly 50 pounds in less than 4 months.

I encourage you to give them a shot.

I'm thoroughly convinced that if I had actually done the Bikini Body program as it was written, I would've not only hit the 50 pound mark.. but I'd have surpassed it.

I Want My Bikini Body 2.0 Launches On
Monday, August 3rd at 3:00pm PST.

Join us for the LIVE, online release party at
<http://www.iwantmybikinibody.com>

I Want My Bikini Body - <http://www.iwantmybikinibody.com>

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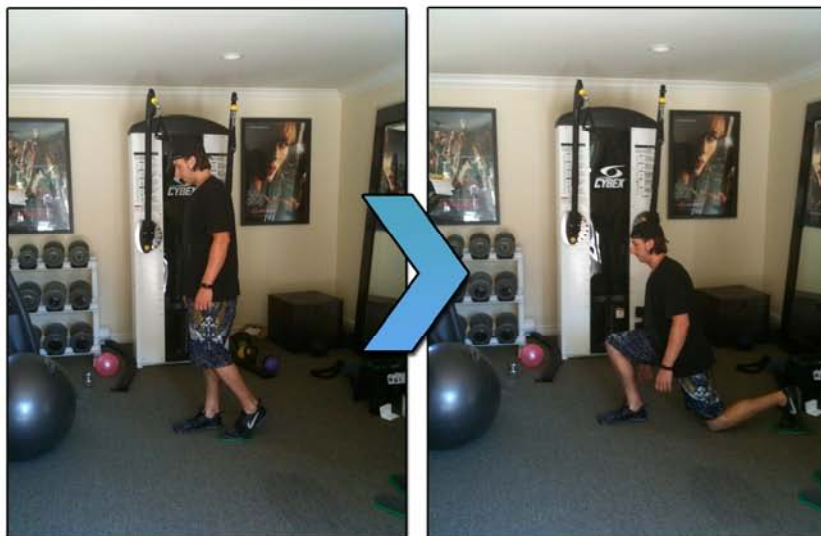
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GET A CUTE BUTT WITH THESE BIKINI BOTTOM EXERCISES

Valslide Reverse Lunge

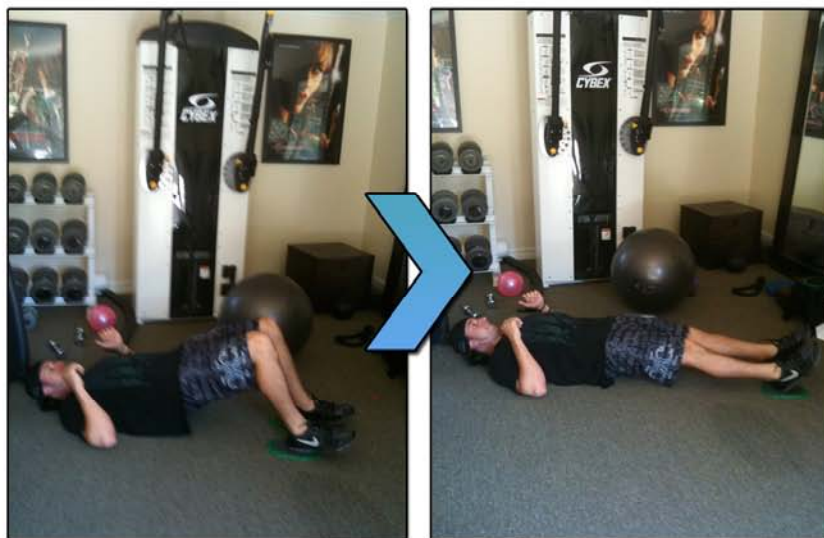
Place one foot on the Valslide. Slide back into a lunge position while maintaining most of your weight on the front, non-working leg. Push through the front heel and squeeze the glute to stand back up. Repeat.

Best Butt Exercise Ever!



Valslide Leg Curl

Lie on your back with both heels on the Valslides. Pull your toes towards your face and squeeze your butt to lift your hips. Slowly slide your feet away from your butt while dropping your hips towards the floor. Simultaneously squeeze your butt and pull your feet back in towards your body.



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TOTAL BODY TRANSFORMATION

WITH THESE RAPID FAT LOSS EXERCISES

from the Bikini Body Polish Circuits

Alligator Walks

(feet go on the Valslides)

Walk across the floor.. you can do these for time and/or distance. Great for racing with a partner!



Band Squat & Row

Anchor a band with handles around a heavy object, hold the handles - sit into a squat and as you stand up, pull your elbows back and squeeze your shoulders together



Valslide Mountain Climber

Get in plank position. Abs and upper back tight. Rapidly slide your feet/knees into your chest. Alternate legs. Do these for high-reps and/or time.



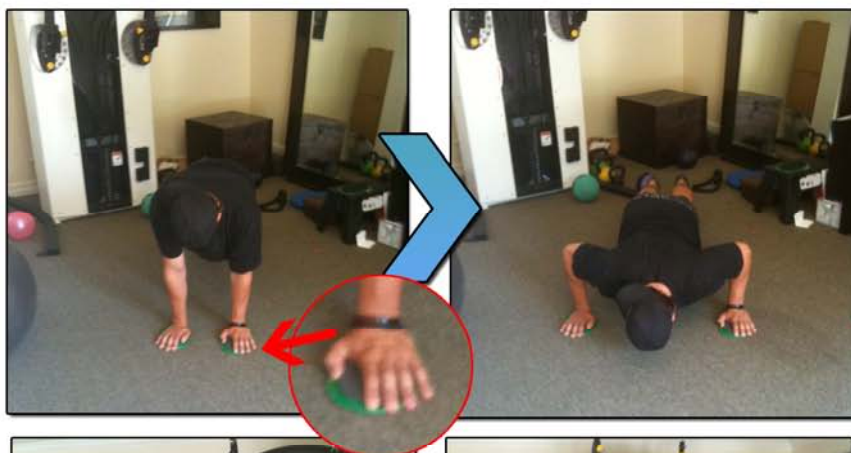
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GET TONED ARMS YOU CAN SHOW OFF WITH CONFIDENCE

Valslide Pushup

The BEST exercise for your arms, chest & shoulders. Place your hands on the Valslides and as you lower your body, let your hands slide away. Reverse the movement. On the way up, squeeze your hands together



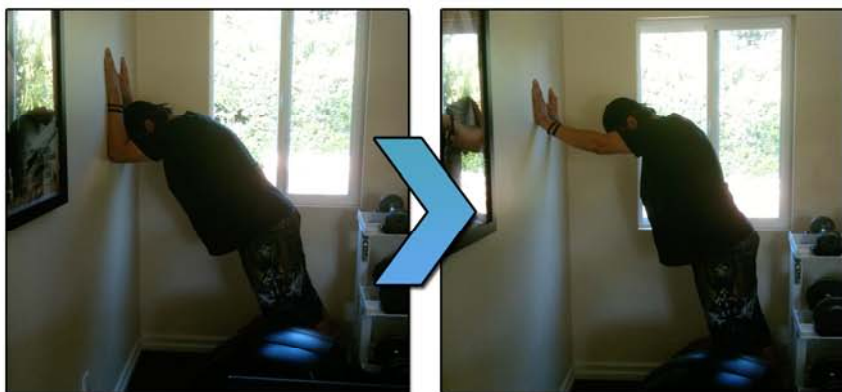
Biceps Curl w/ Stretchy Band

Step on a stretchy band and adjust for the proper resistance. Hold the elbows in tight and flex the biceps to raise the hands. I feel these far more than any bar or dumbbell exercise.



Wally's!

One of the very best exercises you can do for backs of your arms. Position yourself against a wall as shown. Brace your core, push through your hands and extend your elbow as seen in the second picture. Repeat a lot!!



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TRIPLE THREAT

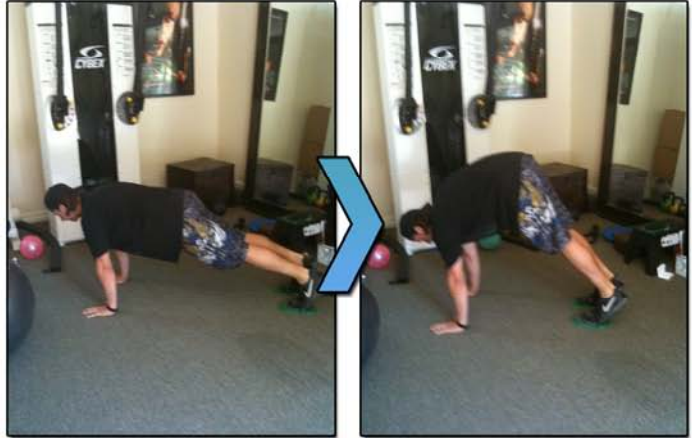
FLAT BELLY CIRCUIT

Do all 3 exercises with no rest!

1. Valslide Pike

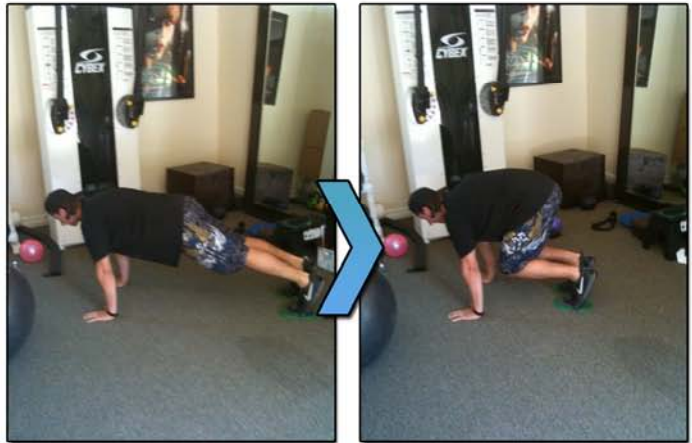
Place your feet on the Valslides in a plank position. Draw your belly button up into your back and use your lower abs to pull your feet 6-12 inches closer to your hands. Repeat for 10-15 repetitions.

*great for the lower-ab area
below the belly button!*



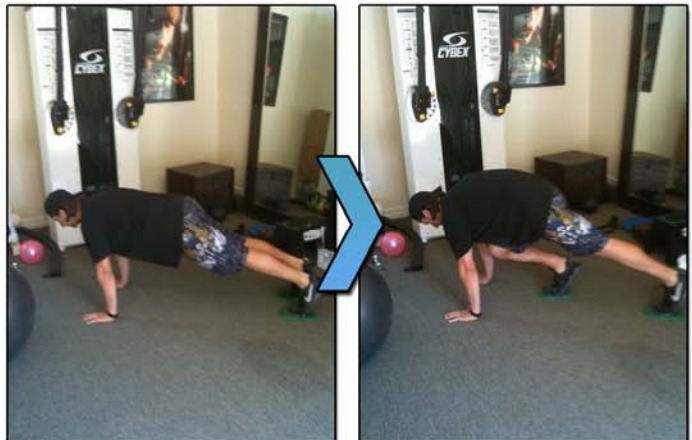
2. Valslide Knee-tuck

Start in the same position as the pike, feet on Valslides, Belly tight! Pull your knees towards your chest by using your abdominal muscles. Pause for a second and reverse. Repeat.



3. Valslide Mountain Climber

Same starting position. This time, pull one knee towards your chest at a time and switch off. Do these as quickly as possible while maintaining the proper form and a tight core. Best done for high reps or time!



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THE CACAO BEAN
aka CHOCOLATE

THE BEST KEPT SECRET
IN THE HISTORY OF FOOD

Fantastic Hope For
Chocoholics Everywhere!



Every study on chocolate points to the exact same conclusion. **It is VERY, VERY good for us** (provided you're choosing the right source)

There's something in chocolate that makes it so beneficial: That something in the raw cacao bean.

"The cacao bean has always been and always will be Nature's weight loss and high-energy food!" - David Wolfe

I can honestly say that I have been eating some form of raw chocolate just about every day for the last 3 months or so.

Be it in the form of breakfast smoothie, or a raw chocolate bar and a handful of dark chocolate covered cacao nibs.

I still have managed to lose close to 50 pounds.

Keep in mind that this is NOT cooked, processed chocolate like a Hershey's bar - however, you will find that this chocolate is much much more satisfying!

"You can turn cravings for cooked, processed chocolate into super nutrition with raw chocolate (raw cacao beans, nibs, butters, powders and bars)" - David Wolfe



Valerie's I Want My Bikini Body Diet not only allows you to eat chocolate... she ENCOURAGES it!

How could you say no to that?

Mmmm... chocolate.

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HERE'S WHAT TO DO NEXT

Join Us For The LIVE Online Release Party On Monday, August 3, 2009 at 3:00 pm PST.

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