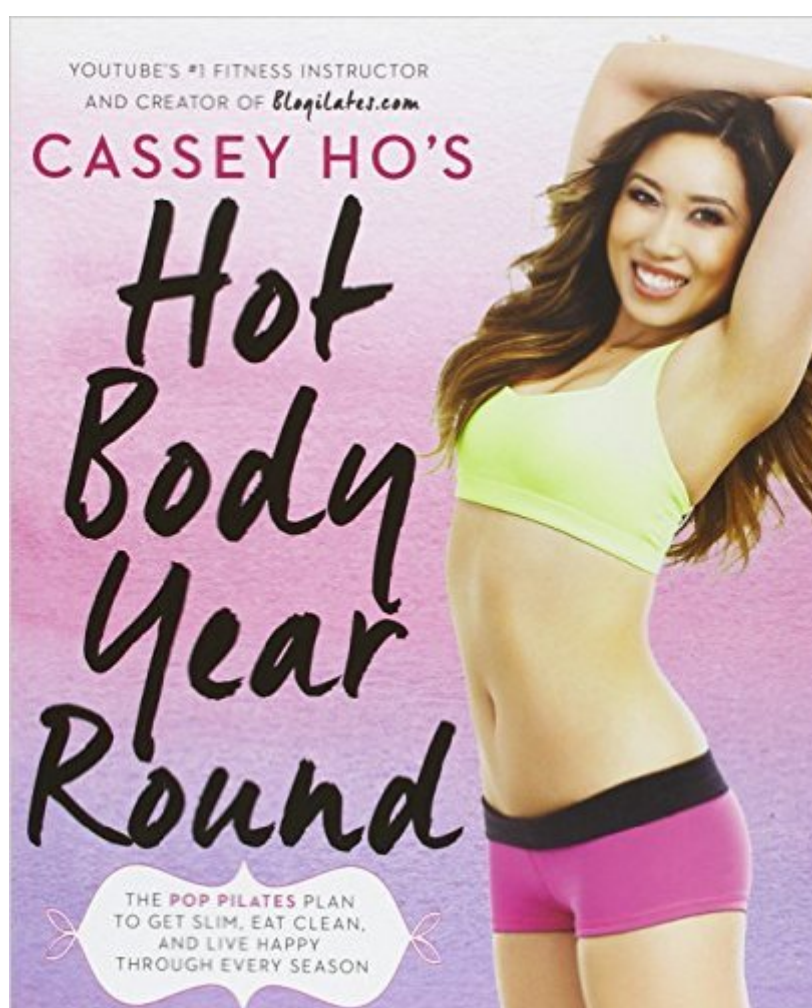


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# Cassey Ho's Hot Body Year-Round: The POP Pilates Plan To Get Slim, Eat Clean, And Live Happy Through Every Season



## Synopsis

Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates® is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get:- 120 of Cassey's BEST total body transforming exercises- The complete POP Pilates exercise library - fully photographed and easy to follow- 20 full length workouts- 40 brand new, ridiculously delicious & nutritious recipes- Foods for beautiful hair, skin, and nails- 4 complete clean eating meal plans & grocery lists that complement each season- Cassey's personal daily meal plan- Motivational tips to stay inspired year-round- 256 pages of full color, glossy inspiration

## Book Information

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## Customer Reviews

I am currently 25 and 195lbs. When I was 21 I was 135lbs and worked out constantly. Suddenly I began feeling tired, my brain became foggy, my mood dropped and my weight skyrocketed. I went

to the doctor and found out that I had Hypothyroidism which was causing all of these problems. Even on medication I ended up being 210 lbs by the time I was 23. I didn't know what to do. I tried to work out, but I felt like I was a lost cause, a failure. My hypothyroidism combined with my weight caused arthritis and, as previously mentioned, I was tired all of the time. I thought that there was nothing I could do. If I couldn't lose the weight while on medication (which I was told, by my doctor, would make me as skinny as a model), then I would never lose it. To top it all off both my fiance and I lost our jobs. We moved 6 hours away from my hometown, my friends, my family, to stay with his family until we could get back on our feet. So, now I was heavy, depressed, and 6 hours from the only people I have ever loved and the only support network I have ever known. That was when I found Cassey on YouTube. I started following her videos (one a day) and bought her dvd. Never had I felt like a YouTube personality, fitness coach and stranger, cared so much for me and my well being. I actually cried during a workout. I was doing a move and was tiring quickly when she said, "I know it is hard, but keep going! You are worth it! You are so worth it and you deserve it!". I have lost 15lbs so far and plan on continuing to do so with Cassey as my guide. That is why I bought her book. I bought it to support her and to continue my journey. You won't regret buying this. Everything from the photos, to meal plans, to a personal note from Cassey is just beautiful.

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