



# The Body Sculpting Bible for Brides: Look Your Best in Your Wedding Dress

*James Villepigue, Hugo Rivera*

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**Your big day is on the way!**

On your wedding day, you want to look your absolute best in even the most revealing of wedding gowns. Are you ready to bare your shoulders, back, and arms with a strapless, backless wonder? And don't forget the honeymoon bikini!

Together with personal trainer **RoseMarie Alfieri, James Villepigue and Hugo Rivera**--the experts who started the body sculpting phenomenon--have designed a series of unique workouts that will get you in your best shape in as little as four weeks. Whether you've booked a cathedral or plan to elope to Vegas, they have the perfect workout for you.

**The Body Sculpting Bible for Brides** includes:

- Exercises to tone and shape your arms and shoulders
- Stretching and breathing exercises to relieve those wedding day jitters
- Four, eight, and twelve-week programs to fit any schedule
- Tips to revitalize your energy levels and improve your posture
- Plus, nutritional tips, meal schedules, motivational hints, workout plans, and more!

From dumbbells to wedding bells, brides everywhere will be saying "I do" to **The Body Sculpting Bible for Brides**.

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