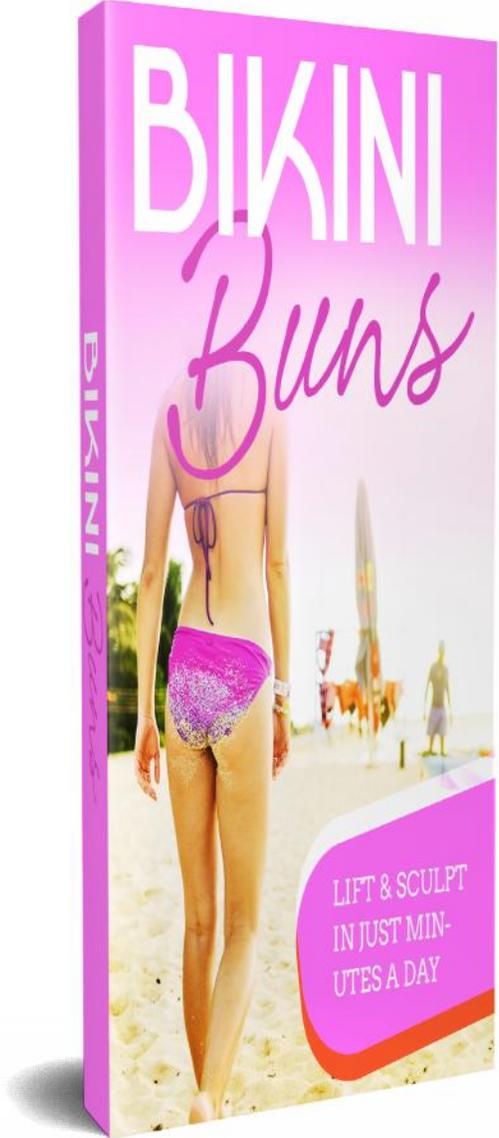


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Bikini Buns™ by Stephanie H eBook PDF



Bikini Buns Review

Bikini Buns is your ultimate guide to getting the beach body you want by focusing on making simple changes in your diet and exercise regime to rebalance your female hormonal system and to start firing up your body's fat-burning capabilities. It's a 21-day program designed to teach you how to get the best possible results without having to starve yourself, eliminate the foods you love or spend all of your free time doing endless cardio at the gym. It has a unique combination of diet and exercise regimes to follow, with a main focus on diet. This is key since weight loss experts say that sustainable weight loss is 80% diet and 20% exercise, and that's precisely what you get with Bikini Buns. But unlike other systems, it isn't some cheesy "get fit fast" program that doesn't provide long-term results. This program is designed to teach you how to transform your life, health, and habits, so you can continue long after the 21 days are done.

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What is the Bikini Buns About?

90% of your fat loss comes from the foods you eat, which is why all successful weight loss regimes must follow a regime that is approximately 80% diet and 20% exercise.

Bikini Buns is an online program that provides you with a simple yet comprehensive 21-day weight loss plan. It is designed to provide you with healthy ways to lose weight by making simple adjustments to your diet and exercise, so you can work out significantly less while still enjoying the foods you like. It comes with diet plans, workout videos, action plans, printable workout logs, recipes, and more, all designed to help you lose up to 5 pounds of fat each week.

Who is the Author of Bikini Buns?

The author of Bikini Buns is *Stephanie H.* who stumbled across the information you learn in this program accidentally after getting tired of her boyfriend constantly checking out other women. She found that you don't have to count calories, restrict your diet or spend hours doing intense cardio each day to see results, and she has helped hundreds of women follow in her weight loss path.

Quick Summary of Bikini Buns

Bikini Buns is a simple, effective, and comprehensive 21-day weight loss regime designed to help you get into the best shape of your life. Instead of focusing on making drastic changes that require a ton of work and time, this program teaches you quick, simple, and effective things you can do to get great results. In other words, you learn how to work out less, eat more and still lose weight because you'll be balancing your female hormonal system. This is done by getting 3 secret super-nutrients into your diet that most women miss when trying to lose weight, as well as completing 2-minute butt-lifting, cellulite-torching, stomach-flattening workout movements.

Advantages of the Program

The best advantage of using Bikini Buns is that you can get incredible, sustainable results without having to do all of the stuff that often makes weight loss so unbearable. With this program, you don't have to spend hours working out, nor do you have to run on a treadmill or do intense cardio. You don't have to count calories or sift through hundreds of recipe websites to find something to eat that is likely going to leave you hungry within an hour. Instead, you get quick and effective exercise movements that only

take a couple of minutes to complete and that shape and sculpt much more than your rear. You also receive easy and affordable recipes that are insanely delicious. You do not feel like you're dieting by any means. The program is easy and it makes losing sustainable weight even easier, which is the best advantage of all.

However, I also liked that the program is planned out for 21-days as it takes approximately three weeks to form new habits. This allows you to reshape your diet and exercise habits with this regime and continue with it even after the program is done.

It was great having everything downloaded right onto my tech devices as well, as it made it easy to stick with the regime regardless of where my life took me. Whether you're on vacation, working late, or grocery shopping, you have everything you need right at your fingertips.

The 60 Day Money Back Guarantee is also a wonderful feature, but not because you're likely to use it. Rather, it gives you the boost of confidence you need to start something new and that's really all you need to start transforming your health, life, and body.

Disadvantages of the Program

In terms of content and quality, there isn't a disadvantage to be found with Bikini Buns. The only downside is that you do have to follow the regime in order to have it work for you. You cannot just read the recipes and watch the exercise movements; you have to do them. On the bright side, the recipes are easy to eat because they're incredibly delicious and the workouts only take a couple of minutes three-days-a-week. And since you have to eat better and work out to see results, you might as well do it with a program that makes it easy, quick and effective.

The Verdict

Bikini Buns is a comprehensive, 21-day weight loss regime that teaches you simple ways to get the results you want without having to do things you hate to do. It's an easy regime that focuses on eating delicious, healthy foods and doing quick, effective workouts that only take a couple minutes each day. You get two months to try it out with the 60 Day Money Back Guarantee so you have nothing to lose. If you're going to diet and exercise, you might as well do it with an effective regime that doesn't suck. See better results by doing less. You can't go wrong with that.

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