Read “Bikini Bootcamp Two Weeks to Your Ultimate Beach Body” by Melissa Perlman available from Rakuten Kobo. Get in shape for beach season! This super-slimming, body-sculpting makeover takes off ten pounds and gets you bikini-ready in just two weeks. Bikini Boot Camp creators Melissa Perlman and Erica Gragg know that the secret to losing weight and getting fit is not another diet or endless hours at the gym. Now, this book gives you everything you need to recreate the Bikini Boot Camp experience at home—from the signature workouts to the low-cal, Latin-flavored dishes—and achieve the same incredible results. Capturing the spirit of the spa and Mexico’s sunny shores, each day of Bikini Boot Camp provides you with a free trial. Read unlimited* books and audiobooks on the web, iPad, iPhone and Android. With more than 75 mix-and-match recipes, and a lifestyle plan to keep you going after the first two weeks are up, Bikini Boot Camp is the fastest way to whip your body into shape and have fun doing it! So don’t panic now that summer is here. No matter how long you’ve been putting it off, this book gives you everything you need to achieve a bikini body all year round. Read More. Publisher See what's new with book lending at the Internet Archive. Bikini bootcamp : two weeks to your ultimate beach body. Item Preview. remove-circle. Melissa Perlman Erica Gragg Broadway Books2007. Buy cookbook. Recipes from this book. recipe. Chicken Curry with Veggies on Whole-Grain Couscous. Editor's note: The recipe and introductory text below are from Bikini Bootcamp: Two Weeks to Your Ultimate Beach Body, by Melissa Perlman and Erica Gragg. This tasty curry goes wonderfully on top of couscous and makes for a filling meal.