

Bikini Competition Guide

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How to train for a bikini competition: it's all

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Top 10 competition tips for bikini competitors

3. Bikini. Probably the most important part of the competition is the bikini. Make sure you find out the rules of the types of bikinis you are allowed to wear.

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This book is a 5 star. A must read if you're preparing for a Bikini Competition. I'm planning to in April 2015. All the resources has a link to it and it's a

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