



Sexy in 6: Sculpt Your Body with the 6 Minute Quick-Blast Workout

Tracey Mallett

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Don't have time to hit the gym? You can get a bikini body in just six weeks—in your spare time! Proven effective for all body types, *Sexy in 6* offers highly motivating, super-fast workouts that are easy to squeeze into a busy day, plus a simple diet plan and delicious recipes. Split into six-minute training intervals, the plan uses a unique blend of Pilates, yoga, cardio, and strength training—even exercises to make sex better—to help you lose up to twenty-five pounds. With *Sexy in 6*, you can find the time, lose the weight, and regain confidence.

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