



Cassey Ho's Hot Body Year-Round: The POP Pilates Plan to Get Slim, Eat Clean, and Live Happy Through Every Season

By Cassey Ho

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Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates® is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you.

Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body.

Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get:

- 120 of Cassey's BEST total body transforming exercises
- The complete POP Pilates exercise library - fully photographed and easy to follow
- 20 full length workouts
- 40 brand new, ridiculously delicious & nutritious recipes
- Foods for beautiful hair, skin, and nails
- 4 complete clean eating meal plans & grocery lists that complement each season
- Cassey's personal daily meal plan
- Motivational tips to stay inspired year-round
- 256 pages of full color, glossy inspiration

From the Trade Paperback edition.

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Editorial Review

Review

"...Offers a gorgeously laid-out exercise and diet regimen that aligns with nature's calendar."

— *Publisher's Weekly*

About the Author

Cassey Ho is an internationally renowned, award-winning fitness instructor and online personality. She is the creator of Blogilates, the #1 female fitness channel on Youtube with over 200 million video views and 2 million subscribers. In a revolutionary partnership, Cassey's unique format, POP Pilates© which launched on Youtube in 2009, is now being turned into a live class that can be taken at 24 Hour Fitness gyms nationally beginning in 2015. She's also the star of her own top selling POP Pilates DVDs at Target stores. Cassey is the designer of an activewear collection, BODYPOP Active which launched in Fall 2014. Her designs feminine silhouettes and colorful palettes have proven to be extremely popular.

Cassey's blog, blogilates.com, was named the top healthy living blog by *Fitness Magazine* in 2012 and, recently, she took home the Streamy Award for Best Health and Wellness Channel for 2014. Greatist named her one of the Top 25 Most Influential People in the world in Health and Fitness for 2015. She has been featured on *The Dr. Oz Show*, *Extra*, *The Steve Harvey Show*, *The Wendy Williams Show* and in *Shape*, *Fitness*, *Cosmopolitan*, and *Seventeen* magazines, among many others.

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