

# **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**

**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.

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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

This is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. - 120 of my BEST total body

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Cassey Ho's Hot Body Year-Round book description: The 27-year-old exercise dynamo Cassey Ho is known for her popular, exhilarating, and targeted POP Pilates

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Cassey Ho, YouTube fitness sensation and creator of Blogilates, is known for her signature (and effective) POP Pilates workouts that fuse classical Pilates exercises

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The 27-year-old exercise dynamo Cassey Ho is known for her popular, exhilarating, and targeted 'POP Pilates' workouts, which utilize Pilates moves into more upbeat

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