

# Bare Essentials<sup>®</sup>

"Women Of Action"

## Snap Workout Solutions

For Serious Athletes  
with no TIME to  
SPARE!

## Wild Ambition

Robyn Benincasa a  
conversation with  
one of the fittest  
women on earth!

## Mayan Miracle Foods

Strategies to  
Defeat Doubt  
& find  
Motivation  
beyond  
Limitations!

BARE ESSENTIALS  
ALL YOU NEED TO BE A  
WOMAN OF ACTION

## Diva Style

Sporty & Sexy, Maria  
shows how women can be  
both!

Train Like  
Tomb  
Raider &  
learn how to  
Kitesurf

