



Tone It Up: 28 Days to Fit, Fierce, and Fabulous

Karena Dawn, Katrina Scott

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Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their *Tone It Up* book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend.

Dawn and Scott will help readers get:

- **FIT.** With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after.
- **FIERCE.** Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones.
- **FABULOUS.** This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

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From reader reviews:

Catherine Scott:

Tone It Up: 28 Days to Fit, Fierce, and Fabulous can be one of your basic books that are good idea. We all recommend that straight away because this book has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to put every word into delight arrangement in writing Tone It Up: 28 Days to Fit, Fierce, and Fabulous but doesn't forget the main level, giving the reader the hottest in addition to based confirm resource details that maybe you can be among it. This great information can easily drawn you into brand new stage of crucial thinking.

Jeffrey Dominguez:

The book untitled Tone It Up: 28 Days to Fit, Fierce, and Fabulous contain a lot of information on the idea. The writer explains your ex idea with easy means. The language is very simple to implement all the people, so do not worry, you can easy to read it. The book was written by famous author. The author will take you in the new era of literary works. It is easy to read this book because you can read more your smart phone, or device, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site along with order it. Have a nice read.

William Johnson:

This Tone It Up: 28 Days to Fit, Fierce, and Fabulous is fresh way for you who has curiosity to look for some information given it relief your hunger of knowledge. Getting deeper you in it getting knowledge more you know or you who still having little bit of digest in reading this Tone It Up: 28 Days to Fit, Fierce, and Fabulous can be the light food for yourself because the information inside this book is easy to get through anyone. These books develop itself in the form which is reachable by anyone, sure I mean in the e-book web form. People who think that in e-book form make them feel tired even dizzy this e-book is the answer. So there isn't any in reading a book especially this one. You can find actually looking for. It should be here for you actually. So , don't miss that! Just read this e-book sort for your better life and also knowledge.

Marcia Ogburn:

What is your hobby? Have you heard that will question when you got learners? We believe that that question was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. So you know that little person including reading or as reading through become their hobby. You should know that reading is very important and also book as to be the issue. Book is important thing to add you knowledge, except your teacher or lecturer. You will find good news or update in relation to something by book. Amount types of books that can you decide to try be your object. One of them are these claims Tone It Up: 28 Days to Fit, Fierce, and Fabulous.

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