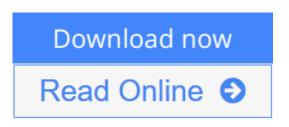


Tone It Up: 28 Days to Fit, Fierce, and Fabulous

By Karena Dawn, Katrina Scott



Tone It Up: 28 Days to Fit, Fierce, and Fabulous By Karena Dawn, Katrina Scott

Are you ready to sweat, tone, nourish, and empower your way to your fittest, fiercest, most fabulous body and life?

Katrina Scott and Karena Dawn, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-togirlfriend approach to getting in shape. To them, being fit isn't just about looking smokin' hot in a bikini, but a whole-body, whole-life way of being that starts with respecting your body and taking care of your beautiful, amazing self, inside and out. With their 28-day program that incorporates brand-new fitness routines, delicious recipes, and mental and spiritual practices, you'll transform your body, your attitude, and your life to bring out the gorgeous goddess within you! In just 28 days, Katrina and Karena will help you get:

FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, you'll be on your way to the strong, sexy body you're after.
FIERCE. You'll align your mind and body through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside your comfort zone.

- **FABULOUS.** This is the fun stuff: beauty, friendship, inspiration, joy, and all the things to give you that unmistakable glow so you radiate from the inside out!

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Editorial Review

About the Author

Katrina Scott and Karena Dawn are certified personal trainers, nutritional coaches, and best friends living a healthy, active lifestyle in Southern California. Together, Katrina and Karena founded Tone It Up in 2009 and have built it into a vibrant community based around friendship, accountability, motivation, and inspiration. They live in Manhattan Beach, California. Follow them online at ToneItUp.com and @toneitup

Users Review

From reader reviews:

Frances Lawler:

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Jon McKibben:

Are you kind of stressful person, only have 10 as well as 15 minute in your moment to upgrading your mind ability or thinking skill possibly analytical thinking? Then you are receiving problem with the book when compared with can satisfy your limited time to read it because all of this time you only find guide that need more time to be study. Tone It Up: 28 Days to Fit, Fierce, and Fabulous can be your answer mainly because it can be read by you who have those short spare time problems.

Billie Luster:

This Tone It Up: 28 Days to Fit, Fierce, and Fabulous is completely new way for you who has interest to look for some information given it relief your hunger associated with. Getting deeper you on it getting knowledge more you know otherwise you who still having small amount of digest in reading this Tone It Up: 28 Days to Fit, Fierce, and Fabulous can be the light food to suit your needs because the information inside this kind of book is easy to get by anyone. These books produce itself in the form and that is reachable by anyone, sure I mean in the e-book application form. People who think that in publication form make them feel drowsy even dizzy this e-book is the answer. So there is not any in reading a publication especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the item! Just read this e-book sort for your better life and also knowledge.

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