



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

By Karena Dawn, Katrina Scott

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

- Sales Rank: #14578 in Books
- Published on: 2015-05-05
- Released on: 2015-05-05
- Original language: English
- Number of items: 1
- Dimensions: .36" h x .62" w x 7.45" l, 1.00 pounds
- Binding: Paperback
- 288 pages

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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](https://twitter.com/toneitup)

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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:

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Within this era which is the greater man or woman or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple approach to have that. What you are related is just spending your time almost no but quite enough to have a look at some books. Among the books in the top record in your reading list is actually Tone It Up: 28 Days to Fit, Fierce, and Fabulous. This book that is certainly qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking right up and review this e-book you can get many advantages.

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