



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

By Karena Dawn, Katrina Scott

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

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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Raymond Smith:

Precisely why? Because this Tone It Up: 28 Days to Fit, Fierce, and Fabulous is an unordinary book that the inside of the publication waiting for you to snap this but latter it will surprise you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such awesome way makes the content interior easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the e-book store hurriedly.

Clayton Bruce:

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Valerie Beauchamp:

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