



Tone It Up Guide

Jiyuan Zhang



Tone It Up Guide:

Tone It Up Karena Dawn, Katrina Scott, 2015-05-05 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 *NPR's Podcast Start Up Guide* Glen Weldon, 2024-06-04

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Balanced and Beautiful Katrina Scott, Karena Dawn, 2024-01-17 Hey Gorgeous Welcome to Tone It Up a worldwide community of amazing girlfriends who support and encourage each other to live our happiest healthiest and most confident lives We're so happy you're here Balanced and Beautiful is a 5 day plan to Refresh Motivate Inspire Energize and Relax so you can focus on you you deserve it Each day you'll find tips and advice for every aspect of your journey including Amazing workouts beach yoga ab and booty sculpting and energizing cardio Delicious recipes that you're going to love Pancakes Strawberry Avo Toast Blueberry Chia Muffins and easy dinners for hosting Guides to fun workouts girlfriend get togethers DIY face masks essential oils meditation and advice for living your best life Throughout these pages you'll feel empowered uplifted and connected with the entire Tone It Up community beside you cheering you on Ready to reset and refresh Feeling

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