



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

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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Earline Martin:

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Thomas Hodge:

A lot of people always spent their particular free time to vacation as well as go to the outside with them household or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book that you read you can spent the entire day to reading a publication. The book Tone It Up: 28 Days to Fit, Fierce, and Fabulous it is rather good to read. There are a lot of those who recommended this book. They were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore simply to read this book from your smart phone. The price is not to cover but this book has high quality.

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