



# Karena Katrina Tone It Up

**Sarah Dussault**



## **Karena Katrina Tone It Up:**

**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 Summary of S.J. Scott's Exercise Every Day Everest Media, 2022-05-13T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The term analysis paralysis refers to the phenomenon of needing to ask questions and have all the information you need before getting started It occurs when you have too much information coming at you from too many different directions and you feel frozen

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