



## **Tone It Up: 5-Day Reset**

*Katrina Scott , Karena Dawn*

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A five-day intensive program to jumpstart your health and fitness, lose weight, and boost energy from the *New York Times* bestselling authors and founders of the massive global health and fitness brand, Tone It Up.

As the founders of the Tone It Up fitness and health brand, Katrina Scott and Karena Dawn have taken the world by storm with their fun, dynamic approach to getting in shape. In this eagerly anticipated book, they deliver a revolutionary plan to help you get in your best shape in just five days.

We all go through patches when our fitness and exercise goals languish because of pressing life events—weddings, travel, vacations, work crunches. Whether you just enjoyed an indulgent weekend or simply need to reboot your routine, *Tone It Up: Five Day Reset* will get you back into the fitness groove and focusing on you. Filled with routines, recipes, encouraging wisdom to transform and bolster your mindset, and the advice and support of the dedicated TIU community, *Tone It Up: Five Day Reset* makes it easier than ever to reach your goals and feel great.

Inside *Tone It Up: Five Day Reset* you'll find:

High-intensity dynamic exercises to tone, firm, and sculpt every inch of your body, with special focus on your booty, abs, arms, and thighs; Nutritious, customizable meal plans featuring recipes for blueberry lemon zest muffins, build-your-own street tacos, Buddha bowls, protein popsicles, and smoothies; Daily advice for sweating out the hard parts, finding a community of supporters, staying calm amidst the crazy, and loving your amazing body through the process; Beauty strategies for keeping skin hydrated, hair glowing, and stress-levels low.

Five days to reset your body. Five days to start seeing results. Five days to feel strong and beautiful. *Tone It Up* is all it takes!

## **Tone It Up: 5-Day Reset Details**

Date : Published June 12th 2018 by HarperOne

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Author : Katrina Scott , Karena Dawn

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Genre : Nonfiction, Health

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## From Reader Review Tone It Up: 5-Day Reset for online ebook

### Laura Gelinás says

Love Karena and Katrina so much and this book has everything. Recipes, workouts, and ways to get motivated and find inner strength. Looking forward to doing this 5 day reset again when I can prep for the week.

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### Jocelin Villarreal says

It's a great reminder of self-love. It contains helpful tips to reflect, get motivated, feel inspired, energized, and relaxed.

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### Sandy Metler says

This is an easy read and helps you reset your perspective. Also, this book has some tasty and healthy recipes. I would read again for sure!

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### Rachel says

I admittedly read Karena & Katrina's grocery list (I get weekly emails), so I might not be the most objective reviewer here. As someone who has been part of the Tone It Up community for over a year, reading *Balanced and Beautiful* is like reading all the blog posts on their website in one volume—it's very familiar and makes sense because I'm already following the general guidelines. Making the time to actually focus on each chapter—refresh, motivate, inspire, energize, relax—was a great reflective exercise to think about how I incorporate these elements into my day or week, who I look to for help in these areas, and to take time to appreciate these factors in my life (not just go through the motions). There are also some great recipes that I know I'll be going back to over and over again.

That all being said, the book makes a lot of references to the TIU community and the associated fitness app, so it did feel gimmicky at times. There is a heavy emphasis on the roles of fitness, nutrition, and friendship and less on the roles of work and family. So it doesn't solve all the struggles for balance or beauty, but it's definitely a positive reminder to make time for yourself and I can definitely use that reminder from time to time.

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### Amanda says

This is a great book if you are new to the TIU community. Being a member for a number of years, I found that most of this info I had been exposed too through the community already.

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### **Gloria Zak says**

First thank you to the two authors and their publisher for sharing this book through the Goodreads giveaway program.

I have read through the book but as you know, no fitness/ health book is just a read. You need to incorporate some of the advice into your everyday life. The authors do a great job in revealing it is not just physical effort. Mental attitude is so important when you are trying to get into or maintain fitness levels. Writing down your intentions help to reinforce your outlook.

I will say that the exercise illustrated in this book are not meant for everyone, especially those just starting out in a wellness program. How anyone can be expected to use 12-15 pound weights to test your balance as illustrated in day one is beyond me. I exercise 5 days per week and I struggled to do this exercise with 5 pound weights

The important thing is you just try, do what feels right for you.

Thank you for the opportunity to enjoy the book

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### **Jillian Eileen says**

I really wanted to like this, but it's basically feels like just a collection of blog postings that have been consolidated into book form. Nothing revolutionary about it, or new if you are aren't already a nutrition plan member. It reads like the kind of book I would have been obsessed with in 8th grade.

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### **Jennika says**

There's a lot of fluff in this book, but the recipes look delicious and the work outs are easily laid out. Lots of tips and tricks in here that are useful. I don't think this is the best for someone new to the TIU community but it's a nice addition for those that are familiar with the program.

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### **Meghan says**

I received this book as an advanced reader's copy and I am very familiar with Tone It Up the online community that Karena and Katrina have started. Balanced and Beautiful was really well executed and the girls offered great tips that I'll hopefully take in and improve my lifestyle. This also will be perfect for our "It's Never too Late to Live Happy" display we are creating in the library. Our patrons are sure to enjoy this book which is why we are giving it 5 stars!

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### **Joan Tsaprali says**

Mind-blown! I wasn't that much into spirituality before that this book totally changed my perspectives!!! It

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inspired me beyond words and I will definitely try to add some of these ideas into my lifestyle and everyday routine! Highly recommended! #BalancedAndBeautiful @toneitup

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## **Meghan says**

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