



## Tone It Up : In 28 Tagen fit, stark und schön

By Katrina Scott

Riva Verlag Apr 2016, 2016. Taschenbuch. Condition: Neu. Neuware - Bereit für ein aufregendes Abenteuer, das Ihr Leben verändert Die beiden Freundinnen und Fitnessexpertinnen Katrina Scott und Karena Dawn haben mit Tone It Up eine Challenge entwickelt, mit der jede Frau ihre Ziele erreichen kann. Und das bedeutet mehr, als nur die perfekte Bikinifigur zu haben: Katrina und Karena machen Sie . FIT: Bekommen Sie den starken und sexy Körper, den Sie sich wünschen - mit täglichen Workouts, die fordern und Spaß machen, leckeren Rezepten und wertvollen Infos zu gesunden Lebensmitteln. STARK: Stärken Sie Ihr Selbstbewusstsein - mit Motivationsübungen, um voller Energie in den Tag zu starten, Entspannungen und Meditationen oder kleinen Aufgaben, um sich und andere glücklicher zu machen. SCHÖN: Werden Sie glücklich und gelangen Sie zu innerer Schönheit - mit Beautytipps, Stylinginspirationen und kleinen Wohlfühl-Challenges. 287 pp. Deutsch.

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