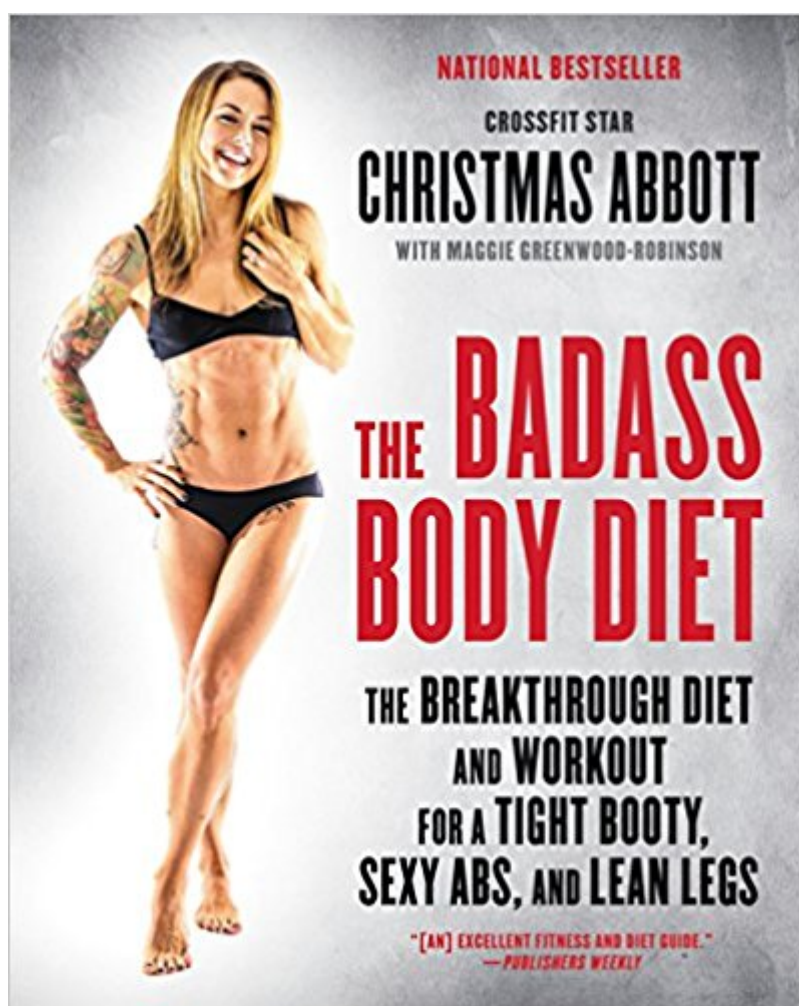


The book was found

The Badass Body Diet: The Breakthrough Diet And Workout For A Tight Booty, Sexy Abs, And Lean Legs



Synopsis

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly “skinny fat” woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a “pear shape” body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your “glutes” (the technical term for booty) are the body’s largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential “booty foods”—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most “one approach fits all” diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. A Badass Body is a birthright, and it starts at the bottom—with a trim and tight tush.

Book Information

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Customer Reviews

Ä “[An] excellent fitness and diet guideÄ A comprehensive guide aimed primarily at women who want to have Ä the perfect buttÄ „Ä AbbottÄ „s unadorned focus on fitness should appeal to any woman seeking to improve her body, regardless of body type.Ä (Publishers Weekly)

Are you ready for the Badass Body of your dreams?Christmas Abbott is living proof that fitness is sexy, and a badass body is a birthright for one and all. A CrossFit star, professional athlete, former NASCAR pit crew member, Olympic weightlifter, and former unhealthy Ä “skinny fatÄ • woman herself, Christmas knows what real women need in order to get the butts and bodies of their dreams. In The Badass Body Diet, Christmas provides a quick and simple workout plan that tones everythingÄ •from booty to total bodyÄ •and teaches you how to spot-reduce excess fat with targeted meal plans and recipes.Your glutes are the largest and most powerful muscle group in your body, not to mention one of the most beautiful. But they often go dormant, flat, and flabby due to poor lifestyle choices. Here is the solution, packed with information on how to:Select the right proteins, fats, and carbsÄ •otherwise known as Ä “booty foods.Ä •Learn how to eat for your body type and fitness goals.Get targeted, powerful, total body workouts in just a few minutes a day.Improve your posture and functional mobility and enhance your overall health.Clear up cellulite with dietary advice, workout strategies, and other proven tips.Based on ChristmasÄ „s work with hundreds of clients at her CrossFit gyms and nationwide fitness boot camps, The Badass Body Diet offers specific, detailed plans for every goal, whether itÄ „s losing weight, taking an already fit frame to the next level, or building luscious curves on a Ä “skinny fatÄ • body. Christmas will give you the tools and motivation you need to build a healthy, vital bodyÄ •with the tight, firm tush youÄ „ve always wanted!

Let’s start from the beginning: I am a normal girl who likes training. I am fit and in great shape (my personal judgment) with good muscle tone. I also like to use myself as guinea pig for different nutrition and workout programs in order to find out what suits me most, which in overall I have. However, my booty has always been hard to... how can i say? show results. This is due to many many years of sedentary lifestyle during adolescence due to knee problems. I have always known

that my booty part is the weakest and because of this, I have had muscle imbalances, specially during running (which I sadly had to stop because of constant minor injuries). I was looking for a program to focus on the booty area in order to start running again. Then one day I saw an interview to Christmas Abbot done in mindbodygreen where she mentions her latest book: The Badass Body diet, which is focus on working on the booty part. Hmmmm well, why not? so I went ahead and decided to try it...The book is approachable in language and structure: simple but well written and all content well explained. Christmas didn't go into many details nor deep explanations but in my opinion, she gets the points well presented. If one wants more details, one could google and get more technical info ino sports physiology or other relevant topics. I like that the diet is split into different objectives: maintain, gain, modify and minimalistic (for those who have no time or don't bother in being too strict with the food measuring); and also body sizes (the tallest the person, the more food he/she requires). I love the idea of categorizing food into "bricks" in order to build meals. I think that was such an easy way to approach and follow-up the diet! When I saw the portfolio of exercise I thought "this can't be serious!

Great read, feeling the benefits!

I love this book. It makes a lot of sense and already starting the "diet" or way of life. I feelGreat!

This book was exactly what I was looking for! If you are looking for a book to pin point exactly what you should and shouldnt eat and workouts to maximize your body type- this is the book for you! Christmas is amazing and I couldnt be happier with this book!

Too much crap to read through before you get to the good bits. I would have liked more exercises in it as well.

Too much blah blah blah at beginning of book. I could care less for someone's views, I just want the info on the actual diet plan.

The book was easy to follow, regardless of the editing errors. It would appear the system is simple to follow. The author broke the details down so it was approachable and inviting. The exercise routine was easy to follow and they are broke down into manageable, quick routines. So far, I like this book.

I would be very weary of taking the food advice in this book and am honestly confused how Christmas herself is able to make any muscle gains at all if she follows her own advice in this book. I was pretty excited reading through the beginning but when I finally got to the body analyzing and meal planning, I was bewildered. Just an example, lunch, using 3 "bricks" comes out to: 2.5oz chicken breast, 2 cups of broccoli & carrots medley and 1/8 an avocado = 21 g protein, 15g carbs, 4.5g fat. Protein and carbs are about 4 calories per gram and fat 9 calories per gram. That lunch is 184 calories. The whole day in that sample came to 678.5 calories. Uhhhhh what? That was supposedly for a Power Frame (5'7" - 5'10" in height) in the "Maintain" realm -- but I believe that was one of many errors/typos I found in the first few chapters (the total for the day was 11 "bricks" when a Maintainer Power Frame needed 13-15 bricks according to her chart, and the bricks used were for Minimalist bricks, not Maintainers or Gainers). I think I calculated what my "Maintain Force Frame" daily caloric intake of 12 bricks to be 1062 kcal per day. Yeah no, I lift AND run marathons, I'll be falling asleep after mile 2 with that diet. I currently measure my food most times and a chicken tenderloins I get from Costco are 4oz each. and those are TINY. She expects us to eat 2.5oz for LUNCH? That is 76 kcal according to most calories tracker websites. All the other research I've done for muscle building and lifting, macros (for me of 5'4" and around 18-22% body fat depending on my training) usually come around to about 250g carbs, 100g protein, and 45g fat. So of course Fat Molly who wanted to fit in her wedding dress in six months' time achieved that in 30 days, she probably also looked like a zombie after and had daggers in her eyes and passed out when walking down the aisle. I had to put the book down after perusing more and checking out the recipes only to find the sub-par caloric intake to be consistent and continued to find terrible math and grammar typos. Because apparently $5g \div 5 = 0$ (page 74). This may make me stop following Abbott as a role model, because clearly she is not doling out sound health advice.

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Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series)
Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips)
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The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise

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