



## The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs

By Christmas Abbott

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### The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs By Christmas Abbott

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.

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### Editorial Review

#### Review

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

#### From the Back Cover

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 "skinny fat" 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 everything—from booty to total body—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. *The Badass Body Diet* is the solution, packed with information on how to:

- Select the right proteins, fats, and carbs—otherwise known as "booty foods."
- 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 her work with hundreds of clients at her CrossFit gyms and nationwide fitness boot camps, Christmas offers specific, detailed plans for every goal, whether it's losing weight, taking an already fit frame to the next level, or building luscious curves on a "skinny fat" body. She'll give you the tools and motivation you need to build a healthy, vital body—with the tight, firm tush you've always wanted!

#### About the Author

Christmas Abbott is a CrossFit gym owner, two-time CrossFit Games athlete, former NASCAR pit crew member, and a nationally ranked Olympic weightlifter. Having discovered a passion for fitness during a contract tour in Iraq, she opened her own CrossFit facility in Raleigh, North Carolina, and became a head trainer for CrossFit headquarters. She's led her team to the Reebok CrossFit Games for two consecutive years, and in her pursuit of fitness she became the first and only full-time female member of a NASCAR pit crew at the Sprint Cup level. Christmas has been featured in the *New York Times*, *Maxim*, *Glamour*, and many more publications, and she tours the world participating in CrossFit competitions and conducting her immensely popular nutrition seminars. She lives in Raleigh, North Carolina, where she owns CrossFit Invoke.

## **Users Review**

### **From reader reviews:**

#### **Rafael Runyan:**

Nowadays reading books are more than want or need but also work as a life style. This reading behavior give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book which improve your knowledge and information. The details you get based on what kind of e-book you read, if you want send more knowledge just go with schooling books but if you want experience happy read one together with theme for entertaining including comic or novel. Typically the The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs is kind of guide which is giving the reader erratic experience.

#### **Martha Albarado:**

This book untitled The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs to be one of several books this best seller in this year, that's because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this specific book in the book store or you can order it through online. The publisher with this book sells the e-book too. It makes you more easily to read this book, as you can read this book in your Cell phone. So there is no reason for your requirements to past this reserve from your list.

#### **Kevin Vargas:**

This The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs is great publication for you because the content that is certainly full of information for you who all always deal with world and get to make decision every minute. This particular book reveal it details accurately using great manage word or we can declare no rambling sentences inside it. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with attractive delivering sentences. Having The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs in your hand like keeping the world in your arm, info in it is not ridiculous 1. We can say that no guide that offer you world in ten or fifteen moment right but this e-book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. active do you still doubt this?

#### **Kimberly Spradlin:**

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