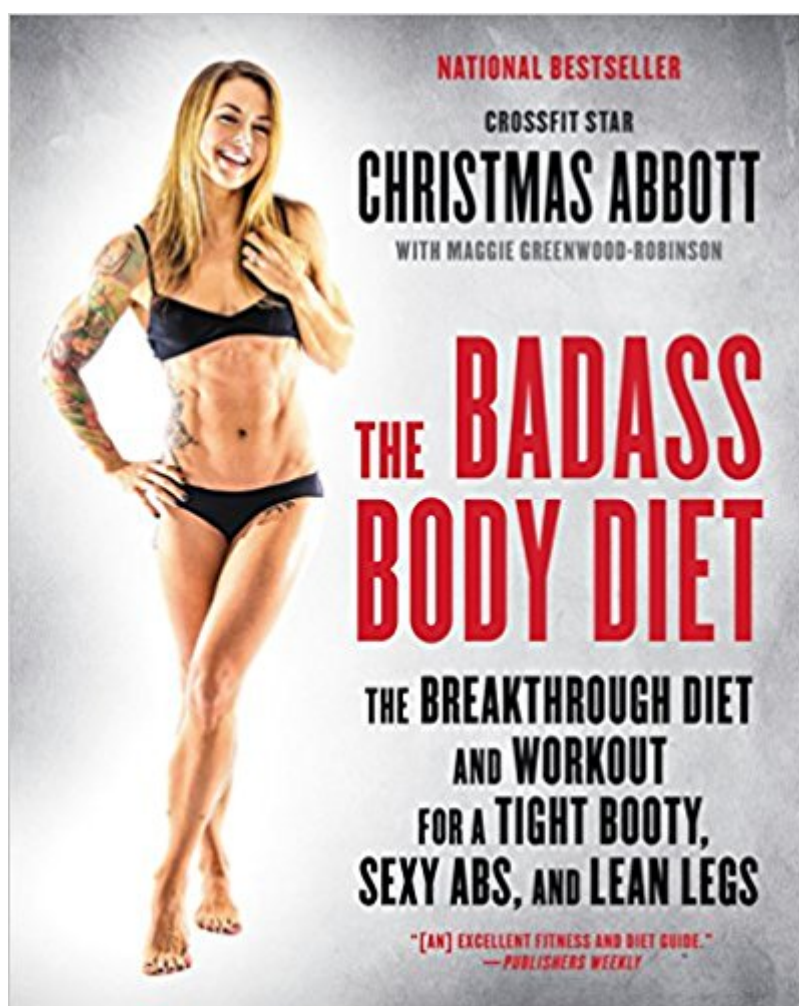


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The Badass Body Diet: The Breakthrough Diet And Workout For A Tight Booty, Sexy Abs, And Lean Legs



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 hipsâand every problem areaâinto top shape. As a formerly âskinny fatâ 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 âpear shapeâ 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 buttâthe key to total body fitness. Your âglutesâ (the technical term for booty) are the bodyâs largest and most powerful muscle groupâand one of the most beautifulâ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 âbooty foodsâ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 âone approach fits allâ 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 gymsâModifiers, Gainers, and Maintainersâ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 bottomâwith a trim and tight tush.

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Customer Reviews

â œ[An] excellent fitness and diet guideâ |A comprehensive guide aimed primarily at women who want to have â ^the perfect buttâ ™â |Abbottâ ™s unadorned focus on fitness should appeal to any woman seeking to improve her body, regardless of body type.â • (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 â œskinny fatâ • 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 everythingâ ”from booty to total bodyâ ”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 carbsâ ”otherwise known as â œbooty foods.â •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 Christmasâ ™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 itâ ™s losing weight, taking an already fit frame to the next level, or building luscious curves on a â œskinny fatâ • body. Christmas will give you the tools and motivation you need to build a healthy, vital bodyâ ”with the tight, firm tush youâ ™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!"; these looked way too easy for someone that has training experience. She introduced three levels of training depending on one's fitness and the workouts are short, being the longest 20 mins only... some are even 6 minutes (seriously????). Nevertheless, the idea of having 24 different workouts in a months looked interesting and fun. I decided to give all a try and start from the very beginning like if I didn't have experience, just to get the feel of it. I also do once a week weight lifting (not very heavy) and I also hike and walk a lot.I have been a month and a half following her diet and exercise program (I have follow the minimalistic plan for a 1.55cm woman). My summary of changes come here:- Following up her brick program is easy. I like that. I stored in my mobile the list of the bricks and the amount of bricks I need for my diet and complexion and I take a peek anytime I am not sure of how much I should eat.- Eating many times a day (i eat between 5-6 times) makes it easy to keep hunger and cravings controlled.- However, it requires planning and contingency to have the "right" food available on hand, specially if one doesn't have a supermarket nearby.- Yes, each exercise is simple but the combination of them is not easy at all, those workouts are really badass! I like the fact that, from the very first workout, I had to eat my "this can't be serious!"... this was way serious. I mean, I didn't struggle that much doing the exercises because I had previous training experience but I felt the muscles working, I felt the difficulty and for a beginner it will be definitely hard. I am in the middle level now and in a couple of workouts I did struggle.... I can't imagine how it will be when I get to the advanced level.- The exercises are perfect for those who want to train in any given unexpected and available place and time. No equipment required (well, does a jump rope count as equipment?).- I definitely have seen changes: my hips got narrower and I know this because of my clothes (I don't measure myself), my legs look leaner and my cellulite (I admit it: although I am sporty and train I have stubborn cellulite in my booty side) has

decreased a lot. I am looking much leaner overall.- Because I am taking the "minimalistic" program, I know results may take longer but I have no rush, I prefer to take it at my own pace. I like my body as it looks even if it is not perfect (with cellulite and all) and I have no rush to see changes. My motivation is to overcome my muscle unbalances and go back to running (i miss it a lot). But that being said, I do think that following her modifier program could show results very quickly. For those who want something simple, approachable and that suits busy schedules, I recommend this book and this program. Remember that it is all about PATIENCE; in my opinion, changing many many years of bad habits, sedentary lifestyle or dormant muscles into a desired shaped body is NOT going to take 3 weeks. But one can see important changes in 3 weeks, and even more in 6 weeks and perhaps by the time you are 3 or 6 months into a program you can really say "This mission looks like being accomplished anytime soon".

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 feel Great!

This book was exactly what I was looking for! If you are looking for a book to pin point exactly what you should and shouldn't eat and workouts to maximize your body type- this is the book for you! Christmas is amazing and I couldn't 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 broken 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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