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

Christmas Abbott

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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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