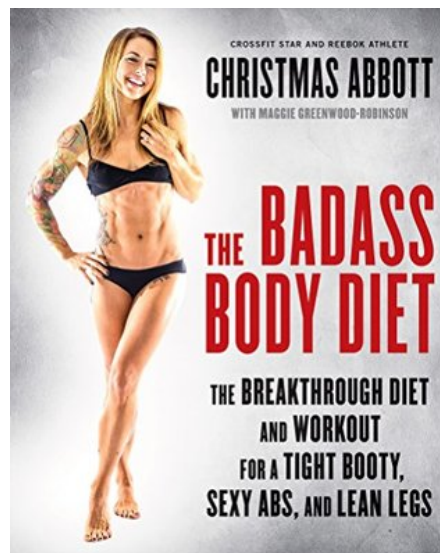




The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs

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.

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

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From Reader Review The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs for online ebook

Priscillia says

I got a lot of good information from this book. I'm going to start doing the workout and eating plan in a week since I just finished it.

Yvette (hooked on the nook) says

This was a well thought out book that provides excellent eating and workout tips for an improved life style. I'm an advocate of clean eating and daily exercise. There are some great recipes i'm going to try and I appreciate the topic on the use of supplements. Great chapter on how to eat while traveling and meal planning. The recommended exercises are illustrated and can be done anywhere.

Katherine says

There really isn't anything new in this book from other diet books. She changes the wording such as "brick" instead of "portion". She has encompassed some of the Navy Seal workouts, along with some pilates moves. The portions she gives you seem like a good amount of food, but I couldn't go 21 days without a slice of bread or some grown rice. It's not one I would stick with the exercises for very long, they aren't fun.

Robin says

This girl is a rabid fitness professional. To follow her diet recommendations 100% would make me absolutely crazy. Perhaps it works for pro athletes; not realistic for me or most people i know. The workout routines provided in this book (12-20 min/day) would most likely not give anyone a physique resembling the author's. Clearly, she works out several hours daily. So, while I admire her commitment and enthusiasm for women's health, strength and fitness, I think this book offers a nearly impossible plan and overpromises results. Also, it's a bit ridiculous to say that a tight butt is the singular measure of fitness and sexiness. Sorry, but way too much emphasis on butts.

Erin says

I wanted to read her book because I've always admired her body. The book is ok. Pretty basic & rudimentary, but that's probably good for people who don't have a clue about nutrition. It's always hard to take advice from someone that was always underweight though! This would be a good plan for people that are really overweight or good at knowing how to customize it for themselves.

Meg says

Grumble, I'm not sure why I read this in the first place.

HIIT style bodyweight workouts you can do anywhere, zone/paleo diet. It restricts carbs pretty severely so you'd lose weight pretty easy I'd guess and high fat/protein so you don't feel deprived.

Lots of pic of Christmas looking fantastic if, uh, you're into that.

Erin says

I thought this was going to be a light and fun book with suggestions on what to eat and how to workout. No, this book is hardcore and wants you to count macros for your body fat %, and your goals, and etc.....ain't nobody got time for that. I'll continue to eat 100% paleo/80% of the time and do occasional crossfit workouts and be ok with the fact that I will never look like Christmas. But then again, I also want to live my life and enjoy food.

Sharayah Farrell says

Love it!!

I just watched her online seminar and it was great.. This combined with her nutrition class will be amazing. Can't wait to start

Kc Chapa says

I was looking to this book and hoping for some new info. I didn't find it here. I found the book to be a little corny for my taste. The eating plan is pretty much The Zone but in her terminology. I definitely think this book is a great starting point for those who are new to the health/fitness lifestyle.

Natasha says

This was a really interesting perspective on nutrition and health. The nutrition portion was good and offered an interesting plan on maintaining weight or losing weight. The exercise section was also good and featured Crossfit-inspired movements and workout sequences. However, it was Christmas Abbott's perspective on mindset and being a "badass" that was more interesting and valuable. She provided measurable steps for getting your mind in order to build your best body, and ultimately, your best life. This was absolutely a worthwhile read and, because the mindset portion was so good, I purchased her other book The Badass Life: 30 Amazing Days to A Lifetime of Great Habits.

Cindy says

All in all, not a bad plan, but it is a bit clunky. The whole 'brick' system seems like a very complicated way to say "count your macros". Christmas wants you to portion out your protein, fats, and carbs into 'bricks', then throughout the day you can just grab a brick and be done with it. For me, with a family that is not eating like I do, it would take quite a bit of prep and planning. She eats Paleo and I already do that and MyFitnessPal will figure out macros if I just plug in the foods I eat. Much easier than the brick concept for me. Plus, if something isn't working, I can then play with my macros to see what works better.

As for the workout, it's a good HIIT workout. I expected some weight training to be in there given what her body looks like, but it's all bodyweight stuff. And it's not that it won't work, but she makes a point of promoting strong bodies and states that she dead lifted 270lbs and there isn't one lift in the plan. I was interested in the book because of her body, but she didn't get that body only doing 20 min of HIIT a day.

I did like her info on supplements and her recovery shakes and meal replacement shakes look good too.

Will you lose weight and get a better body following her plan? Yes, you certainly will. I just expected a bit more out of the workouts. If you don't have a gym membership or much workout gear at home, this would be a good plan for you.

Susie says

I picked up this book because I actually enjoy Crossfit. But there's no way you can get me to give up dairy and eat tuna on top of tomatoes for lunch. I need books that focus more on body positivity and eating whatever the f*ck you want. Changes suggested wouldn't be sustainable for me

Ray Amy says

This book is awful. Please for the love of your body and health DO NOT follow this plan. Christmas suggests someone 5'4" that wants to lose weight eat 10-13 "bricks" which, after doing a little math, I realized translates to 435 calories per day... enough said. This book is a load of bologna, and if I ever see Christmas Abbot I'm going to slap her and take back the money I wasted on this malarkey.

**edited to say this book has been reworked. There are MANY reviews just like mine all over the internet on this book. All from 2015-2016. I purchased this book in 2017, but I promise, my math was not off.

Christina Torretta says

Well, I purchased this baby on Sept 29, 2016! Nearly two years ago.

And I know I read it because I had highlights throughout the entire book. THE ENTIRE BOOK.

Sadly, I didn't remember anything, so I just started over. There is a lot to dig into with this one. And I'm not going to lie, it's intense. Which is probably why I set it down and didn't review it. AND didn't do the diet or exercise routine.

To be honest though, I don't think I was ready for it. It's a lot to take in. A lot to understand, and a lot to commit to.

I think this time may be different because the last few times I've gotten into an exercise kick, the hubby has been ho-hum. This time we're both cheering each other on and working together to figure out goals and how to reach them.

What I love about this book is that there are multiple ways to take this on. My body is different from my husband's and Christmas takes that into account. Unlike many diet books that just throw the diet at you and hope you know if you're taller, you should probably eat more. She spells it out. While it's not completely easy to understand, there is also a diet that just says to work on proportions and not figure out the grams of everything you put in your mouth. I was tempted to go with that first option, but to be honest, I really want to give this my all, which means learning how to either weigh my food, or at least figuring out the right portions for me and the hubster.

The diets don't stop there either. There are multiple diets on the different phases for life. Like if you want to put on weight, for instance or if you're in the maintain part of your lifestyle.

The first 21 days are supposed to be the most difficult part of this. And while I don't see myself ever exercising the way she does, so far the hubby and I have done and appreciated the exercises she added in. They're doable and for two people that are just starting to try to get back into shape, exercises that are doable is the first thing we need.

I think I put this down the first time because I truly wasn't ready. With the hubster's help, I know the two of us can attack this plan, pretty much how she laid it out. Actually, I am going to have to work on how much eat, because this is more than what I'm used to. So, that's going to be different, but I think it's going to be a good change.

The one thing that is going to be hard for me, well everything is going to be tough, but the one major obstacle is my addiction to sugar. She doesn't use sugar in anything. I use sugar in everything. I think I'm going to start slow with the sugar. I've already cut soda out of my daily lunch, so now it's just cutting down the amount of coffee I drink, and then the amount of sugar I put into that coffee. I know what I put into this is going to equal what I get out of it, but I also don't want to kill my customers.

So, while reading this, I realized I have a few changes to make, but Christmas has a great plan set out. I know it'll be a tough plan to follow, but so far (other than that pesky sugar thing), it seems doable!

If you're looking for a diet book, I think this has quite a bit of interesting information. The way she looks at foods and what should be eaten, especially compared to what the average American does it, is amazing. It's also extremely helpful for creating a grocery list. The plan for exercise is laid out and easy to follow. I definitely recommend this, and if you're a bit older, like me, and not prepared to jump in head first, get started on small things, and then plunge in! I'm sure this is going to be worth it.

Tiffani says

While at Powell's Books in Portland I saw this book about living a badass life. It was a hardback and new so I didn't get it (I buy paperbacks almost exclusively) but I looked for it at my local library when I got home. No copies were available at my library but my library did have Christmas Abbott's other book, The Badass Body Diet so I picked it up. There is nothing too revolutionary here - eat cleanly, mostly proteins, carbs primarily in the form of vegetables and fruits, and some healthy fats. The diet is accompanied by a short and simple exercise plan. The plan is relatively simple (or appears to be) and I like that. I'm going to give it a try as much as I can.
