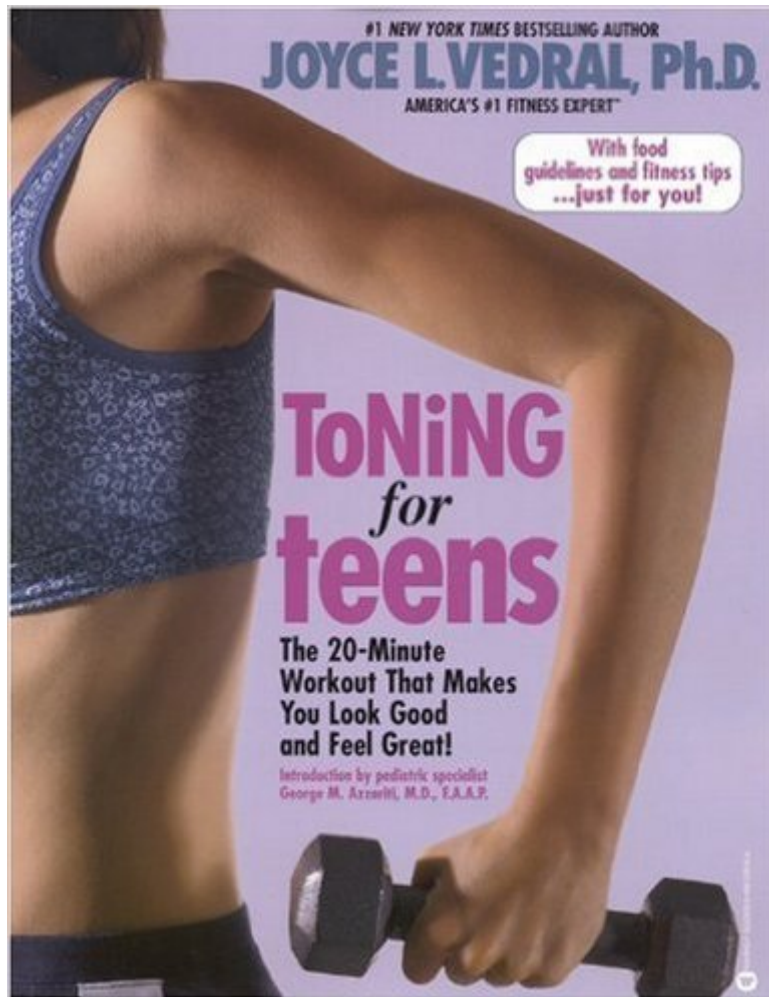


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# Toning For Teens: The 20 Minute Workout That Makes You Look Good And Feel Great



## Synopsis

World-renowned fitness expert Joyce Vedral has written the first book geared toward adolescent girls that provides tips and life transforming advice on fitness, diet, exercise, and building self-esteem. In the first total-body weight training book for teens, fitness guru Joyce Vedral teaches girls how to use weights to build strong, fit bodies. Targeting specific problems faced by teens from what to eat in the cafeteria to how to stay healthy at summer camp Vedral coaches girls through her diet and highly effective weight training workouts with her signature frankness. She discusses the body image issues which often begin in these formative years and teaches girls how to break self-sabotaging habits and establish a healthy mindset. Using her comprehensive diet, with menus included, and an exercise regimen illustrated in black and white photographs, Vedral shows adolescent girls how to use total-body weight training as the key to better health.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (33 customer reviews)

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[Fitness > For Children](#) #652 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#)

## Customer Reviews

I bought the "Toning for Teens" book back in February. I started working out on February 15th, using the exercises in the book. It is now May 14th, and I have gone down 2 sizes, and still am getting smaller! Everyone is noticing the difference! This book is amazing!

I bought this book hoping that it would help me out, so I wouldn't be so self-conscious. Well, all I can say is... MONEY WELL SPENT!!!! I LOVE this book, it has truly helped me, and I'm not even through the amount of time the book says it takes to get your ideal body, and I'm already getting

compliments! The best part about it is that it only really takes about 30 minutes, and yes, the first few times you go a little more slowly. But I workout while watching my favorite show, so I don't have to give up any time that I would have spent in front of the tv anyway! In all truth, buy this book if you are really worried about your body in any way, it really helps!

This book is what teens need: a simple, effective, and non-time consuming workout. It alternates upper and lower body to let muscles revive from the previous day's workout, and includes AWESOME diet tips, detailed exercise info, reasons why you should exercise and myths explained. If you're having trouble getting through this workout, start easy and build up. For the first week, I did it without weights to learn the movements. And if it's taking any longer than 30 minutes for you, it's probably because you're just beginning and you're taking the time to flip pages, rest a little longer, and make sure you're doing each exercise correctly. Once you have it down, the upper body part (at least) should take only 20 minutes. The lower's harder for me, so it takes longer. This book is inspirational and it works! I'm in my second week and I can tell a difference already! Plus it's easy and cheap to do at home, requiring minimal space and a few inexpensive dumbbells. Try it, you'll see!

I got this book after it was recommended by a friend who said it did wonders for her. I'm not that much overweight, but definitely not toned, and had some extra 'baggage'. ;-) I've only been going three weeks, and I love it!!! I've already noticed a difference!! I didn't think there actually were any programs out there that could do this! It does take longer the first few days, but after a week it shouldn't take more than about half an hour, or a little longer for the lower body exercises if you're \*really\* out of shape and can't take the crunches and stuff.

This book has really helped me lose weight and be confident. I have lost 10 in about the first month ( 5 of it was those bounds that always go up and down). Now I'm not going to lie, this is not the easiest thing I have done, so far it has taken me longer than 20min everyday and I've been doing this a little more than a month. I also don't follow the diet. I am eating healthier but I eat what I want sometimes. I suggest to try this book because it has worked for me. just to let you know I am a 14 year old and I was 165 and I'm down to 155 and still losing after a bit over a month!

This workout certainly works. It definitely has done everything that it's promised it would. I've only been following the program for about three weeks, and I've noticed a drastic difference. I'm 19 years

old, and even though I am in no way overweight, doing this program regularly has helped me lose over five pounds in the three-week span I've been doing it... and I haven't even been following the diet. I do warn people not to expect your first time to fly by in the 20 minutes it says. As a matter-of-fact, until you learn each exercise and the order that they are given, it will probably take at least an extra 10 minutes. The upper body workout is much faster than the lower body, with which I have a lot more trouble, and even now it takes at least 30 minutes. Overall, this book is fantastic for weight training. I just think people need to know that the workouts may take a little longer than expected. Also, I wish the book would have put more emphasis on the need for some sort of cardio workout along with the weight training.

I brought this book home from the library about two weeks ago mostly out of curiosity. It was easy to start, my dad already had a workout bench in his office and I bought a pair of 2lb weights to start off. I'm not overweight, but I noticed a huge difference after two weeks on the program. I have more energy, and I catch myself wishing my father would hurry up and finish working so I can do my toning.

I got this book in middle school (I'm now 18) after gaining about 10 lbs and becoming a little flabby. I had read an excerpt and was extremely excited about the promising results of having a healthy, toned body. After 3 weeks of doing the workout almost every day, I had gone from 138 lbs to 126 lbs, and even better, from a size 6/8 to a size 4! I had also become tight, toned, and extremely strong and had improved in all aspects of fitness even though I was strictly doing the workout from the book. This was also without following a diet and just making a little effort to eat less and eat healthier. However, I do think that because I hadn't previously worked out or watched what I ate my body was shocked and that is why I lost quite a bit of weight in only 3 weeks. But still, I was impressed! Over the past couple of years though, I stopped following the program and had gained about 20 lbs, despite trying other methods of working out/dieting. I just recently came back to Toning for Teens and have seen immense changes. It gives me tons of energy, makes me focus on (and want to!) eat healthfully, and I have been feeling strong and toned since I started up again. Now though, I do the workout 4-6x a week and mix it up with high intensity intervals of cardio between sections. I also try to jog 2-3x a week with intervals and walk and do yoga as much as I can. I'm so excited to see what the final results will be. If you are looking for something to give you a slender, toned body and make you feel strong, energized, and confident, then I HIGHLY recommend this book!

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