



## Synopsis

Flat Abs. Tight Butt. Lean Thighs. Kickass Attitude. Get One Great Body! Have you been looking in the mirror and thinking, "I hate my...I can't stand those...I have to hide my..."? Do you want to feel strong and confident in whatever you wear, from jeans to a halter top? No matter what shape you're in now-star athlete or gym class wallflower, string bean, jelly belly, or chunky monkey-you can be fit and fabulous, safely and without starving yourself. America's #1 Fitness Expert, Joyce Vedral, has helped thousands of teens create their best body. Her foolproof techniques are designed to produce a tight, toned, dynamite figure-and you can start using them right now! The secret is not dieting obsessively. It is working out with Joyce's special toning program and eating right. In fact, with Joyce's daily food plan, you will probably eat more than you do now-but lose fat from the first day. And her 20-minute workout with weights is not only fun, but gives you visible results fast! With her program, you can: \* Get a better body in just 3 weeks...and a terrific body in just 12 weeks! \* Develop a figure that's firm and toned instead of soft and flabby \* Burn fat...even in your sleep! \* Get rid of cellulite \* Go down a dress size every 3 weeks if you are overweight \* Boost metabolism so you can eat more-without getting fat \* Build exciting new strength, balance, and stamina, but no bulky muscles \* Increase self-discipline to promote success in all areas of your life!

## Book Information

Paperback: 192 pages

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Language: English

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Product Dimensions: 8.2 x 0.5 x 11 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 33 customer reviews

Best Sellers Rank: #798,011 in Books (See Top 100 in Books) #21 in Books > Teens > Personal

Health > Fitness & Exercise #103 in Books > Children's Books > Growing Up & Facts of Life >

Health > Fitness #167 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Grade 7 Up-Fitness expert Vedral offers up a practical and doable workout specifically aimed at

helping adolescent girls tone and firm their muscles using free weights. The 20-minute routine alternates upper-body work one day with lower-body work the next, and requires only three sets of inexpensive dumbbells and a bench or step. The author emphasizes sound nutrition and exercise information, dispelling common myths related to weight training, offering balanced advice on eating, and listing tips for maintaining fitness in problem situations. She writes enthusiastically, encouraging girls to strive for excellence in their personal health and life choices. The exercises are clearly described, and illustrated with photos of teens performing the routines. The reason for each exercise is stated, and tips for doing it correctly are included. A good companion to Jake Steinfeld's *Get Strong!: Body by Jake's Guide to Building Confidence, Muscles, and a Great Future for Teenage Guys* (Fireside, 2002). Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright 2002 Cahners Business Information, Inc.

Joyce L. Vedral contributed to *Uncle John's Third Bathroom Reader* from St. Martin's Press.

I just started reading this book and it seems very promising. The author makes statements on weight loss and toning that makes me feel comfortable reading and do the exercise. She also explains that with this book you will get tone with getting those huge manly mussels, she also explains why. I can't wait to start the actual weight training. I would consider buying *The Diet For Teenagers Only* along with it for the nutrition side of the diet/ toning activity. Seems great. I recommend with all my recommending power. P.S I am an overweight 13 year old.

I ordered *Toning for Teens* over the summer because I wanted a set-in-stone workout routine. All the good reviews were encouragement enough to give this book a try. I'm so glad I did! Amazingly, all the claims of helping you to achieve the perfect body are true! I was thin before and had had some tone in my arms, but now they are looking even more sculpted and shaped. I'm not dropping sizes, but then I don't need to. I just wanted to shape up. My thighs are firmer too, and my abs actually have definition. I don't feel the need to blow off this workout, either, because it makes me feel great while I'm doing it. I just work out in front of the TV or while listening to my iPod. It really works up a sweat and I feel like I'm really benefiting my body. I love this book!

This is a really good workout and actually works in conditioning your body! It is a very tough workout, but is sure to challenge a wide range of people. I've noticed myself getting stronger and have already started losing weight. If you combine this workout with a diet you are sure to lose

weight fast. I do not recommend the diet in this book, because the information does not give accurate calories and fat per day, but try "The Diet for Teenagers Only," a great book that teaches how to use portions. With the diet and this workout combined I lost 7 pounds in a week!

I first purchased this book online thru my Kindle. After 5 weeks of success and learning an incredible amount about how my body works, I decided I wanted this book to refer to later on and to see the pictures of suggested exercises.

My daughter checked this book out from the library over and over, so I decided she needs her own copy. I bought it used, but it appeared to be brand new! She's been exercising to this book for about a year now. I sat down and read some of the book and the reason I gave it only 4 stars, is because I felt the book discouraged cardio, over weight training (I feel there should be a healthy balance) and because my daughter doesn't like cardio, after reading this book, she felt like cardio wasn't necessary. Of course when she ran track, she realized cardio would have been helpful! It is geared for teens, and all in all, if my teen likes it, yours may too! My daughter is and has always been a healthy weight, but this book has her staying "toned"...

Good for introducing teenage girls to weight lifting, but that's about it. I've recently come across other weight lifting books that have better info. The New Rules of Lifting for Women and The Female Body Breakthrough. There's more detail with the workouts that isn't in Toning For Teens. More variations to exercises and more workouts, and detail as to when to up the ante and weight. With TtT, you can break up the upper/lower body workouts to spread out over the week but that's about it. You're left on your own. It's a good start with getting teenage girls to get past weight lifting myths. I thought at first that it was kept simple for that reason...except another of Joyce Vedral's exercise books (Bone-Building/ Body-Shaping workout) seems to do the same thing. So close and yet so far. So if you're serious about getting into weight-lifting, read more books, educate yourself.

Good information.

I think that this book has some good workouts, but I think that the diet part of it is not good. I lost 10 pounds, but not by doing what this book says, This book just made me feel motivated to get into shape. I now have a set workout that I do everyday, some of the exercises are from this book. To lose a lot of weight, just cut candy from your diet. It helps A LOT. I do think that this book is worth

getting though.

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Toning for Teens: The 20 Minute Workout That Makes You Look Good and Feel Great Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) IT'S ALL GOOD: Delicious, Easy Recipes That Will Make You Look Good and Feel Great The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologues for Teens by Teens (Young Actors Series) CosmoGIRL! Total Body Workout: Fun Moves to Look and Feel Your Best Reading Makes You Feel Good Feel Good, Look Good, For Life: Your Ultimate Guide to Achieve Lifelong Health The Challenge Effect: The Proven Formula To Look Good, Feel Great, and Unlock Your True Potential Teenage Fitness: Get Fit, Look Good, and Feel Great! The Skinny NUTRIBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs HOURGLASS FITNESS OVER 50: Easy Tips & Workouts For Fat Loss, Look Great, Feel Great The Ultimate Audition Book for Teens Volume 13: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens 13, Young Actors Series) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1)

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