



The Best Butt Exercises For Women (Fit Expert Series) (Volume 1)

Andy Charalambous

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The Best Butt Exercises for Women. The focus of this book is to offer women a variety of exercises that target the buttocks area to make it more pleasing to the eye and to the touch. Whether you want a smaller butt, larger butt, shapely butt, toned butt or lifted butt all you need to do is follow the advice in this book. Eight successful fitness experts have each taken the time to offer advice on how to exercise your glutes to make them the best they can be. Each chapter of the book features a different expert and each expert has their own exercises, routines and advice. The exercises featured in this book can be followed by women with any level of fitness. You have the option to pick and choose which exercises suit you best or you can just try them all out. Follow any of the routines in this book and you should start noticing the difference within a couple of weeks. Stay consistent with your training and before long you will have a great-looking rear and a boost in self-confidence. The Best Butt Exercises for Women starts with a basic introduction and some information on how the glutes work. This is useful to know in order to get the best out of your workouts. The various exercise routines and advice start at chapter 2 and end at chapter 8. Here is the list of fitness experts who contributed to this book: Warren Martin Shaun Zetlin Rachel Evans Mike Joseph Steve Payne Laurie Towers Sandi Berger Eric Broser

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