

## **STRONG CURVES BOOK**



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This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility.

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### **Strong Curves A Woman's Guide to Building a Better Butt**

The book repeats a lot how good the Strong Curves program is, and that becomes annoying. The program is good, then fine, but there is no need such a persistent self advertising all along the book. Even if it is possible to workout with the basic dumbbells, barbell, and stretch bands, many exercises in the book require gym machines.

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### **Strong Curves A Woman's Guide to Building a Better Butt**

Strong Curves is NOT just a book with some pretty pictures and a couple exercises. It is an incredible resource, one that you will refer to over and over and over again as you continue your journey towards a stronger body.

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### **Strong Curves A Woman s Guide to Building a Better Butt**

The Strong Curves book contains two different work out programs. In both programs each day s workout contains a mix of exercises to work the entire body with more exercises focused on the glutes. The book suggests that you can only do the glute focused exercises and will still obtain good full body results if you choose.

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### **Strong Curves Review A Must Have Reference Guide for**

Strong Curves Review: A Must-Have Reference Guide for Glute Building If you re interested in being the proud owner of an awesome butt that is the envy of women and drives men crazy, then you simply must read what Bret Contreras has to say in this book.

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### **Book Review Strong Curves by Brett Contreras and Kellie**

With this book, Brett Contreras has created an effective and simple-to-follow strength program designed just for women. Book Review: "Strong Curves" by Brett Contreras and Kellie Davis. Becca Borawski Jenkins. Coach. One of the first things that made me like Strong Curves was that it addresses the typical concerns of female training

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### **Strong Curves A Woman's Guide to Building a Better Butt**

The StrongCurves community on Reddit. Reddit gives you the best of the internet in one place. or have completed Strong Curves by Bret Contreras. Post questions about the program, show off your results, or comment about your experience. Keys to glute training that you've learned from Bret outside of the Strong

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I bought the Kindle e-book and hated it and ended up buying the actual book instead. Here are the Strong Curves workout training logs from Contreras's site. There are some redditors who also made spreadsheets of the workouts that you could search for as well.

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**Strong Curves Bret Contreras**

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building

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