



The Best Butt Exercises for Women: The Illustrated Guide to the Only 15 Exercises You Need for the Perfect Behind

By Rachel Howe

Createspace, United States, 2013. Paperback. Book Condition: New. Illustrated. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get the Butt of Your Dreams Do you wish your butt was smaller? Larger? Tighter? Or higher up? If you are like most women, you do crave your butt to earn one of these titles. You want your butt to look fabulous in that tight pair of jeans, and you definitely want to feel great in a bikini. However, if you are like most women, you have discovered that having that great butt is not that easy. Yu have probably spent countless hours in the gym and walking uphill, but that rear just will not cooperate. What Makes This Book Different? This book focuses on where you were going wrong. If you want a great butt, you have to give the muscles located in that region their own workout regimen. Within The 15 Best Butt Exercises, that workout is available for every woman no matter her age, shape, or weight. To produce results, a butt exercise regimen must focus on all areas of the butt. This means putting focus on each of the four muscles located in...



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