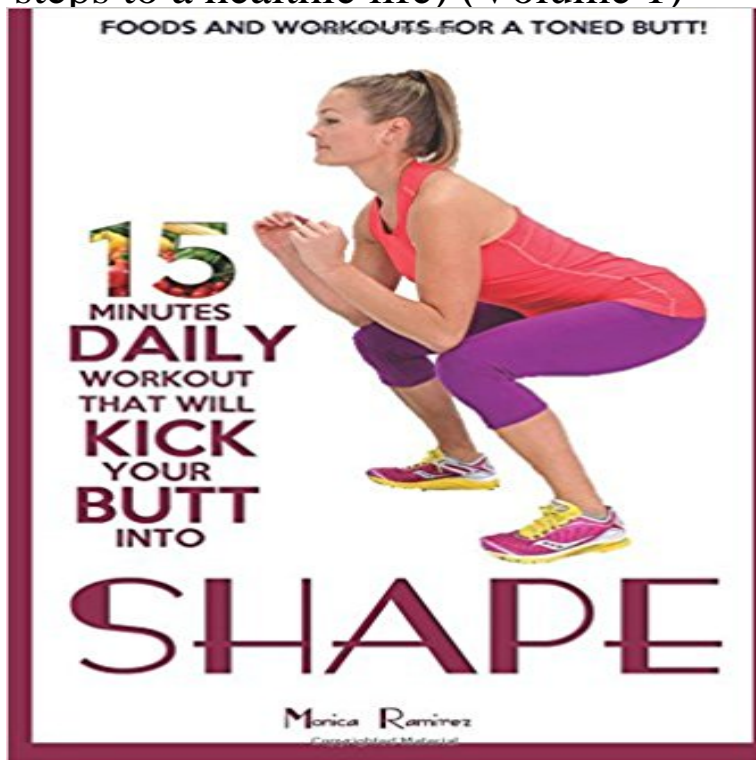


# 15 Minutes Daily Workout that Will Kick Your Butt into Shape (Simple steps to a healthie life) (Volume 1)



The hottest trend today is having a well-sculpted butt. Everyone is focused on their bottom and on other peoples bottoms. Sir Mix-A-Lot would be pleased. This book will show you how you can have a butt that makes people stop in their tracks and go - Baby got Back! Your Butt is a critical part to work out if you want to get fit and into shape. First of all, the glutes are one of the least worked muscle groups. Once you focus on them they will help you burn more calories. The glutes have a direct connection to your core. Secondly, and equally importantly, getting your butt in shape will help you keep your figure perfect. You dont want to ignore your butt while you work and tone the rest of your body - that just looks funny. This book will help you work your very important asset without the need of a gym, special equipment or even a huge room. All you will need is some space. You can add in some dumbbells for added weight. This book also includes great tips on power foods and a smart strategy to help you slim down, tone up and feel better without going into a maddening self-sacrificing diet. These snacks will keep you full while keeping you fit. You will learn some of the most important tips to get yourself and your butt into top shape: Youll learn how to lose weight by eating key foods and snack throughout the day. You can do this without any guilt - your body wont be lacking nutrients so your body will actually react to the changes you put it through. Youll learn how to boost your metabolism while eating healthy and delicious snacks that wont hurt your budget! Youll understand and utilize the proper way to do butt exercises, youll perfect your form and youll get the most out of each moment. Quicker, more effective workouts - you wont have to do trillions of repetitions. Well show you how to be safe when working out, how you can avoid common injuries and most of all, well help you to

keep a balanced mindset when it comes to food and exercise. Finally, well highlight multiple ways of keeping your spirits high and thriving - youll become the best version of yourself that you can possibly be. Have fun working out, mix it up and reach your goal of having an amazing butt that even Brazilian women envy. All this without going insane in the process. Grab your ebook now! You know you want to, and you deserve it :-)

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