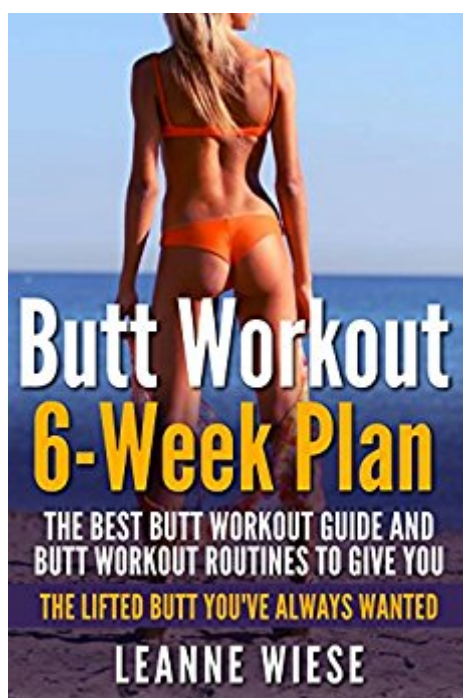


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# **Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How To Get An Amazing Butt, No Gym Needed, Sculpt Perfect Curves)**



## Synopsis

Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted GET IT NOW FOR \$2.99 FOR A LIMITED TIME! Have you always wanted a toned, lifted and gravity defying butt? If you're a woman I'm going to assume the answer is YES! I have good news for you then, you've found the best book for getting the ass of your dreams As a personal trainer at an all woman's gym, I understand the struggle that we put ourselves through to achieve our fitness dreams. My goal in this book is to provide you with the best information in a concise and organized manner. Get This Book Now and Receive The Following:- 4 Amazing Fitness Tips- Fantastic Dieting Advice- Blueberry Booster Smoothie Recipe- Touch of Tropics Smoothie Recipe- Green Beast Smoothie Recipe- Quinoa Breakfast Beauty Recipe- Kale & Spinach Super Salad Recipe- Tuna Treat Recipe- In Depth Explanations of Every Key Big Booty Exercise- A Detailed 6-Week Training Schedule That Will Make Your Bum Defy GravityAnd MUCH more!Keeping yourself motivated to workout is tough to do, but that's where I and this book come in. I am here to guide you to the ass you've always wanted. Next time you hit the beach people will have to do a double take! DOWNLOAD "HOW TO GET AN ASS" RIGHT NOW FOR ONLY \$2.99 TAGS-----butt workout, butt workout guide, woman's health, exercise, health, health and fitness, how to get a booty, how to get a bigger butt, how to get a big butt, how to get abs, woman's health, healthy living, healthy eating

## Book Information

File Size: 1187 KB

Print Length: 45 pages

Page Numbers Source ISBN: 151144407X

Simultaneous Device Usage: Unlimited

Publisher: Zenith Publishing (March 23, 2015)

Publication Date: March 23, 2015

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00V5ELMVG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #321,781 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

#70 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #660 in Kindle

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## Customer Reviews

If you are looking to get an instant ass using this book, well sorry to disappoint you, but this is not that book. Instead, this book helps you develop your ass in as fast as 6 days with the help of several exercises for your gluts. There are also dieting tips and recipes to boost your success. The program is easy to follow, but you may need a ton of determination to get things started and get things going. Nonetheless, this book is a hit for my wife.

I had a small butt to begin with but after trying this guide, it is looking better. I have gotten compliments from the husband and girlfriends. Give it a try for amazing results.

We will see the results...

Now that I'm starting to work out again and live a healthier life style, I'd though I'd give it a try and read new books targeting different areas of the body. I decided to get this Butt Workout book because I'd love to enhance my butt the natural way. This guide teaches me new exercise routines all included in a 6 week plan! I'm very excited! I recently started following these steps, but I can definitely see the results and feel the burn. I recommend it to everyone that needs a little push to get the butt they've always wanted. It works for me.

I read this book yesterday and I can say that it's very good. This book gives you a lot of healthy smoothie recipes, healthy tips, workout routines and much more. I recommend this book to everyone who wants to get a nice butt and lose weight

This has some good info, you will see results. I wouldn't call this an all inclusive gluteal workout, but, no equipment is required u can do them anywhere and its planly laid out. You will see results.

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