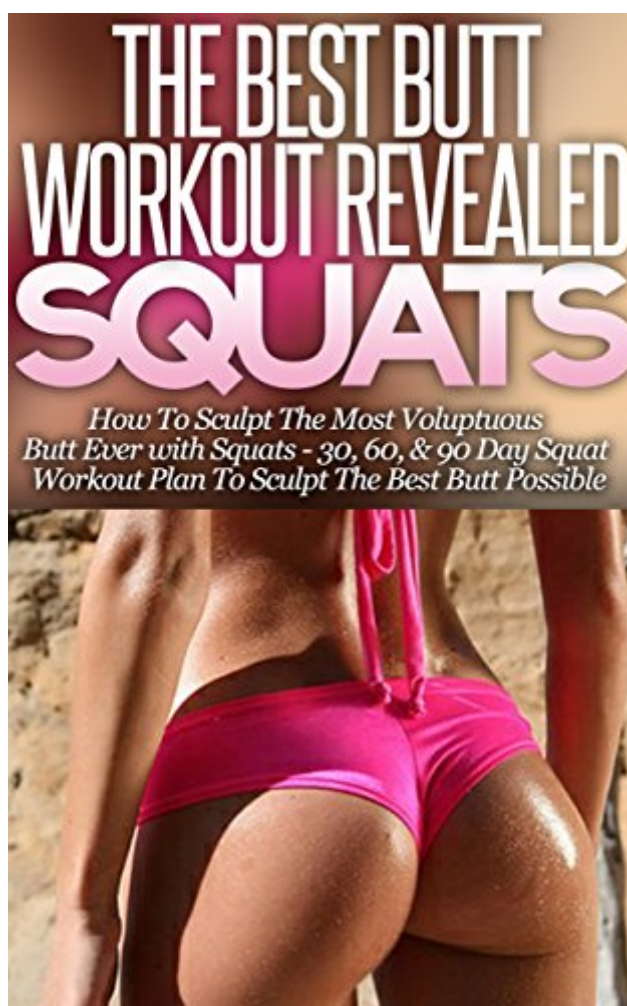


The book was found

Squats: The Best Butt Workout Revealed - How To Sculpt The Most Voluptuous Butt Ever With Squats (30, 60, & 90 Day Workout Plans)



Synopsis

Squats Are Hands Down the BEST Butt Exercise Squats are one of the best functional exercises out there; they are often called the king of exercises. Not only are squats the best exercise for your gluteus maximus (butt muscles), but they are also one of the most time efficient ways to burn calories. Although squats are generally regarded as "leg" exercises, they actually offer benefits for your entire body, especially deep within your core. Get the Body of Your Dreams Because squats effectively work the largest muscles in your body, they provide a systemic metabolic stimulation that can burn stubborn fat throughout your body while building aesthetically pleasing lean muscle. Squats have not only been proven to be one of the most effective exercises for weight-loss, but also for sculpting incredible butt muscles. The Ultimate Squats Guide for Women This book contains top squat variations and instructions on the best butt exercises that produce the highest percentage of electromyographic activity in the gluteus maximus (butt) muscle group. 30, 60, & 90 Day Workout Plans Included In just 30, 60, or 90 days from now, you can have the body you've always longed for. In This Book You'll Find... How to perform various squat exercises for the best results The benefits of squats and why they are considered the best exercise Instructions on how to perform the perfect squat to get the most results A step-by-step workout plan for building your dream body Exclusive tips for getting fast, realistic results Squat variations for different levels of difficulty (Easy, Intermediate, Hard) How to effectively increase the size the of your butt muscles through exercise Much, much more! Get in Perfect Shape with Squats Scroll up and grab your copy now! Â© 2014 All Rights Reserved

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Customer Reviews

If you're looking to get in shape and tone that butt " this is definitely the book for you, hands down. In reading this book, the reader can expect to learn how to perform various squat exercises for the best results, the multitude of benefits as to why squats are considered the best exercise, you will also get instructions on how to perform squats correctly. Also, you'll get step-by-step workout plan for building your desired physique, as well as learning an assortment of squat variations for different levels of difficulty depending on your fitness level. All in all, this is a well-thought, educational as well as motivational piece of writing.

This book came in the right moment! My local gym closes in August (I live in Spain, almost everything here is closed in August, weird, eh?) and I was looking for a kick in the ass (yes!) to start working out at home. This is the value I got from this little book. Did my first session of squats straight after reading it! I want to make it my regular habit that I can stick with even when I travel (vacation coming soon!). Gonna work my ass off!

I wanted to get a easy version of adding something different to my workout plan.. It was an OK read, but not too helpful

My girlfriend has been looking into really getting her buttocks in form and sexier. about this book for her so she can easily create a plan that will allow her to have the bottom she desires (and I desire :-)) I do think there will be some great results after applying the strategies because the book makes it look so simple. I definitely recommend this book.

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