



15 Minutes Daily Workout That Will Kick Your Butt Into Shape

By Monica Ramirez, M Monica Ramirez

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The hottest trend today is having a well-sculpted butt. Everyone is focused on their bottom and on other people s 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 don t 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...



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It is easy in study safer to comprehend. It can be writer in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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