

RB
R E A R B E A U T Y

I N F O R M A T I O N
G U I D E



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This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength training and motivation. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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Introduction

If you were to keep a track of what's considered beautiful these days, you would notice that having a nice butt or booty makes it to the top of the list. Some may say that it's superficial, but, let's be honest with ourselves. We all want to look great and stay in shape. It's one of the most basic desires a human being can have.

Sadly, getting the butt of your dreams can seem like an unattainable victory. Maybe we got our not-so-attractive butts from our ancestors or maybe our bodies are too stubborn to put on a little weight in the right places.

Whatever the reason may be, the truth is that you can improve your natural drawbacks. Like a lot of things in life, a good butt can be worked for. All it takes is a little motivation, will power, and education to achieve that curvaceous butt you've been dreaming of.

That's exactly what this e-book is going to help you with. By offering tips, solutions, and strategies on what to do, this e-book will help you reach your target in the healthiest and quickest way possible.



“This e-book will help you reach your target in the healthiest and quickest way possible”

What This Book Is

Before you start reading, it is necessary that you understand what the true purpose of what this book is and what you should expect to gain by reading it.

If you've been looking for a practical guide to get you started on how to improve the visual appeal of your butt, then you've found it. This book gives you the knowledge and guidance you need to start improving your butt right away.

The plan provided is designed to work similarly for all readers across ages or ethnicities. While your results may vary slightly, if you follow the workouts, then the end results will be a very fully formed bubble-butt, beautiful feminine heart shaped booty or strong and sexy athletic glutes!

Working out is a natural and perfectly safe way to massively boost your aesthetic appeal without resorting to the cosmetic butt implants, fillers or the cavalcade of odd and interesting products that so many Instagram models tend to promote to cash in on their celebrity status.

Above all, it focuses on using a healthy approach to getting a shapely butt.

It's necessary to have a plan in place prior to engaging in any task and this book will help you create such a plan before you start hitting the gym. I will guide you on making the most of what you already have and reaching your true potential.

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**This book gives you the knowledge
and guidance you need to start
improving your butt right away.**

What This Book Is Not

- ♦ **This book is not meant to try and convince you that you can have a perfect butt or body in a short period of time.** It will take some time and dedication but you will start to see results straight away. Also, the way your butt develops will likely differ from how it develops for others
- ♦ **While a good starting point, this book is not the only right answer on how to get a great booty out there.** You should always continue to educate yourself as much as possible to learn and stay motivated more
- ♦ **This is not a book about “One simple trick” or secret shortcut to getting the booty you want.** If you want that designer booty, you’ll need to put in the work for it.. but it will be worth it
- ♦ **This is not a weight-loss guide.** This book is about getting yourself a derriere that you can be proud of. While you may end up shedding a few pounds with exercise regimen if you’re overweight, this book is equally targeted to the skinny people out there who want to improve their physique and aesthetic appeal.
- ♦ **Also, this book is not written using a single or fixed perspective.** Different methods work differently for different people. For the many people out there looking for a simple, straightforward book that sticks to the facts and avoids outlandish claims. Instead this book aims to provide realistic solutions that offer the best possible results.



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Anatomy of the Booty

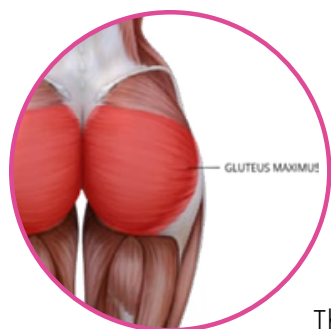
The booty is made up of 3 major muscles known as the Gluteals. They are:

- 1. Gluteus maximus**
- 2. Gluteus medius**
- 3. Gluteus minimus**

All of these muscles are critical to perform a wide range of lower body movements. All are used for daily movements and activities like sitting, walking, getting up and bending over. They help keep us stable when we are standing and help project us upwards when we run or jump. The glutes are hard workers, they provide us with a lot of functionality but they also have a lot to do with the appearance of your butt and also the look of the overall body.

It is important to understand this anatomy so that when you are undertaking the workout plan, you understand what you are working and what you should be feeling. This will help ensure you have great form, for maximum booty results. Let's take a look at each of the muscles

Gluteus Maximus



These muscles start at the sacrum and ilium and reach into the femur. Their primary functions are abduction, extension, and internal and external rotation of the hip joint.

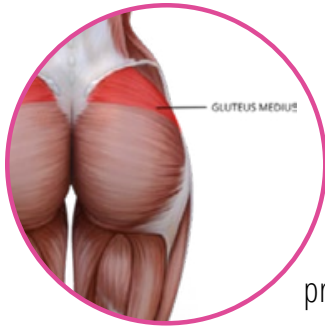
The gluteus maximus is the largest and also, the most prominent of the gluteals. These muscles occupy a significant portion of the hips and contribute to the appearance of these as well. The shape of the gluteus maximus can be best described as being quadrilateral. It appears to be narrow, but, is actually very thick. The gluteus maximus are therefore responsible for making the buttocks appear more prominent and are key to building volume and shape.

The gluteus maximus muscle is what provides balance when your body engages in a running or walking motion. When your legs move forward and your heel touches the ground, the gluteus maximus muscles become tight to regulate the speed of the forward moving leg. This action restores balance and prevents you from falling down.

Similarly, when you run, the gluteal muscle located over the resting leg tightens itself to regulate the trunk's forward motion. Of course, the quadriceps muscles on the front thighs may have a bigger role to play in making your legs move forward, but, it is the gluteal muscles that offer support on uneven surfaces or inclines.

Anatomy of the Booty (cont.)

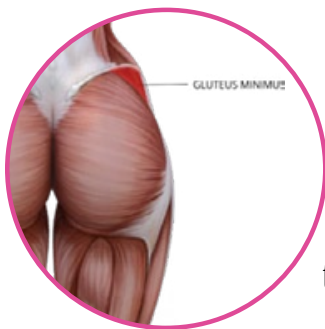
Apart from those functions, the gluteus maximus muscles help your body stand up from a squatting position and help you climb stairs. If you think about these two movements, you start to understand why squats and lunges are exercises that can help build a better butt!



Gluteus Medius

Next, we have the gluteus medius muscles. They lie under the gluteus maximus but, occupy a higher position in the gluteal region. These muscles play a key role in keeping the pelvis stable. When we lift a leg to execute a step, the gluteus medius on the supporting leg becomes tight to prevent the pelvis from hanging

While the medius is not a large muscle, that does not mean it is not important. Strong medius contribute to good posture and they provide extra horsepower to the maximus when undertaking any exercise that works out the butt



Gluteus Minimus

Finally, we have what are known as the gluteus minimus muscles. These are the smallest muscles among the three gluteal muscles. These muscles are responsible for helping the thighs move forward or sideways. They also help the thighs achieve inward or outward rotation.

The gluteus minimus is positioned under the gluteus medius and attaches the pelvis to the upper thigh bone. The gluteus minimus muscles also play a key role in supporting the hips. As you may or may not know, the hip is made up of a ball and socket joint. The gluteus minimus muscles are what help the ball stay in the socket during motion.

Now that we have an idea of how important the gluteal muscles are, it makes sense to pay attention to them and develop them to achieve better efficiency in the various movements that these muscles facilitate and for the desired effect it has on the aesthetic.

Tip

When working out, these are the muscles we want to engage. It is easy to perform exercise without properly engaging these muscles, but to really build them we need to make sure they are the muscles that we are working.

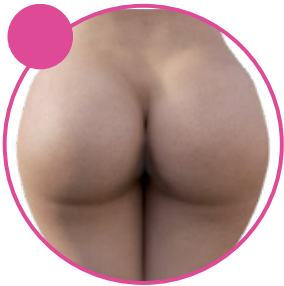
Part I

The Basics

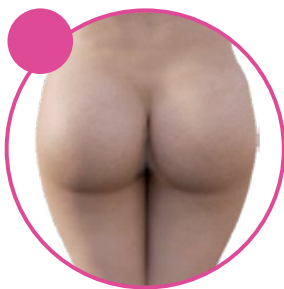
When it comes to the types of bums or bum shapes, there are many. Here are a few that are well known. You may have one of these types of bums, or a combination or yours may be different all together.



Inverted "V"-Shaped Butt: The first bum type we're going to take a look at is the Inverted or V shaped bum. This shape is characterized by a wider waist and thinner hips. It can be observed that the shape appears fuller near the hips and over the bum. However, it begins to taper towards the bottom. These butts are prone to something known as the pancake look. This perception is created because there is little fat and little muscle on this type of bum. That means that the skin has a flat, saggier appearance as it ages.



Heart-Shaped: The heart-shaped bum is also known as the Oval Booty or A-Shaped bum. They are considered to be very attractive. Here, the bum is narrower at the top, while becoming wider towards the thighs. Women who have heart-shaped bums tend to have narrower waists. But, there is an increase in size as you move down. These types of bums, tend to get what is known as saddle bags – large deposits of fat on the lower side of the booty that bulge out and form an undesirable shape. What most people don't realize though, is that saddlebags have a lot to do with deterioration of gluteal muscle – not just excess fat. The gluteal muscle when well developed, will hold the fat up and smooth it out which gives the butt a nicer appearance.



Round: This is the bum shape that has even inspired a few songs in the recent past. Also known as a Bubble Butt or a Cherry-Shaped bum, these bum types are characterized by a round shape. The waist and the hip tend to be equal in size for women with round bums. These butts tend to have some volume to them but without a good muscular framework, they can develop a lumpy, out of shape look.

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Square-Shaped: As the name suggests, square-shaped bums tend to be equal on all sides. They have a tendency to not look very feminine as the square shape creates the perception of a flat bum. Women with square-shaped bums will quite often have very low body fat, especially around the waist area.

Key Takeaway

One key thing to remember here is that, despite the variation in shapes and sizes, the bum or butt is something that can be worked on to improve its appearance. It does not matter what kind of butt you have, the effort needed to improve the shape and appearance is more or less the same for all butt/bum types!



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It does not matter what kind of bum you have, the effort needed to improve the shape and appearance is more or less the same.

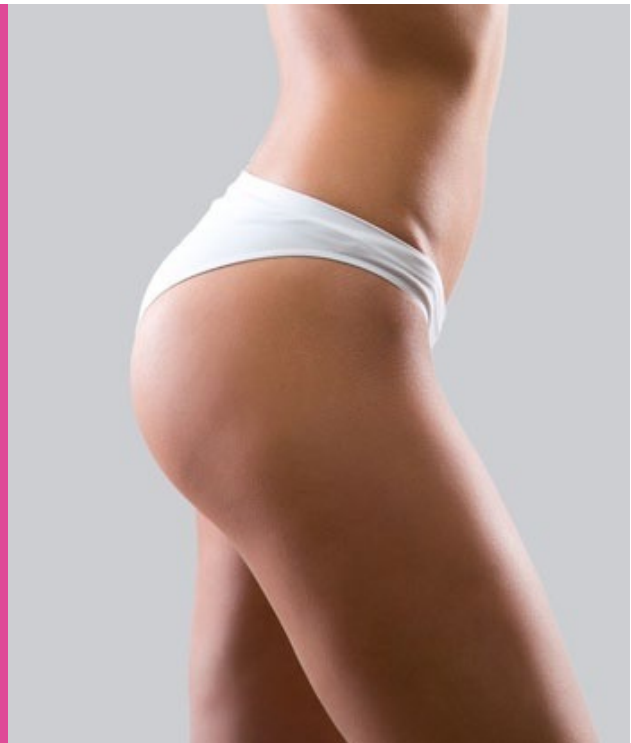
There is no such thing as a perfect butt. However, there are a few factors that determine if you have what is known as a “good butt” or “attractive butt”. According to evolutionary scientists, what humans consider attractive has a lot to do with what drives our biological need to reproduce healthy offspring.

For example, researchers have determined that one of the factors that determine the attractiveness of a butt is plumpness. Plumpness communicates the presence of good estrogen levels in women, which means the woman has enough fat to support pregnancy, as well as lactation.

Similarly, other factors such as perkiness, spine angle, and waist to hip ratio also determine the attractiveness of a woman’s butt. For instance, in terms of waist-to-hip ratio, a narrow waist and wider hips have always been considered attractive in western society. Other cultures tend to follow the same idea, more or less.

What we do know is that good butt needs a good foundation of muscle! The muscle provides shape, smoothes out the fat and improves the posture and angle at which the body sits

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Have you ever taken a look around and observed the various glutes on the scene? You'll probably find all kinds of glutes in varying shapes and sizes. However, a majority of them are likely to be in poor shape. Experts refer to this condition as gluteal amnesia.

Gluteal amnesia is a term used to describe glutes that haven't been able to develop into the gorgeous butts we see otherwise. The condition is characterized by very little development in the glute region and even, noticeable muscle atrophy.

But, every once in a while, you're likely to come across a perfect set of glutes and you're left wondering how that person managed to achieve such a beautiful butt. If you're curious about what influences your butt, then wonder no more, as all shall be revealed.

1. Diet, lifestyle and physical activity level

Diet plays an important role too. Nutrients such as proteins, fats, vitamins, and mineral are essential for keeping the body maintained. Someone that has been eating very little protein and lots of fatty, sugary foods will not have much muscle and probably lots of fat.

Sitting is another thing that is slowly deteriorating your butt. If you are sitting, you are not engaging the glutes and they are slowly wasting away. As humans now spend their lives sitting more than they ever have before, this is an increasing cause of out of shape bodies.

Lastly, exercise is very important factor in the way the body looks. Exercise keeps the body fat low and utilises muscles which keeps them maintained and in good shape - a body that sits around all day will slowly deteriorate.

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Sitting is slowly deteriorating your butt.

2. Posture and Age

Finally, age is another factor that determines the appearance of your butt. In our 20s, our butts have reached their prime and this is when you're likely to experience perkiness and a rounder shape. However, as you begin to hit your 30s and 40s, there are changes that are going to occur in your body chemistry. This will result in your glutes losing their original shape and perkiness. However, this can be, once again, combated through a mix of healthy eating and exercise. To put it simply, you can do a lot to keep your glutes in shape. Posture also impacts how our butts look. If you stand up or sit up straight, your body and the way it looks will immediately improve, your butt will perk up. Years and years of bad posture means the glutes are never engaged.



3. Genetics

Well, research tells us that genetics has a strong role to play here. A study conducted in Germany found that women had a larger glute size compared to men after observing 48 women and 45 men. However, what's interesting is the variation in glute sizes. There were women with 5 times more gluteus maximus muscle volume than others.

This is simply a result of good genetics. However, genetics is not the be all and end all of having a great butt. With the right diet, exercise, and positive lifestyle choices, even you can develop a great butt, despite the fact that you might have started out with not the greatest glute genetics.

A lot of women tend to suffer from the presence of lumpy pockets of fat on their booty. This happens because women tend to store their fat around their butt and as they age, the muscle deteriorates yet the fat remains and can be quite stubborn.

Cellulite

Some of this fat can be cellulite. Cellulite is a condition that is characterized by the appearance of lumps, bumps, and dimples on the buttocks. To understand how or why this happens, we must first understand the anatomy of the buttocks.

Normally, our skin and muscles are held together by fibrous connective tissues. Between the layers of muscle and skin, there is also a layer fat. When the fat in this layer becomes excessive, it pushes against the skin. In order to deal with the pressure of the fat, the connective tissues pull down the skin. This is when lumps and bumps start to form.

Saddlebags

Sometimes the fat on our butts can sag and cause unsightly bulges at the sides. These are commonly referred to as saddlebags. Although it might be nice to entertain the idea that random fat has accumulated on this spot, lets talk about what is really happening here. It is actually because overall bodyfat has increased and the weight of the fat is causing the area to sag.

Ageing or under developed gluteal muscle means there is not a good amount of muscle there to provide a foundation for the fat to sit on.

Summary of the problem

1. Not enough muscle
2. Excess fat

Summary of the solution

1. Build more muscle
2. Lose or control the fat

By building glute muscles, you prevent the skin from being dragged down due to the excessive fat. This is because the muscles will serve to hold the fat in place.

On the plus side – fat is required for a nice looking butt! They key is to make sure the fat is supported by a good foundation of muscle so that it sits in the right spot and spreads evenly. When there is fat, but no muscle the butt tends to sag and the fat is more prominent.

There are many quicker methods to getting the buttocks of your dreams, but, none of them can compete with the healthier and permanent options discussed in this e-book. When you come across images of models and celebrities with beautiful derrieres on the internet, know that most of them do not have naturally developed butts.

A majority of them undergo surgical procedures such as a butt implant procedure or Brazilian butt lifts, where fat is grafted from other parts of the body. There is nothing inherently wrong with this. It all boils down to choice. However, these procedures do not come without their fair share of side effects and risks. Also, they are expensive and do not offer a permanent solution. In fact, the procedure may have to be repeated every few years. Exercise, on the other hand, improves everything along with your buttocks. You become stronger, regain posture, and boost your overall fitness.

It is understandable as to why you might feel demotivated by looking at those instagram and celebrity bodies. But, realize that most of the stuff you see on social media or the internet in general is photoshopped and designed to promote the person themselves. These things are designed to get you focusing on the celebrities and not your own goals and life.

By focusing on other people you are

Wasting precious time you could be working on yourself
Only finding out about them and what has worked for them
Giving them more attention, which in turn elevates them more and gives them more success

What you need to do is focus on your own life and how to improve it. This is how successful people reach their goals and it is what has made those instagram people and celebrities famous in the first place!

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These procedures do not come without their fair share of side effects and risks.

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Avoiding Thickness in the Thighs

— Part I: The Basics

One of the things many women experience is that when undergoing a plan to build a butt, their legs will gain more first and at a greater rate. There is a misconception that to get a bigger butt you only do squats. However, whilst squats are vital and a foundation exercise for getting a good butt, they are a compound movement which means they engage and other muscles. Therefore, to grow your glutes you end up growing other muscles. There is a trick to making sure you get great booty gains though – and this is to utilize isolation exercises as well as compound. These focus on the glutes only and really boost your program and get your booty growing.

This is why in this plan we recommend a combination of both compound movements like squats and isolation exercises.

Correct form is also very important. If you are not focusing on your glutes when working out, you compensate by using muscles that are naturally stronger, such as your quads – this is why learning about your glutes is so important.

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There is a trick to making sure you get great booty gains though - and this is to utilise isolation exercises.



Part II

The Solution

Are you all set to start working out? Before getting started with any workout plan, there are some things to keep in mind.

Have a plan

You've already done this part by getting your hands on Designer Booty Plan. Going to workout without a plan of attack could end up meaning a wasted workout. Go in with a strategy, know what you have to do and get the work done

Track your progress

If you're going to take your workout seriously, then you'll have to ensure you're making progress. And the only way you'll know that for sure is by tracking how far you've come. The best way to track progress is with photos! All you need to do is stand in front of your mirror in your underwear or a bathing suit and take pictures of yourself. This might make you slightly uncomfortable in the beginning, but photos are the best way to notice how your body is changing.

Challenge yourself

Remember to push yourself a little more with each week. This plan will help you do that, as the plan progresses the workouts become more challenging. The great thing is this means more results!

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Go in with a strategy, know what you have to do and get the work done .



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You cannot rely on motivation alone to improve your body.

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When it comes to working out, there is a general perception that you need to be really motivated to start. This is not true in fact you need to start first, motivation will follow later after you have seen some initial results. Motivation is unreliable, you will very rarely feel motivated and yet at the same time excuses will always be there. Motivation is fleeting – you may see a picture that motivates you and yet seconds later that motivation is gone. Therefore, you cannot rely on motivation alone to improve your body. What you can rely on:

- **Discipline** – what is discipline? Doing something whether you feel like it or not. The chances are by the time you are halfway through your workout all the excuses that ere stopping you in the first place are gone and you are feeling good
- **A plan** – have a plan that you stick to. The plan does the thinking for you and tells you what to do. You just need to show up and do it
- **Goals** – you need goals that mean something to you. Looking good in a dress, having your friends comment on how good you look or just feeling better about yourself in general are good places to start. From there you can break those goals down smaller achievable, measurable goals

If you've never hit a gym before, you are likely to experience some nervousness or confidence issues. Just thinking about how you're going to look amongst everyone else is enough to cause some anxiety. Some people may even worry about doing the exercises properly and using new machines.

If you are new to your gym, a staff member will always be willing to show you around. Secondly, never feel intimidated to ask for help. The gym staff or people around you are normal human beings just like you and they are likely to offer you a helping hand if you need one.

If you're still having trouble getting the confidence to try things in the gym, you can try visiting the gym at odd hours when the crowd is minimal. This will allow you to workout in peace and look around some more. Eventually, your familiarity of the place will give you enough confidence to workout anytime of the day. A good thing to do is go very late at night or very early in the morning, you only have to do this once. When you are there, have a good look around, try the machines and familiarize yourself with where everything is. This way when you go into the gym during a busier time, you at least know where things are.

Some people get intimidated by groups of people working out together. Remember – these people are probably doing that because they are not confident enough to go by themselves!

Tip

Do not let anyone make you think that their workout is more important than yours! You are all paying to be there, it is an equal playing field. They have no more rights than you do simply by having worked out there before or having been a member for longer!

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When we work out our glute muscles, or any other set of muscles for that matter, we put them under a lot of strain. This causes our muscles to become fairly sore. This is because the exercise and resistance breaks down muscle fibres which then have to rebuild, this is how muscles grow. There are a few things you could do to ease this soreness.

Stretching and foam rolling will do wonders for stretching out the muscle fibres and fascia of your muscles, stimulating circulation and speeding up recovery. Be warned though, both will hurt somewhat.

If you are really sore, try a short walk. For some people when they first start working out they are so sore that even a short walk seems impossible but it is best to keep your body moving to boost circulation and help you recover quicker

You can also try heat therapy. Heat therapy boosts blood flow to the muscles. So, try taking a hot shower/bath or apply direct heat to the affected area (your glutes in this case). You could use a heating pad for this.

There are also supplements to help with muscle soreness. For instance, magnesium is an important mineral that plays a key role in how muscles contract and relax. That's why magnesium supplements are often suggested by those frequenting gyms.

You may not experience instant recovery with these suggestions. However, your soreness will gradually come down and this will prevent you from becoming demotivated because of the pain.

You will be sore at the start of the plan and then at the start of each phase as your body does new things. You will also notice some soreness on weeks when you are increasing the weights that you are lifting. Don't worry, the soreness becomes less intense and goes away more quickly as you progress and your body becomes better at recovery!

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Getting Through the Whole Workout

Part II: The Solution

One of the hardest parts about working out is actually getting through the whole thing. So, how do you make sure you don't quit?

- **Listen to your favourite music**
- **Have a plan, stick to it**
- **Get adequate rest in between sets**
- **Give yourself enough time to get through the workout (but still, doing something is better than nothing)**
- **Take a longer break halfway. If you are really struggling.** Grab a mat and do some stretching for 5-10 minutes and think about why you got this plan in the first place. If after that break you still think you can't finish the workout, then that's ok but a lot of the time you might find you've found your motivation again your body has recovered and you're ready to get back into it!



One of the best things about hitting the gym is that you get to work out on machines that are developed to offer very specific benefits.

But for those starting out, these machines look a bit scary and intimidating. Sometimes it is hard to work out exactly what a machine is for and how to use it.

Diagrams – most machines have a diagram on them somewhere that show which muscles it is targeting. The diagram will also give some very basic instructions on how to use the machine

Squat Rack

Squat racks can look scary but are actually very simple! They look scar as they are designed to be sturdy and hold a lot of weight if need be. What you need to know:

The squat rack has a barbell that sits on pins that can be height adjusted

The barbell weighs about 45lbs or 20kg

Will normally have safety racks that are also height adjustable

When preparing to squat, make sure the racking mechanisms on top are at shoulder height. As for the lower racking mechanisms, they must be kept as low as you intend to go. Generally, an inch below the point where your thighs and the floor become parallel to each other should be fine.

Place the right amount of weight on the top racking mechanisms and secure them with a collar. Always warm up with the bar only!

Tip

If you need to move the height of the bar, always remove the weight plates first

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Always warm up with the bar only!



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When you're doing something for the first time, it's best to start slow and then gradually progress as you become more familiar and used to the program. The same goes with exercising. Even the most buff bodybuilders started slow. You cannot push your body into overdrive in the first week itself.

As you begin exercising, you'll have to first start with no weights. Become familiar with the gym equipment and learn how the machines work. Focus on the movement itself and getting a good full range of motion. When you are feeling comfortable you can start to add weight. You may feel comfortable adding weight from your first workout or it might take you a few weeks to do so.

If you are using machines with pin weights, this makes it very easy – just pull the pin out and add it up a notch. Make sure the machine is in resting position before doing so.

On other machines like squat racks and smith machines, you have to load the weights on yourself. I suggest adding in increments of 5.5lbs plates or 2.5kg when doing lower body movements like in this plan.

By the last few repetitions of a set, the weight should be starting to get quite hard. If this is the case then you know you are pushing yourself. If you can do all repetitions with ease, time to add more weight! It is important to remember where you are at with the weights you are using. For this reason we recommend tracking your workouts in a fitness app or workout journal.

There is no way around it. If you are carrying some excess fat, cardio workouts are a great way to burn through calories to eliminate it. Cardio is also fantastic for your heart and overall fitness. We recommend you undertake cardio up to 6 days a week. There are some different types of cardio;

High Intensity Interval Training (HIIT)

You may have heard of HIIT. HIIT involves workouts that switch between short, intense bursts of cardio and then longer, less-intense cardio and short periods of rest. For people that are already very fit this is a great form of cardio for burning fat. It can be done via running (outside or on a treadmill), on a bike, stair climber, rowing machine or cross trainer. As this type of cardio requires a good level of fitness, we recommend this only if you are already quite fit!

Low Intensity Steady State (LISS)

This form of cardio involves longer periods of lower intensity exercise. This type of cardio is ALSO great for burning fat. The great thing about steady state cardio is that it is great for people that are just getting started with working out. Some people might consider this type of cardio boring but the great thing about it is that it helps to build endurance and develop a good foundation of fitness. LISS can be done anyway – walking, jogging, cross trainer, bike, stair climber or rowing machine.

As you progress, try to increase your speed and distance. Always watch your exertion levels you don't want to overdo it pick a pace that works well for you and that you'll be able to maintain without injuring yourself.

At the moment there is a lot of hype about HIIT training but for best results we always recommend you start with LISS and when your fitness levels have improved you can start to try some HIIT. We always recommend doing a combination of both types of cardio throughout the week to keep your body stimulated and to keep it interesting.

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Cardio is also fantastic
for your heart and overall fitness

Stretching your glutes helps you loosen up your entire body. The glutes, as you know by now, are some of the biggest muscles in the body. So, a tight set of glutes can cause significant strain. This sort of strain can actually prevent you from carrying out your usual workout regimen.

Also, tight glutes can induce pain in the lower back region. The glute muscles responsible for this are the gluteus medius and the gluteus maximus. When tightened, these two muscles can cause extreme pain. That's exactly why some stretching is always a good idea. Stretches can help your glutes relax and be prepared for another day of workout as well as improving posture!



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Stretches can help your glutes relax.

One way you'll know if your exercise program is working is by observing your results. Here are the things you should start to notice on this plan;

- You will feel your glutes activating. As you go about normal every day activities such as walking up stairs or bending down, you will start to feel your glutes really activating, stabilising you and taking the weight of your body. This means the plan has activated your glutes and your body is adjusting to this new strength it has to rely on
- Your clothes will start to fit differently. Many women find once starting the plan that their butt lifts up a bit and gets some volume. Your pants will start to feel a bit tighter around the butt. You might notice your underwear is starting to fit you differently by sitting a bit higher around your hips
- You will be getting stronger. You will start to notice the exercises becoming easier, you will notice you can do more and you will be adding weight to the exercises you are doing at the gym. The only way your glutes get stronger is by growing, so if you are adding weight and doing more, your butt has grown. Well done!



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Now that you've created a personal workout plan and have become comfortable with exercising, you know that you're on a one-way trip to achieving and maintaining a toned, healthy body. The one lesson you'd have learned on your way to this point is that a firm body and toned butt don't happen overnight. It takes effort and patience on your part to achieve these goals. Many people give up too quickly because all they are looking for are quick results. There are 3 rules you need to keep in mind to grow your butt;

Consistency: The first key is to never give up and remain consistent in your workouts. Keep your goals in mind. It's easy to find excuses to not exercise, but if a great booty is what you want, you'll have to work for it.

Variation: An essential for getting a great booty is a broad range of exercises. By doing a range of exercises you stimulate the butt in different ways which is what makes it grow as it adjusts to these new movements.

Volume: Make sure you are doing the correct number of sets as suggested in the plan. Just doing 1-2 sets of the exercise will not work the muscle hard enough for the muscle to break down and grow. The glutes are a big muscle and can handle a lot and that is why to grow the butt we need to do a good volume of exercise to stimulate it

Our best tips for having a good gym experience. Some people find the gym a bit intimidating or find the behaviour of other people there a bit of a turn off.

- The more you go the more comfortable you will be begin to feel. If you feel a bit self conscious at first, don't worry everyone does. Once you start to get into a routine and know your way around, this will subside
- Keep clean. Lots of people go through and use the gym equipment every day. That means lots of hands touching things. Make sure you wash your hands before you leave the gym to avoid picking up any nasty germs. Also, don't be shy about wiping a pice of equipment down if someone sweaty has been on it without a towel. Gyms normally provide paper towel and antibacterial spray to do so
- Get the right gear! It's definitely worth investing in some good quality gym gear and headphones for the gym. Good quality gym gear will last you a long time, you will look good and it is suitable for moving around and performing exercise but still staying comfortable. Good quality headphones will make your experience more enjoyable because you can crank your favourite music to motivate you and 'zone out'



Now, one of the most obvious questions you have in your head is “when can you expect to see results” Well, the first thing you need to know is that results will vary from person to person. As a general guide here is what you can expect as you progress with working on your booty

2-4 weeks

In this initial time frame, your muscle building may not be spectacular, depending on your commitment and initial fitness level, but after 2-4 weeks you should start to notice;

Your glutes will start to engage more and you will become aware of them during normal activities like walking and going up stairs

An initial uplift in the look of your booty, it will perk up a bit

Your posture will begin to improve

4-8 weeks

Around the 4-8 week mark is where the visual evidence starts to come in. You will notice

Some definition in your legs and glutes

You will have more stamina

The soreness is subsiding

3 Months

By this point your booty is already looking way better;

Your strength will have improved dramatically

Your booty will have a lot more volume

Your butt will be sitting higher and the dimples and lumps will have smoothed out!

6 months and beyond

At the six month mark you will see a dramatic improvement if you have been working hard and focusing on progress, not perfection. You will now be designing your own workouts and feeling confident in the gym and confident that hard work....works!



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your butt will be sitting higher and your dimples and lumps will have smoothed out

Things that will impact results

Body fat percentage: If you are carrying more bodyfat, it will be harder to see the booty definition and the gains that you are making

Age: the older you are, the longer it takes the body to repair. Booty building is all about breaking down the muscle fibres and rebuilding them to be bigger

Intensity: People who put more in and are pushing more weight and progressing, will get more results than others. If you do not work with some intensity and challenge yourself a little more every few weeks, your results will be slower

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