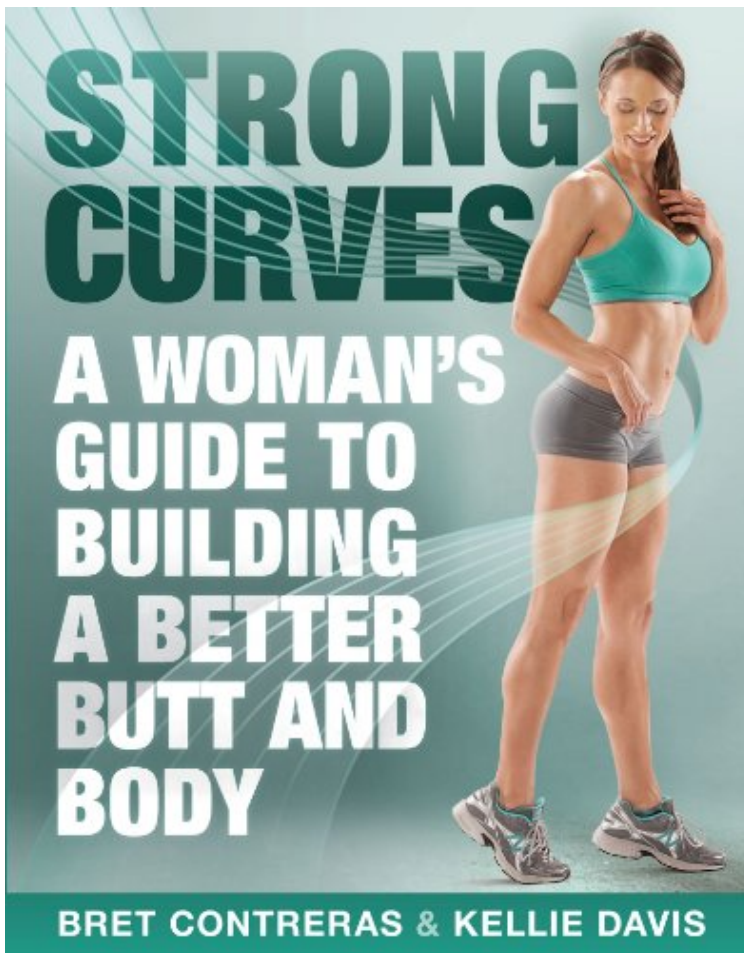


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Strong Curves: A Woman's Guide to Building a Better Butt and Body (English Edition)



Par Bret Contreras, Kellie Davis
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Description :

Prsentation de l'diteurThis is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility.Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence.Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe.Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.Prsentation de l'diteurThis is not

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Biographie de l'auteur Bret Contreras, MS, CSCS, has established himself as the world's leading expert in gluteal muscle functioning and development. Known in the Strength Conditioning industry as "The Glute Guy," Contreras continues on his quest to unravel the optimum training methods surrounding the gluteal muscles as he pursues his PhD in Sports Science at Auckland University of Technology in New Zealand. A graduate from Florida Gulf Coast University, Kellie Davis turned to writing as a profession, with an emphasis on fitness and sports nutrition. She also assists clients in achieving optimum health and wellness as a certified personal trainer.