

Tips to Get a Bigger Butt

1. Adjective
2. Adjective
3. Noun
4. Plural Body Part
5. Noun Plural
6. Noun
7. Plural Body Part
8. Verb Ing
9. Plural Body Part
10. Noun Plural
11. Body Part
12. Noun
13. Noun Plural
14. Number
15. Abstract Noun
16. Noun Plural
17. Adjective
18. Noun Plural
19. Word Ends In Tion
20. Verb
21. Noun
22. Noun Plural
23. Verb Ing

24. Noun Plural
25. Verb
26. Big Number
27. Verb
28. Noun
29. Noun
30. Noun Plural
31. Noun Plural
32. Plural Body Part
33. Noun Plural
34. Type Of Fish
35. Noun Plural
36. Colour
37. Noun Plural

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Squats: The squat is a _____ butt-builder, because it activates the gluteus maximus in a _____, compound exercise. You can squat with a _____ across your _____, _____ in your hands, or no _____ at all. To do a squat, stand straight up with your _____ about shoulder-width apart. Start the movement by _____ your _____ back as you bend your _____. Arch your lower back as you squat, keeping your _____ and _____ up. When your hip and knee _____ are at around _____ degrees, stand back up. Work to _____ and increase the number of _____ over time.

Straight Leg Dead-lifts: Straight leg dead-lifts are an _____ exercise to build your _____ because they require a powerful hip _____. To _____ a straight leg dead-lift, stand straight up with a _____ or _____ in your hands. Bend forward at the hips as if you are _____ to someone. Keep your _____ straight, but do not _____ your knees. When your hip joint reaches about _____ degrees, stand back up. Work to fatigue and increase the number of reps over time.

Eat to _____: Your glutes are just like any other _____ in that they need _____ and _____ to grow. To support your training, add _____ to your diet by way of lean proteins

such as chicken _____, egg _____ and _____. Fuel your workouts with
complex _____ like oatmeal, _____ rice and sweet _____.