

# 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

# Tips to Get a Bigger Butt

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

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

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

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