

# Get Bigger Rounder Bottom In 30 Days



Achieving a bigger and rounder bottom is a desire that many people have. Having well-defined glutes not only enhances your physique but also improves your overall strength and posture. While it may seem like a daunting task, with dedication and consistency, you can achieve your goal of a bigger and rounder bottom in just 30 days.

## The Importance of Glute Training

Your gluteal muscles, commonly referred to as glutes, consist of three major muscles: gluteus maximus, gluteus medius, and gluteus minimus. These muscles not only play a significant role in the aesthetics of your booty but also provide stability and power during movements such as walking, running, and squatting.

## Get a Bigger Rounder Bottom in 30 Days

by John Brown ([Print Replica] Kindle Edition)



★★★★★ 5 out of 5  
Language : English  
File size : 4972 KB  
Screen Reader : Supported  
Print length : 289 pages



Neglecting glute training can lead to weaker glutes, which may result in imbalances and compensations in other areas of your body. It is essential to engage in specific exercises that target these muscles to achieve a bigger and rounder bottom.

## Effective Exercises

Incorporating the following exercises into your workout routine can help you build a bigger and rounder bottom:

- Squats: This compound exercise targets your glutes, quads, and hamstrings. Ensure proper form and gradually increase the weight.
- Deadlifts: These exercises work your entire posterior chain, including your glutes. Start with lighter weights and focus on maintaining a neutral spine.
- Lunges: Perform walking lunges or stationary lunges to engage your glutes. Vary the range of motion and incorporate different variations like reverse lunges or lateral lunges.
- Glute Bridges: Lie on your back with your feet flat on the ground and lift your hips off the floor. Squeeze your glutes at the top of the movement and hold

for a few seconds.

- Hip Thrusts: With your upper back supported on a bench, place a barbell across your hips. Push through your heels to lift your hips towards the ceiling. Focus on contracting your glutes at the top of the movement.
- Fire Hydrants: Get on all fours and lift one leg out to the side, resembling a dog peeing on a hydrant. Squeeze your glutes at the top of the movement.

## **Nutrition and Recovery**

Alongside your workout routine, maintaining a nutritious diet is crucial for achieving a bigger and rounder bottom. Make sure to consume enough protein to support muscle growth and repair. Include healthy fats, such as avocado and nuts, to improve hormone production and optimize glute development.

Additionally, prioritize recovery to give your muscles time to rebuild and grow. Get enough sleep, stay hydrated, and consider incorporating stretching or foam rolling into your routine to prevent any muscle imbalances or tightness.

## **Consistency and Patience**

Transforming your bottom in just 30 days requires consistency and patience. Stick to your workout routine and give your muscles enough time to adapt and grow. Remember that results may vary depending on individual factors such as genetics and starting fitness level, so be patient with the process.

Getting a bigger and rounder bottom is achievable with the right exercises, proper nutrition, and dedication. Use the 30-day timeline as a starting point and continue incorporating glute-focused exercises into your routine for long-term results. Stay consistent, stay motivated, and enjoy the journey of transforming your bottom into something you love.



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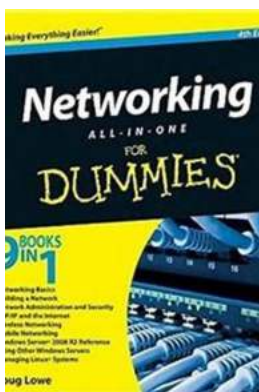
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Do you want a head-turning, gravity-defying butt? Well you've come to the right place! This comprehensive guide will help you get that pair of round and perky glutes in just 30 days! However, before we proceed, let me warn you: this will not be easy. There are no shortcuts to get around training, so be prepared to put in some serious work!

### How To Build That Butt - The Myths

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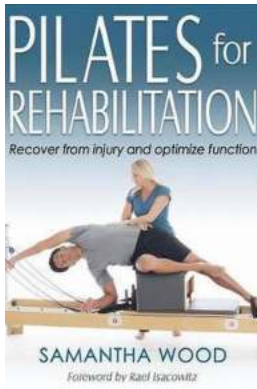
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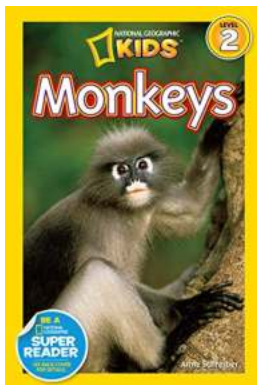
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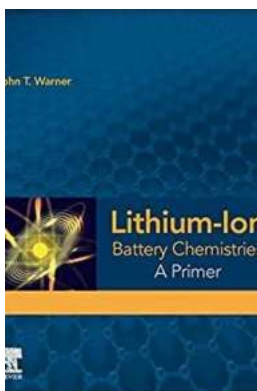
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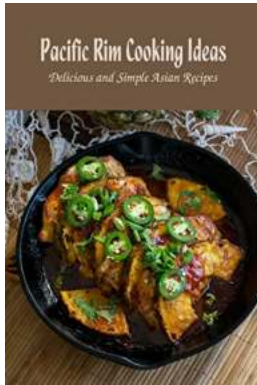
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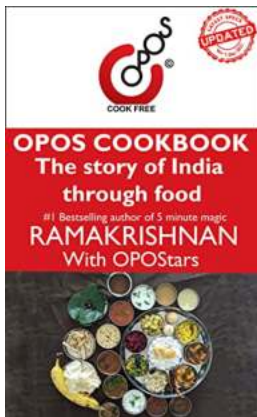
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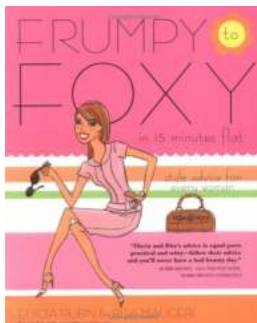
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