

STRONG CURVES

**A WOMAN'S
GUIDE TO
BUILDING
A BETTER
BUTT AND
BODY**



BRET CONTRERAS & KELLIE DAVIS

Bret Contreras MS CSCS and

Strong Curves: A Woman's Guide to Building a Better Butt and Body



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This is simply not your run-of-the-mill fitness book. Developed by world-renowned gluteal professional Bret Contreras, Solid Curves offers an intensive fitness and nutrition information for women seeking to enhance their physique, function, strength, and mobility. In Strong Curves, he offers the programs which have proven effective again and again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Contreras spent the last eighteen years researching and field-testing the very best options for building better butts and shapelier bodies. Strong Curves may be the cure. With a thorough dietary guide and over 200 strength exercises, this book gets ladies off the fitness treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Even though glutes will be the largest and most powerful muscle group in the body, they often times go dormant because of lifestyle choices, resulting in a set, saggy bum. Each web page is packed with information decoding the female anatomy, providing an improved understanding as to why most fitness programs fail to help women reach their goals.



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Best strength building programme for women. Without doubt!! Too bad, her reduction! I feel like Bret is changing the overall game of fitness. Squatting, No. A year later on I finished the Lift Just like a Goddess programme and looked for something brand-new. I dragged out this reserve and made a decision to give level 1 a chance. I have been by using this publication for over three years and get back to it frequently. I left every time feeling I possibly could give more. Nevertheless, don't be fooled by the shorter workouts! Then, so remarkably, I managed a proper squat. To attempt even 1 holding a fat on my stomach was sheer impossibility. THEREFORE I gladly stayed at level 1 and worked through it consistently. It works for beginners to elite sports athletes, and I not only use it but recommend it to others constantly. Within 3 weeks I found myself getting stronger. I found I possibly could not do more than 6 bodyweight bridges without getting a cramp. I have serious scoliosis and a broken Achilles' tendon due to medical operation on my leg for the scoliosis and I have never had the opportunity to squat without dropping over. Terrible ebook! After all, how hard is normally a bodyweight bridge? Nevertheless, building the glutes muscles meant I was today stable more than enough to squat. And my knees no longer caved in. Right now I could squat with a 35 kg barbell no issue at all. The programme I was on was arm heavy (as most programmes are) but, as Brett provides realised, most girls struggle with their butts, and hands will naturally improve as you use those bigger muscles even more. I think the trunk strengthening function in this programme finally made it all come jointly for me, even though arm work is not big. Next, I found that after 2 years of attempting chin ups, I finally handled one and today can perform 12, with a brief break between every 2 or 3. Apparently he has another publication coming out quickly but I don't regret buying this at all. Until I finally handled chin ups which are out of reach of all girls, even those doing arm work daily. I have today done 3 of the programmes in this reserve, and in a few weeks, will finally begin the advanced programme. It said never to try it till you could glute lift about 60 kg. That is clearly a joke, I idea at the time as I couldn't glute lift my own bodyweight a lot more than 6 occasions. The moves in this section provide you with a picture of every move, and each 4-week portion developments to a far more challenging version of each exercise if you are able to make the change. The middle section of the publication lays out each plan, that is compromised of 3 exercises (A, B, C), and split up into 3 segments (weeks 1-4, weeks 5-8, weeks 9-12). The webpages for the reference materials do not fall into line on Kindle. I came across his writing and recommendation to end up being motivating and solid minded, but far from condescending. Thanks Brett to find the best programme out there! Fantastic program, Great book. The first 1/3 of the book breaks down different aspects of health and wellness and exercise - the worthiness of this fitness plan, what it does for women, how exactly to create a productive diet, how to treat the body, etc. I had originally published off the PDF webpages to the workout programs, but as each move is certainly pretty specific and unique (I didn't originally know very well what the difference was between a glute bridge and a hip thrust), my first few workout routines with just those PDF printouts was sluggish and awkward as I looked up each move. I didn't benefit from the programmes either while at the gym. This book is more than just the workout. You will discover the workout online free of charge, but I read somewhere online that the book helps it be MUCH easier to accomplish the workout, and I completely agree now that I own the book. unless rage makes you lift heavier, you should skip the majority of the proceeding text. However I have complete respect for Bret Contreras and his work and can recommend it for somebody with a home/personal gym create. My jeans are smaller, my butt is no longer saggy, I've abundant energy, I spend less than 2 hrs in the gym a week, my legs are limited all over, I've changed shape all over and, await it - I'm 49 years old! The suggestion is usually that you'll do 4 workouts a week - Day 1-A, Day 2-B, Day 3-active rest day time, Day 4-A, Day 5-C, Day 6-active rest day, Day 7-complete rest time. Well, I've passed the 60 kg objective weeks ago and today glute lift 75 kg. This book presents up incredible insight and also solid programming. It walks you through each move, with multiple pictures to show the motions. It lets you know which muscles to spotlight as you move, which is

SUPER important, because you may otherwise go through the motion but be using different muscles to pay, and thus not be obtaining the full advantage and strength. I carried this reserve with me throughout my workout for the 1st week, and then had it down on my own (using my phone to track the purchase of the moves and the weights I use) after that. I think that this program, and reserve, has so much value. It can be used and adapted for just about any level of fitness, whether you certainly are a newbie or a gym regular. For the previous year, I had been following Strong Lifts 5x5 (Ice Cream Fitness) program, and have been doing relatively large weights. Bret does a good job of introducing diet, balancing your macros, and eases you right into a lifting plan. Shifting to the newbie level of Strong Curves felt just like a step or two backwards, but it has incredibly been assisting me to develop strength in my spine and lower body, particularly my glutes, which I think had not been functioning/firing, and so other muscle groups had compensated, which still left my spine struggling. Still using this publication after several years! I highly recommend the program, and the high quality reserve, to any and every woman. I have lost lots of unwanted fat, and constructed some muscles in my butt and hips that I didn't even know I acquired! I am on week 12 of the Bootiful Beginnings, so I feel I am today qualified to write a review. This exercise program was precisely what I wanted. The fitness world is filled with arrogant gurus with another best thing and Bret is the antithesis of this. I REALLY LIKE THIS BOOK I REALLY LIKE THIS BOOK!

However, I experienced continual lower back pain, especially after doing weighty squats, and I couldn't take it any more. I am excited to move to the advanced system, and am so happy to have found a routine that I've in fact stuck with for more than a month. Now that is the sign of an excellent exercise program. fantastic book the testing/activation exercises alone completed twice a day with some ankle weights show quick progression in my glute gains. I am working on glute development for some time now therefore i was beneath the impression that I got a solid set till I attempted to do some clam exercises & nearly fainted. I ended up taking screen photos and printing it out, and its own still just okay. kellie. Incredibly sexist writing, however your butt will look better, therefore i guess it's a wash Honestly, I would recommend going directly to the workouts at the end of the book; This is really positive, realistic info that I believe can advantage any and every girl, whether they perform this workout. While the author is very proficient in women's butts, he doesn't seem to have a very high opinion of ladies all together, and his tone often comes off as sexist or condescending. The workout routines at the end are phenomenal, but I could just give it two stars due to the sexism and poor editing. Great book! Lunging - good.! Its almost completely worthless. great job bret & I ended up reordering it in print. Best for a home/private gym Very helpful book and helpful using its full colour pictures of every move. I tried the programmes at my local fitness center and found i was jumping all over the gym for every exercise to access all the different peices of devices. It can be done - Bret Contreras has lots of helpful, brief youtube video clips on performing exercises - nonetheless it is cumbersome and I'd only recommend it if you're REALLY with limited funds. You can find 4 different 12-week workout plans detailed in the book - beginner, advanced, bodyweight (at-real estate), and lower-body-just. I am pleased to be carrying out any necessary body weight exercises just to build-up all of my power in a quality and whole body-focused approach. Highly recommend! I really love this reserve. It really is my go-to for exercises, form-checks, creating and changing workouts, and motivation. Yes, the amount of exercises were shorter than I was utilized to, and I didn't come home from the gym feeling smashed. Your day after every workout, was I ever sore. I finally got around to departing a comment and noticed a prior comment downgrading the review because of sexist comments (?). I'm glad I finally bought this book!! I wanted to add that as a mature weight-training female (54), it really is an ABSOLUTE MUST for women to keep up their primary and glute power! I've seen so many women my age, old and younger, who are literally wasting away their muscles with poor diet and too much cardio. Both can set you up for hip fractures and accidents. To remain strong and versatile, you have to lift, and this book could be a key to that journey. good information and easy to

follow Got what I wanted. Fantastic book full of excellent references I am a big nerd who loves reading and I love this book. My friends remarked “of course you wanted a college textbook on training.” Some people apparently don’t just like the wordiness of this book, but for beginners or people who have fool-around-it is at the gym, this will be very helpful and eye starting. While yes you can download the free of charge PDFs of the workout programs, this book is full of the extra information on form, physiology, and reference/alternates for exercises. I came across it to end up being invaluable because I need to actually be keeping something in my hands to comprehend form and muscles activation - also watching his Instagram movies on type didn’t click till I browse the book. It seems sensible, but I was a bit concerned stopping all that arm work. Two Thumbs Up! I believe some people are just too delicate and can't filter our a little less perfect term occasionally for the worthiness within. I've been doing the workouts off and on for ages, and today I can get an in-depth appearance at them! Informative Full of good information The Jane Fonda of our generation. I purchased this book a year or two ago, and thought the exercises looked too easy to start with, so put it apart. He is empowering females to get solid and boost those muscle tissues.! It's a complete body routine, but there is an option for just lower body as well, if you don't wish to build arm or ab muscles at all. He backs up most of his results and suggests strategies that complete the job. His Instagram is becoming increasingly popular, yet he still takes the time to answer questions and get rid of confusion. The trunk 1/3 of the book provides MUCH more detailed description on every single move, as an index referenced from the middle portion of the book.



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