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# Gluteus To The Maximus

## **Build a Bigger Butt NOW!**

Building a bigger butt basically comes down to building muscle. Muscle is what will give your butt the shape you want. Everybody has got muscle and everybody can build muscle. It's just a matter of finding out what works for you. In this book, I'm going to show exactly how to attack your rear end with a targeted plan. I will leave no stone unturned and, by the time you're done, **you will know everything it takes to build the glutes of your dreams!**

**IMPORTANT!!**

I want to make one thing perfectly clear before I tell you about this plan: **what you put into it is exactly what you'll get out of it.** If you work at this plan with dedication and enthusiasm, I guarantee you will be very happy with the results.

**Please note**, if you are a beginning trainer and not used to physical exertion, **DO NOT** work your muscles to failure on these programs for at least the first 2 to 3 weeks of training, regardless of how motivated you are.

- Your body needs time to adapt to the new stresses you are putting on it.
- If you jump straight in and work too hard at the programs, you are going to experience a great deal of muscle soreness (you don't want to have to walk around with a pillow strapped to your backside!).
- After that initiation period is up, however, that's the time to really dig in and work at it!!



### **Please Note:**

Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility.

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## **The Plan**

Your targeted plan focuses on a three-pronged attack: exercises, stretching, and nutrition. Taken separately, these three facets are good. Put together with perseverance and dedication in a proper program, these three items can build a butt on even the most stubborn of backsides.

## Exercises

In this book you will find 20 of the most effective, glute-targeted exercises I've ever encountered. These exercises target different aspects of the glute building process. Some exercises focus on maximum resistance for building the glute muscles, some focus on stretching the glutes, and some focus on shaping the glutes.

Each exercise has its place in a complete glute-training routine. These exercises are the stimuli that kick-start the glute-building process.

[Click here](#) for instructions on how to perform one of the best glute-building exercises you can do: the **Bench Step One-Legged Squat**.

## Stretching

This is one of the most important keys to building a bigger butt that is missing from most glute training programs. You can train your glutes till you're blue in the face but if you don't stretch properly, you may not get the results you're capable of.

In this section, I go into great detail as to why you need to stretch, how it helps you to build a bigger butt and how to stretch for maximum glute-building effect.

## Nutrition

Eating to feed your glute growth is critical to your success. If you don't provide your body with the building blocks for growth, then all your hard work on your exercises and stretching may be for naught. Your butt will want to grow but it won't be able to unless you feed it.

You may be thinking that eating is what got you in trouble in the first place but, in truth, eating will be one of the keys to your success. This section will cover butt-building nutritional strategies to help you build the glutes of your dreams.

## The Programs

Everyone is different. Some people are complete beginners while others are advanced weight trainers. Some people just want to focus totally on their backside while others want to incorporate specialized glute training as part of a more comprehensive program.

This book addresses the needs of every type of trainer and every level of commitment. In the Programs section, you will find 18 different complete butt-building programs for the beginner to advanced trainer, from minimal time requirements to intensive programs.

Choose the program that is most appropriate for your training ability and time availability. Stick with that program until your results start to slow down then move on to another program.

Feel free to try every single program in this book! Variety is one of the most effective ways to make continuous progress.

[Click here](#) to view the sample **Daily Specialization** training program for both short-term and long-term results.

## Other Topics

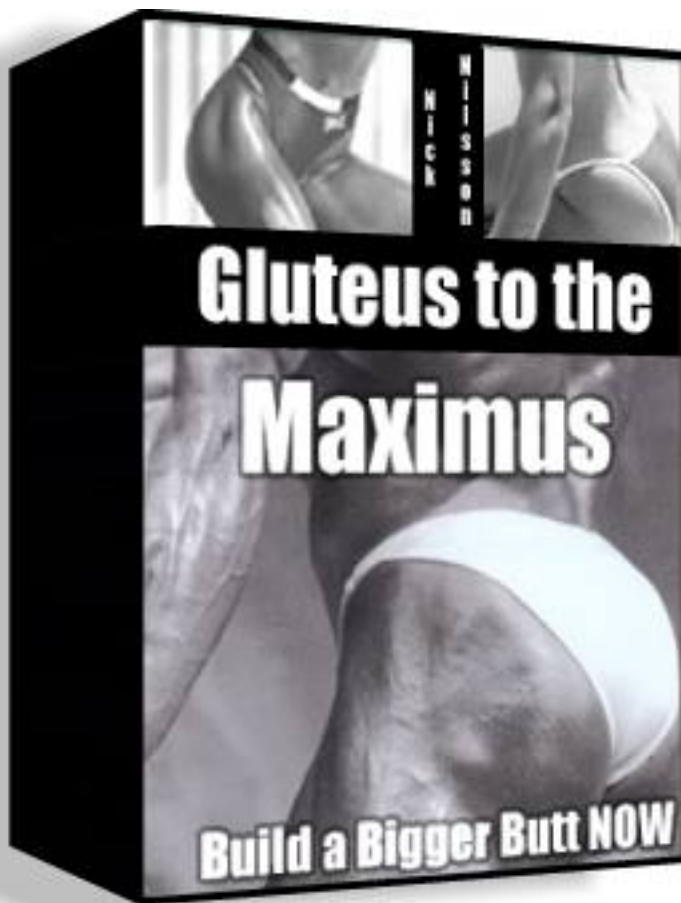
There is more to an effective glute-building plan than just exercises, programs and nutrition. In this section you will find a number of topics that will help you make the most of this book.

These topics include basic weight training information for the novice trainer, why glutes stay small, how to adapt the sample programs and workouts for yourself, glute anatomy, how to measure progress, and more!

[Click here](#) to learn about exactly why glutes stay small and what you can do about it!

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**"Gluteus to the**



**Maximus" is all about  
getting you results  
where it counts...  
FAST!**

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book now](#)

**Note:** The information found in this book does not constitute medical advice and should not be taken as such. Consult your physician before taking part in any exercise program.

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# Why Butts Stay Small

The answer to the question of why butts stay small is as old as time itself. Well, not really, but it is always good to know why something is happening when you are looking for a way to change it.

There are quite a number of reasons why butts stay small. Unfortunately, there are some things you can't really do anything about but for the majority of the reasons, there is plenty you can do.

The most important thing for you to realize is that there is hope for everybody!! There is not one single person out there who won't see results when these reasons are properly addressed.

## 1. Genetics

This is the major reason and, coincidentally, the major excuse for rear ends staying small.

Your genetic blueprint determines what color hair and eyes you will have, what size your feet

are, and, most important for our purposes, how much muscle you start with on your backside.



I say "start with" because everyone, whether they want to believe me or not, has the potential to gain muscle. Granted, some people have a lot more potential than others but the fact remains.

### **What can you do about it?**

Unfortunately, nothing. You would have to go back in time and pick new parents and that just isn't going to happen. What you can do, however, is train.

## **2. Inactivity**

If you do nothing for increasing your butt size except sit on it, it will only grow larger in the wrong way. Targeted exercise is the absolute best way to shape and build your glute muscles.

### **What can you do about it?**

Get off that butt and put it to work!

## **3. Improper Exercise**

The glute muscles are just like any other muscle in the body. With proper training, they will grow. However, with improper training, it is more likely that nothing will happen. This single point has probably caused more people to give up on building a bigger butt than anything else I've encountered.

Someone once came up to me and said "My butt just won't grow. I've tried everything."

"What have you tried?" I asked.

"Well, I did one set of lunges every other day, holding onto a pair of soup cans. Then I tried some step-ups a couple of times. The only time my glutes got sore is when I sat on my Thighmaster by mistake."

### **What can you do about it?**

Learn proper **exercises** and proper exercise technique. By reading this book, you are taking a huge step in the right direction.

## 4. Poor or inadequate nutrition



You can't build a log cabin out of matchsticks, nor can you build a big, muscular rear end out of carrot sticks or french fries. You must supply your body with proper nutrition in adequate amounts to support muscle growth.

### What can you do about it?

Learn about proper **nutrition** for supporting muscle growth.

## 5. Insufficient training intensity or resistance

For many people, it is not the exercise technique or the nutrition that is the problem. It is lack of training intensity or insufficient resistance. Your body wants to be lazy. It wants to do as little as possible. If you give it the same training stimulus every time, e.g. lunges with 2 pound dumbbells, it is going stay exactly as it is. You must give it a reason to improve and that means increasing intensity and resistance.

### What can you do about it?

Don't be afraid of weights! Ladies, touching a dumbbell will not turn you into a man. I promise you. All it will do is help you to quickly transform your physique into the physique of your dreams!

## 6. Tight Muscle Pillowcases

What the heck am I talking about?

What I am talking about is what is called "fascia." Fascia is the "pillowcase" or sheath of connective tissue that surrounds each of your muscles like a, well...a pillowcase. It is what holds your muscles in place on your body, keeping them from flopping around when they contract or when they are relaxed. Without fascia, you couldn't move.

The problem with fascia is that it can also restrict muscle growth. Because fascia is so tough, it's hard to force it to expand to allow the muscles room to grow.

To illustrate this, say we take a large pillowcase and put a pillow in it that is moderately-sized and fits in snugly. The pillowcase is full and appears to be as big as it can be. This is like the normal condition of untrained muscles. Now we stuff a larger pillow into the same pillowcase. The pillowcase is tighter and may be slightly larger but that pillow inside is straining at the seams because the tough pillowcase/fascia has remained exactly the same size as it always was.



Imagine if you could make that pillowcase out of a material that could expand with a little help. You could give that large pillow inside more room to grow. Where an ordinary pillowcase doesn't, the fascia surrounding your muscles has this potential to expand.

### **What can you do about it?**

**Stretch** your fascia. With properly timed stretching, as explained in the stretching chapter, you can actually slowly-but-steadily expand your fascia, giving your glute muscles room to grow. And the best part is, this stretching is permanent. Once you've expanded the fascia, it won't go back to its original size, it'll stay exactly as it is at its largest size.

In the full version of the book, you'll learn the most powerful stretches you can use for accomplishing the fascial stretch effect.

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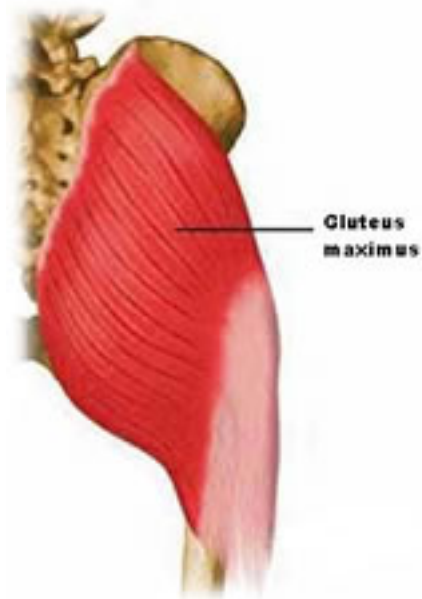
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# Bench Step One-Legged Squats



### Why Is This Exercise So Effective?

This exercise works the glute from almost the fullest stretch you can get on them. This position is very effective for building the glutes rapidly.

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## How To Do It



This exercise is one of the absolute best glute-building exercises I have ever encountered. It combines an effective bodyweight movement with a great stretch at the bottom. This is an almost magical combination that can do wonders for your glutes in a very short period of time.



- 1.** You will need a solid chair or bench for this exercise. This is to increase the useful range of motion of the exercise, which is important for maximizing its effects. You will also need to have something solid that you can grab onto. This can be a railing or a door frame or a pole, etc. Place the chair/bench immediately in front of this solid object.
  - 2.** Stand on the chair on one leg facing the solid object and hold onto it at about waist or abdomen level directly in front of you (after a few reps, you will get a feel for where to place your hands). Your heel should be close to the back edge of the chair.
  - 3.** Lower your body as far down as you can go into a one-legged squat. Your other leg will drop down below the level of the chair seat behind you. You should feel a great stretch in your glute. Make sure you continue to keep a firm grip on whatever you are holding on to.
  - 4.** Push yourself back up using your glute as much as possible. This is most easily accomplished by focusing on pushing with your heel. Also, you can stick your butt out while pushing back up to really maximize the effect.
  - 5.** Use your grip on the solid object only as much as is necessary to keep the movement going. If you pull too much with your arms, you will take tension off the glutes and legs and defeat the purpose of the exercise.
-

# Common Errors

## 1. Dropping down too quickly

Do this movement slowly and under control. If you drop down too quickly, not only do you risk injury to the knee, you diffuse much of the tension that should be placed on the glute.

## 2. Do not bounce out of the bottom (no pun intended)

Pause for a count of 2 at the bottom of the movement. Feel a good stretch on the glute then reverse the direction without bouncing. Bouncing out of the bottom could lead to knee injury. It also reduces the tension you are placing on the glutes.

## 3. Don't pull yourself up too much with your arm

Giving yourself too much assistance with your arm will diffuse the tension on your glute. Strive to use your arm to balance yourself rather than to pull yourself up as much as possible. Only use your arm to pull yourself up when you have to.

---

# Tricks

## 1. Stick your butt out

To focus the exercise more on your glutes rather than the thighs, stick your butt out as you push yourself up. This will help focus on the hip extension function of the glute.

## 2. Adding resistance

You may find, after doing this exercise for awhile, that using only your bodyweight is not enough. When you get to this point, you have a few options for resistance.

- If you are working out at home, try loading a backpack up with heavy books. Add books slowly, increasing as you get accustomed to the resistance. This allows you to add resistance while keeping both your hands available for balance and assistance.
- Another option is to hold onto a dumbbell with one hand. You should be quite strong with this exercise before attempting this version. Also, you should be comfortable balancing yourself while using only one hand (practice this balancing before using extra weight).
- If you go to a gym, you may have access to a calf raise machine or squat machine. If you do, slide a flat bench underneath the shoulder pads. Use a very light weight to start with

until you get used to the movement. You will be standing on the bench with your shoulders under the pads just like you normally would have them during the calf raise or squat movement. Because you are on a bench, your body will be higher and you will get resistance during the one-leg squat movement. You will also be able to balance yourself by holding onto the shoulder pads. The machine will do the balancing for you.

### 3. Pause at the bottom

To maximize the stretch you put on the glutes, hold the stretch at the bottom of the movement for a 2 count. Hold it there until you totally diffuse all the elastic tension you've built up on the way down. This will increase the work that your glute must do to get yourself back up.

### 4. Pulling yourself up

As you begin to tire, you can use your arm to pull yourself up as necessary. This allows you to keep going far longer than if you were working on leg power alone. You can use that pull to basically give yourself forced reps.

[Bench Step One-Legged Squats](#) • [Daily Specialization](#) • [Why Glutes Stay Small](#)

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# Programs

## Daily Specialization

The **Daily Specialization Program** takes place over the course of a few months and only requires a few minutes a day. It is done completely separate from your regular training routine. It can be done in addition to any of the other Intermediate-level training programs in this section or completely on it's own.

- First thing in the morning after you wake up and last thing at night before you go to sleep, do one set to muscular failure (basically until you can't do another rep in good form) of an exercise for the bodypart you are specializing on, e.g. do a set of [Bench Step One-Legged Squats](#).
- Do this every single day without fail, no matter how tired you are or where you are or even if you just did a full workout for that bodypart that day. Get as many reps as you can each time you do the exercise.
- On days off of regular weight training, you may even wish to add in a third session in the middle of the day.

**Your body will adapt to whatever workload you put on it.** If you challenge your target bodypart every day, twice a day, your body will have no choice but to get bigger and stronger in that part.

Bodyweight exercises are the most convenient for this type of specialization and will give you the greatest blood flow into the muscle, though essentially any exercise for that bodypart will work. If

you have a home gym setup then you have basically every exercise you can do on it available to you. If you generally work out in a gym, bodyweight exercises will be your ticket.

- One of the most positive effects of this type of specialization is a permanent increase in the blood flow to the muscle that you are working on.
- Over time, you will notice that the muscle you are focusing on pumps up easier than it used to, especially if it used to be a weak bodypart that was difficult to pump.
- Greater blood flow means more nutrients being delivered to the muscle, which means more growth in the long run.
- This means it will get easier to grow your glutes the longer you do this specialization training!

For the Intermediate Daily Specialization routine, you will be doing [Bench Step One-Legged Squats](#). Here are a couple of different variations that you can use. You can rotate these around on a weekly basis or stick to one single variation for a number of weeks (or even the whole time you're doing the program).

### Variation #1 - One Exercise - A.M. and P.M.

|      | Monday            | Tuesday           | Wednesday         | Thursday          | Friday            | Saturday          | Sunday            |
|------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| A.M. | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats |
| P.M. | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats |

### Variation #2 - Third Specialization session on non-training days.

|      | Monday              | Tuesday           | Wednesday           | Thursday          | Friday              | Saturday          | Sunday            |
|------|---------------------|-------------------|---------------------|-------------------|---------------------|-------------------|-------------------|
| A.M. | Bench Step Squats   | Bench Step Squats | Bench Step Squats   | Bench Step Squats | Bench Step Squats   | Bench Step Squats | Bench Step Squats |
|      | <i>Training Day</i> | Bench Step Squats | <i>Training Day</i> | Bench Step Squats | <i>Training Day</i> | Bench Step Squats | <i>Rest</i>       |



|             |                   |                   |                   |                   |                   |                   |                   |
|-------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <b>P.M.</b> | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats | Bench Step Squats |
|-------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|

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## **Contact Us**

**I welcome your comments and questions!**

Feedback is extremely important to me. I want to make this book the most valuable resource possible to you and the best way for me to accomplish that is to find out what you think. Let me know what you like about this book, what you don't like, any suggestions you have for improvement or if you just want to vent about how sore you are, that's fine too!

Contact me via email at [BetterU@fitstep.com](mailto:BetterU@fitstep.com).

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***"I increased 2 inches on my butt in two weeks!" - S. McMillan***

# **Do You Want To Build LARGER, FIRMER, ROUNDER Glutes RIGHT NOW?!**

**YOU can build a bigger butt FAST,  
regardless of what  
you've tried before, because today, you're  
going to  
learn how you can build those larger,  
rounder,  
firmer glutes of your dreams  
quickly and easily !**

***"I increased 2 inches on my butt in two weeks. THANK YOU SO MUCH! I finally have hope for my flat buns. They have never responded to weight training, no matter how much weight I used, but this actually worked!"***

S. McMillan

***"I have been doing your program RELIGIOUSLY for two weeks now and I've already started noticing a difference. Two weeks to starting to see an improvement in that area is amazing for me. My glutes are definitely my most stubborn bodypart. In two weeks my bottom is***

***You're going to learn:***

- **How powerful, properly-targeted exercise and nutritional techniques can literally BLAST inches onto your glutes!**

The glutes are muscles and, just like any other muscle in your body, they react to proper training and nutrition by getting larger. You will learn my most powerful exercises and nutritional techniques for rapidly building the glutes. *Whether you're male or female, properly targeted exercises will work miracles!*

- **Why your glutes stay small and/or flat and what you can do to SHATTER your genetic limitations.**

You can blame genetics for how your glutes are shaped

**already getting rounder and firmer."**

M. Shafer

**"I would like you to know that I think your book is great!!** It is very precise, easy to understand and covers everything you would need to know such as nutrition, supplements, etc. **I would most definitely recommend this book to ANYONE who is serious about doing it right. I have to say I would buy it all over again.** I've learned stuff that I never knew before your book. Thanks Nick!!!!!!!!!!

M. Maximon

now but the secrets I will reveal to you will show you exactly what you can do to *destroy the physiological and anatomical barriers that are holding your butt size back.* *There's more to building a bigger butt than simply exercising and eating right.*

- **How training the glutes only a few minutes a day CAN build the butt very quickly! If you've got a few minutes a day to spare, I have a program to get you the results you want.**

But not just any kind of training for a few minutes a day will do it. This very specialized approach, that I will share with you, will turn your body into a glute-building machine. *Your glutes will have no choice but to grow bigger, rounder and firmer very quickly.*

## **"How do I build a bigger butt?"**

This is of the most frequently-asked questions that I've encountered as a professional trainer.

My name is Nick Nilsson and I've been a certified personal trainer for more than 8 years. I've trained with weights for more than 15 years and I have a university degree in physical education, covering physiology, biomechanics, nutrition, and anatomy. I've spent every single one of my training years searching for (and inventing!) new ways to get results fast. And believe me, in that time I've learned some pretty amazing stuff.

### **But what does that mean for you?**

**It means you will be the one to benefit from my knowledge about training the glutes because I'm going to give it to you!**

As a personal trainer, I've encountered one common complaint when it comes to the glutes. Some people just can't seem to build them up to the shape they want no matter how hard they train or how hard they try. The glutes stay small or the glutes stay flat as a wall. Nothing seems to work!

## **When it comes to building larger, firmer, rounder glutes, I know what works.**

I'm not going to tell you I have a magic formula that will help you gain a big butt overnight. I will tell you that **I have the knowledge you need to overcome your current limitations quickly and efficiently.** It's not going to be effortless, but won't be as hard as you think.

Your glutes are muscles and muscles are my specialty. I know exactly what it takes to build muscle on even the most stubborn of bodyparts. I've had great success with my targeted training programs both with myself and with a tremendous number of clients.

**There are ways to make even the most stubborn, growth-resistant bodyparts respond quickly.** Not many personal trainers know these techniques. Not only do I know them, but I've used them with great success. I'm going to share them with you with one single goal in mind: to **help you create a bigger, firmer, rounder butt!**

**It doesn't matter if you're a complete beginner or an extremely advanced trainer, I know how to make sure you get results.** I've worked with every ability level, from people who have never touched a weight in their entire lives all the way to people who have been training even longer than I have! The results are always same (and they are spectacular!).

## **So where you do start on your quest for a bigger butt? It begins with the exercises.**

The first step in your glute-building quest starts with the exercises. When it comes right down to it, the exercises are the tools you are going to use to sculpt your masterpiece.

There are a great many glute exercises out there but not all of them are created equal. Not all of them are even effective!

There are also some exercises that, when performed separately, are good but not great. However, when you put them together in a

specific order, they form a synergistic relationship. This means that the effects of the exercises put together are greater than the effects of the exercises taken separately. **Average exercises can become phenomenal combinations simply by putting them together in the proper way!**

I am going to show you exercises that:

- you can do at home with a bare minimum of equipment that will rival any health club machine
- are so innovative and so unique that your glutes will never even know what hit them
- allow you to hit your glutes from every single angle you can think of (and some you didn't think of)
- **force your glutes to do so much work that they will have no choice but to grow**

You may be asking yourself "**How can he teach me these exercises if he's not here to show me them?**"

Let me tell you...

- I am going to show you **large, full color videos of each exercise** so you learn proper technique by watching it being done. Try and get that from a regular book! These videos are included right inside the ebook itself and are viewed on your computer...and the best part is, they're right beside the instructions for the exercises so you can see the exercise being done while you read about it!
- I am going to show you **pictures demonstrating proper form** so you'll know exactly what you're doing right from the start.
- I am going to describe to you in detail **common errors for each exercise** so that you can correct yourself quickly and easily, usually before you ever even have a chance to make a mistake!
- I am even going to show you a pile of **tricks for doing each exercise better!**

***There will simply be NO guesswork for you whatsoever. I won't allow it.***

**Once you've learned the exercises, you're going to get THE most effective programs for building**

## the glutes, tailored to YOUR training and ability level.

Now, a good program takes into account everything about you and your goals. It fits easily into your schedule, it is fun and interesting and, above all, it gets you the results you want quickly.

**A great program** does not only that but also **TEACHES** you how to do it for yourself if you want to!

*I never settle for good programs.*

**I've prepared 18 complete programs containing 127 sample workouts, all dedicated to helping you build a bigger butt.** You could do a different workout every single day for 5 months! (How's that for keeping your workouts interesting?)

You can follow these programs and workouts to the letter and get incredible results. That's a fact. You truly don't have to change anything if you don't want to. But the real power of these programs is revealed when you learn what really works for you and you adapt the programs to fit your exact needs.

*And you know what... I'll teach you how to do that too.*


## The programs you get will build a butt on even the most stubborn rear end...

Think you've tried it all? Think there's nothing new out there that could possibly help you increase your glute size? Think again.

- **You will learn about a program that takes only a few minutes a day that will allow you to make continuous progress for literally months at a time.**

In fact, the longer you do it, the more spectacular your results will be! Most programs lose their effectiveness in a matter of weeks. Not this one. If you're crunched for time and still want fantastic results, this program is for you.

- **Working out at home? Don't have access to gym equipment?**



You'll learn programs that will teach you how to build the butt of your dreams with hardly any equipment at all. You won't have to buy benches or dumbbells or barbells or anything like that when you've got these programs in your arsenal!

- **Have a gym membership but don't know how to use it?**

Most gym memberships don't include personal training - you'll have to pay extra for that. I'll show you programs that will allow you to take full advantage of your gym membership and the best part is, you won't have to pay a personal trainer a dime for the incredible results that you'll get!

- **I'll teach you a program that actually **REQUIRES** you to overtrain yourself.**

It's a little known fact that being on the edge of overtraining is where the absolute best results are found. Your body is cranking along as hard as it can to recover from your workouts when you're at this point. With this program, you will learn how to take full advantage of your body's response to overtraining. You will have the power to turn on an incredible glute-building machine that you didn't even know you had! The results you get make regular training programs look like playground games.

- **Want to learn a program that will provide you with better results in three weeks than you've gotten in the last six months?**

I know it. I've done it. It'll work so well, you'll see improvements on practically a daily basis (and I'm not even exaggerating in the slightest - I've personally used this program to increase my strength 25% in only four days). Imagine the rapid increase in glute size you could get with results like that!



## **But your butt construction doesn't end with just the programs...**

You've got the exercises. You've got the programs to put the exercises all together. Now you need to learn how to provide your body with the materials for construction.

It's common knowledge that you can build a big butt by eating at McDonalds. It's also common knowledge that the kind of big butt you'll get is not necessarily the kind you're looking for! You need to provide your body with quality nutrition in order to maximize your assets in the manner you're looking for. Junk food just isn't going to do it. You can't build a brick house out of cardboard!

**I will teach you not only what to eat for best results but when to eat it.** Timing is critical when it comes to glute building. If you miss your window of opportunity, you will be missing out on a tremendous amount of results - results that you've earned with sweat. By eating the proper foods at the proper time, you can literally **double and even triple the results** you get with your programs.

**And the best part is, you can eat foods that you're already eating right now!** What you'll primarily be doing is just changing around when you eat them! It's not painful. It doesn't require rearranging your life and schedule. It's just a matter of timing.

**Need some advice on supplementation?** I've got that for you too. I've been taking supplements for many, many years. I'll tell you exactly what to take and how to take them for maximum effect. Supplementation is not an absolute requirement, of course, but it can help you get the edge you need. You deserve to know what works and what doesn't!

## **A bigger butt for you and that's the bottom line!**

**When it comes right down to it, you want results.** I'm exactly the same way. I don't plug away at programs that don't provide me results quickly and you shouldn't either. It just doesn't make sense. Your time is valuable and your efforts should not go to waste.

The information I'm about to give you is the result of 13 years of dedicated training with the singular aim of achieving maximum results as quickly as possible. I accept nothing less in the programs I design for myself and I expect you to expect nothing less from the programs I provide to you.

The knowledge you're about to get is the same knowledge I use to train myself and my clients every day. I haven't watered anything down. I haven't added a bunch of fluffy filler. I'm not interested in writing that kind of thing and I know you're not interested in reading it. **You're only getting the stuff that works.**

## **It's like having a personal trainer for your butt...**

Let me put it this way. You could hire a personal trainer to teach you these exercises (if they even know all of them, that is!). You could hire that trainer to design you a program that focuses on improving your glutes. You could even ask them to give you nutrition and supplement advice.

Naturally, they wouldn't teach you how to do it all for yourself, of course. They would lose business that way. Then, when your program stops working after a few weeks or months (which is bound to happen), you go back for another program. And what happens if you forget how to do the exercises and need a refresher? You go back again.

Now, let's say the average personal trainer charges \$50.00 an hour (which is not an uncommon number). Let's say it takes you 3 one hour sessions to learn the exercises. That's \$150.00. Now the trainer charges you for his time putting your program together and going through it with you. Say that takes another 2 hours. That's \$100.00. Next you spend an hour going through nutrition and supplementation. That's \$50.00.

You've just spent \$300.00. You may see some results but you're going to have to go back when your program stops working and pay again. And again. And again. Why? Because this is how the personal trainer stays in business.

I'm not trying to put down personal trainers, believe me. Personal trainers can perform a very valuable service when their services are necessary. I'm just saying that my way is better!

Look at it this way:

- **I will provide you with complete exercise instructions, including computer videos**, that you can refer to at any time. You'll never have to ask me how to do the exercises again, all you'll have to do is look on your computer and it'll be right there.
- **I will provide you with 18 complete programs and 127 sample workouts** that will keep you busy for months, if not years. They are extremely effective are designed with rapid results in mind. No compromises.
- **I will TEACH you how to adapt these programs** to your own unique needs yourself so you never have to rely on me again!

I know a lot about building glutes and I've included everything that I know into this book. **This book, if printed on regular computer paper, would be 344 pages long!!** You simply won't find a more comprehensive, step-by-step guide to building larger glutes ANYWHERE!!

And you know what? **For \$29.95, it's all yours. That's a full 20 dollars less than the cost of 1 HOUR with a personal trainer.** And do you know how much more you'll learn from me in my book "Gluteus to the Maximus" than you'll learn in 1 hour from a personal trainer? There's no comparison. Going to a personal trainer for information like this is like going to a restaurant and getting charged for a sandwich one bite at a time. It just doesn't make sense when you can get the whole sandwich for a fraction of the price.

***Just read these raving testimonials about the program...***

Hello,

I wanted to drop you a note of thanks for putting together such a great e-book. I started using the programs about 4 weeks ago, and I have seen results - I only wish I would have taken a before picture to have something visual to compare with, but I feel the results. **I know your program works.**

What's amazing is when I first received your e-mail talking about the book, I was very interested and thought, wow, I wonder how much this will cost - **I was floored to find out how cheap it was.** I live on a farm

with many responsibilities and I don't have time to run to the gym 3 days a week - I love that I can do these programs in the privacy of my own home, on my own time and they don't take that long, but you feel the burn very quickly and in all the right places!!! **Thanks for taking the time to put together such a wonderful book. I have recommended your e-book to many people!!!**

Thank you for your book, your time, and your help!!!!  
K. Riebold

**I have only had the book for three days now, but I am loving what I have seen so far.** I've printed out some material, so I have it handy when I'm working out at home. Yesterday, I attempted the Bench Step One-Legged Squats. I think this will take a bit of practice before I can master it.

I am very excited to see results, and you have provided me with information I've never seen before. **I'm sitting in my office chair right now, and I can feel the pain already. I'm confident this will work.**

Regards  
R. Garcia

Dear Mr. Nilsson,

**I just wanted to tell you how much I have been blessed by your online book, "Gluteus to the Maximus".** It has allowed me to redefine my entire workout routine to build an area I have been insecure about for years...my flat rear end. **The videos were very helpful in displaying the proper form for each exercise.** I also appreciate the extra information on stretching and proper eating habits. From this day forward, I promise to stick with this one....

Thank you for this book and I wish you the best of success in your future fitness endeavors; others will be blessed by it as I have.

Sincerely,  
Mrs. L. Gettis

Nick, you are a genius.

**I am getting great results from your butt-training programs**, more than I ever thought possible since I am not genetically predisposed to having a large behind. Pretty soon I will be cracking walnuts with my derriere. Move over Van Damme. Thanks again.

Maureen Shafer

Hi Nick,

**This book is by far your best to date**...although the other books I've read were awesome, this one tops them. There are a lot of great butt busting exercises here. In my days of training as a natural bodybuilder I have had some experience with a few of these exercises previously, but there were some I did not. I chose to do the ones I had never done before and I am currently going to try your advanced specialization program.

Once again, **I have never felt my glutes like this before**. I actually wish this book was in print. This is one I would like to carry with me. If you ever decide to put this ebook in a printed version PLEASE let me know. I would be first in line. If you already have such a version let me know.

**The amount of information, exercises, programs, etc. for the glutes is awesome.** Glutes and legs are a troublesome area for me (and all woman I know) . This book can benefit ANYONE looking to develop their Glutes to the Max!

Thank you again,  
Georgette Pann

## And will a personal trainer give you a lifetime, money-back guarantee if you are not satisfied with their program?

**I will.**

If, at any time, you are not satisfied with the information in this book, let me know and you will receive a prompt and courteous refund. No questions asked, no hard feelings. I stand behind my programs 100%. I wouldn't offer this information to you if I didn't believe totally in what I was giving you.

I know these programs can practically work miracles. I've seen it and experienced it and I want nothing more than to share this information with you. You risk absolutely nothing by trying these programs because **if you don't get results, I'll give you your money back** (how many personal trainers will tell you that!).

I'm in the business of helping you get results from your training. I have NO desire to give you information that I don't stand behind 100%. If I were standing in front of you right now, I would look you straight in the eyes and tell you, with no hesitation whatsoever, that if you put it to work in the way I've laid it out in this program, **this information will get you where you want to go in your training.**

You have my word on this and it's not something I take lightly.

**I believe customer service and customer satisfaction are the two most important things when running a business** and I want to make sure you know my level of commitment to you when you purchase this program. I also want to take away all the risk to you so you can experience the power of this program for yourself without any worries.

I know this is not a small investment for you or something that you take lightly either, so if you're **EVER** (and I do mean EVER, be it next week or next year or beyond) not satisfied with the quality of the information in this book, just let me know and I will give you a prompt and courteous refund. No questions asked.

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Whenever I come out with a new and improved version of this eBook, you'll get it for free! If I add new exercises to it, you won't miss out. If I include more exercise tips and techniques or video clips, you won't have to buy them. As long as I know where to get ahold of you to let you know another version is out, you'll be the first to know about it and the first to get it!!

## How about even more bang for your buck?

Not only are you going to get "**Gluteus to the Maximus**" immediately after registering your payment, I've also lined up **four valuable bonuses** for you just for ordering today!

 **Bonus #1: How to Cut Through the Hype of Fat Loss Ads and Never Get Ripped Off Again!**

In this report, you'll learn exactly how to see through the 12 devious techniques advertisers use to get you to buy their ineffective fat loss products. Some of them are downright sneaky and you'll never even see them coming until it's too late and they're out spending your hard-earned money. Read this and you'll never be cheated again!

### **Bonus #2: How to Improvise Training Equipment Out of Just About Anything.**

You'll learn the golden rule of equipment improvisation: it's not garbage until the truck takes it away! Some of the most effective exercises I've ever encountered are done using ordinary household items, furniture and even stuff that's been "rescued" from the kitchen garbage can. I'll teach you what to use and how to use it for best results.

### **Bonus #3: Success-Oriented Exercise Calculators**

Want to be able to predict your one-rep max simply by punching in a few numbers? Like to know your current bodyfat percentage? Do you need to know how many calories you've burned doing a specific exercise or how many calories you require during the day? You'll find all these calculators and more in this package!

### **Bonus #4: The Training Log**

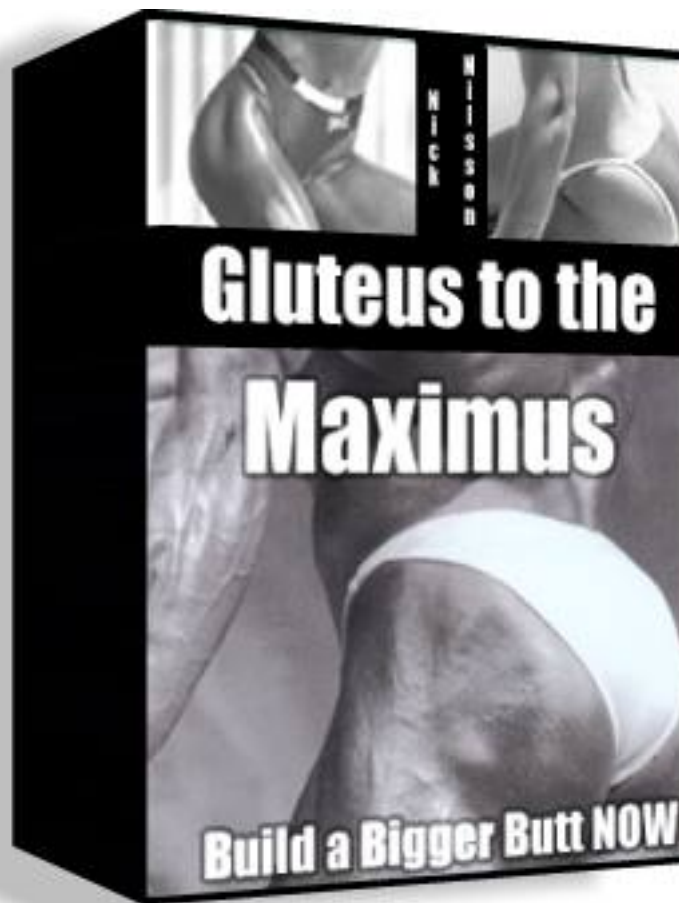
To find out how good you're doing, you need to know where you've been. A training log can help you immensely by allowing you to keep track of what has worked for you as well as what didn't work for you. By learning from your experience, you will be able to map out exactly what you need to do in order to achieve the goals you set for yourself.

**Proven exercises. Proven programs.**

**Prove to yourself that you can build  
the butt of your dreams.**



Remember, in this package you'll get:



- **complete descriptions** and how-to pictures, including common errors and techniques for making every exercise in this book even more effective.
- **large, full-color digital exercise videos** for most of the exercises in the book.
- **18 complete glute-building programs with 127 sample workouts** to keep you making progress.
- **nutrition and supplementation information** to help you maximize your efforts.
- **unlimited e-mail support** through my private e-mail address.
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**A bigger butt won't change the world but  
it can definitely change your life.**

To order your copy of "*Gluteus to the Maximus*" now and experience  
how these programs can rapidly transform your glutes:

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Yours very truly,

Nick Nilsson  
Vice-President  
BetterU, Inc.



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**[BetterU@fitstep.com](mailto:BetterU@fitstep.com)**

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You expressly agree that exclusive jurisdiction for any dispute with FITSTEP.COM, including any claim involving FITSTEP.COM or its affiliates, subsidiaries, employees, contractors, officers, directors, telecommunication providers and content providers, or in any way relating to your membership or use of FITSTEP.COM, resides in the courts of the State of Illinois. You further agree and expressly consent to the exercise of personal jurisdiction of the applicable court and that venue shall be in a court sitting in Lake County, Illinois.

### **Remedies for your Breach of these Terms of Service**

In the event that FITSTEP.COM determines, at its sole discretion, that you have breached any portion of these Terms of Service, or have otherwise demonstrated conduct inappropriate for the on-line community of FITSTEP.COM and its members, FITSTEP.COM reserves the right to (i) warn you via e-mail that you have violated these Terms of Use; (ii) delete any content provided by you or your agent(s) to FITSTEP.COM, (iii) delete all content provided by you to FITSTEP.COM, (iv) discontinue your registration with FITSTEP.COM and/or any other FITSTEP.COM community; (v) notify and/or send content to and/or fully cooperate with the proper law enforcement authorities for further action; and/or (vi) any other action which FITSTEP.COM deems to be appropriate.

Termination.

BetterU, Inc. reserves the right, at its sole discretion, to immediately, without notice to suspend or terminate (i) these Terms of Use; (ii) your registration with or ability to access FITSTEP.COM and/or any other service provided to you by FITSTEP.COM including any e-mail account upon any breach by you of the Terms of Use.

### **Complete Agreement**

These Terms of Use and any Additional Terms (as such terms shall be identified when posted on FITSTEP.COM by BetterU, Inc.) constitute the entire understanding between the parties as to subject matter hereof, and supersede all prior agreements and understandings. Any legally unenforceable provision of these Terms of Use will, at the election of FITSTEP.COM, be deleted or modified to correct the defect and, regardless, the remainder of the terms of these Terms of Use will remain valid and enforceable.

### **WAIVER**

In consideration of the opportunity to participate and/or engage in the use of the above mentioned Program provided by BetterU, Inc., I, for myself and my heirs, assigns, executors and administrators, agree that BetterU, Inc. And its officers, directors, assistants, agents and representatives, shall not be liable, jointly or severally, for any injuries to my person or property. It is expressly agreed that the use of the Program shall be undertaken by the User at his/her sole risk. It is further agreed that BetterU, Inc. shall not be liable for any injuries or damage to the User, nor be subject to any claim, demand, injury or damages whatsoever. I also agree to indemnify and hold harmless BetterU, Inc. And its officers, directors, assistants, agents and representatives against any and all actions, claims, demands, liability, loss, damage and expense of any kind, including attorney's fees, arising from such claims. I am aware and familiar with the ordinary and hazardous risk involved in the activities stated above, and I understand that I am assuming those risks. I am voluntarily participating in these activities and I hereby agree to expressly assume and accept any and all risks of injury or death.

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation or use of equipment or machinery during the use of

the above stated Program. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in the activity without the approval of my physician and do hereby assume all responsibility for my participation and activities, including utilization of equipment and machinery. Any information obtained by BetterU, Inc. will be treated as privileged and confidential and will not be released or revealed to any person other than the Buyer's physician without expressed written consent of the Buyer.

Thank you for your cooperation with these Terms and Conditions.

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