

Three SIMPLE Steps to a Better Butt

By Nick Nilsson

First off, congratulations! You've taken your first step towards building larger, firmer, rounder glutes!

(And no, just reading this book doesn't count as Step 1 of the program :)

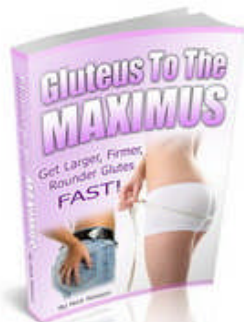
So I'll give it to you straight, right from the start...building a bigger, better butt comes down to **muscle**. Muscle is what will give your butt the shape you want. Everybody has got muscle and everybody can build muscle. It's just a matter of finding out what works for **YOU**.

In this book, I'm going to show exactly how to develop your rear end with a simple, targeted 3-step plan. **You will know exactly what it takes to build the butt you're looking for!**



Nick Nilsson

[Author of Gluteus to the Maximus - Build a Bigger Butt NOW!](#)



[Ladies... CLICK HERE to learn how to get the rounder, firmer, sexier butt you WANT...](#)



[Guys... CLICK HERE to learn the fastest way to develop your glutes and fill out your jeans FAST...](#)

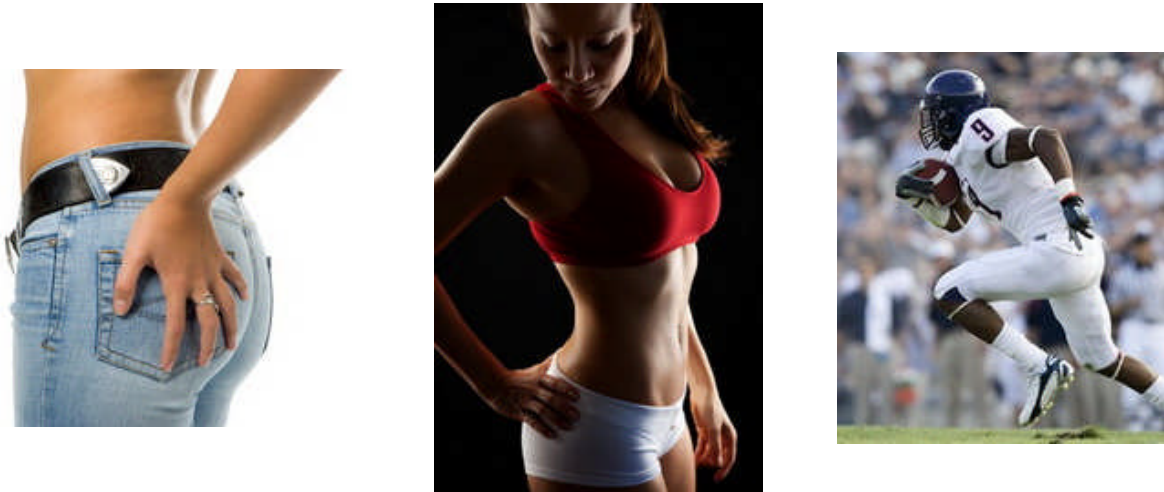
IMPORTANT!!

Any exercise program contains an element of risk. 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. **By reading and using the information in this book you agree to the [Terms and Conditions](#) of use.** This book is copyright Nick Nilsson © 2017 and BetterU, Inc. and may not be reproduced without permission.

So Let's Get Started...

First off, I want to make one thing clear...I'm not going to waste your time with a whole lot of fluff and talk about WHY you want a better butt. You KNOW why you want a better butt...

...to look better, feel more confident and even PERFORM better in sports!



So with that in mind, I've got a **simple three-step program** for you that will give you a HUGE head-start in building the butt you WANT...and it'll do it FAST, all while training in the privacy of your own home!

Before I get to Step 1, we need to talk about WHY your glutes are small...and what exactly you can do about it!

Why Glutes Stay Small and What You Can Do About It

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 every booty!!** There is not one single person out there who won't see results when these reasons are properly addressed.

1. Genetics

This is a 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. Some people have a lot more potential than others but don't let that stop you from trying!



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 (yet...;). What you can do, however, is **train** (and that's what this 3-step program is all about).

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! The program in this book is going to do the trick for you.

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's more likely that nothing will happen. This single point has probably caused more people to give up on getting a better 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 last week. 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 great butt 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. One of the key nutrients for this is protein. By focusing on eating good quality protein (such as eggs, lean meats, fish and poultry) while training the glutes with good exercises, you can get GREAT results in your butt!

5. Insufficient training intensity or resistance

For many people, it is not the exercise technique or the nutrition that is the problem. It's the 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's 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 "fascia." Fascia is the "pillowcase" or sheath of connective tissue that surrounds each of your muscles like a, well...a pillowcase. It's 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's 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, 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, giving you PERMANENT results (assuming you keep with a base level of training).

Time for Step 1...

The BEST Glute-Building Exercise I've EVER Found...One-Legged Bench Squats

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

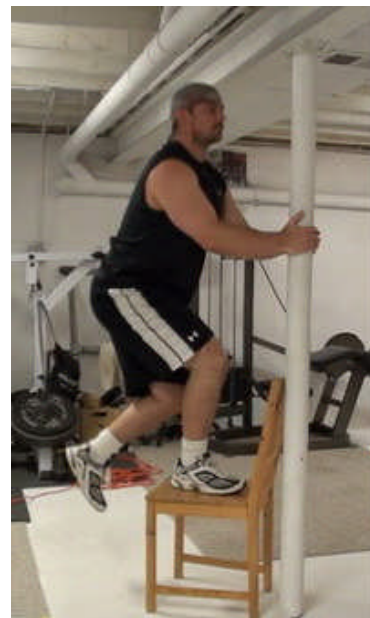
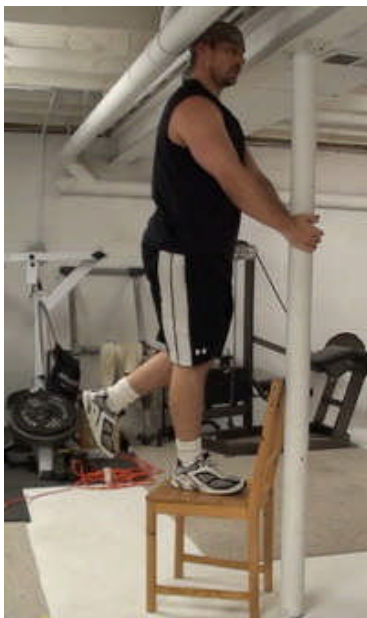


4. Push yourself back up using your glute as much as possible. This is most easily accomplished by focusing on pushing with your heel. Also, you can stick your butt out while pushing back up to really maximize the effect. This simple idea of sticking your butt out as you come up is almost magical with how well it works.



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.

Perform all your reps on one leg, then switch to the other leg.



Using a Towel:

This version is performed almost exactly the same as above...the difference here is that instead of holding onto the solid object directly, you'll be holding the ends of a towel.

Why a towel? The benefit of using the towel is that it moves up and down with your body, giving you a more natural pivot point to grip onto while also removing some of your tendency to use your hands to pull yourself up.

It also allows you to sit back more on the heel while doing the exercise, which helps activate the glutes more effectively.



Now the other leg.



Now for Step 2...

Daily Specialization Training

The **Daily Specialization Program** is a VERY powerful program that takes place over the course of weeks or months and only requires a few minutes a day. It is done completely separate from your regular training routine and can be added in to what you're already doing very easily!

For this Daily Specialization routine, you will be doing the **One-Legged Bench Squat** exercise that I just showed you.

How to Do It:

- First thing in the morning after you wake up and last thing at night before you go to sleep, do ONE set of ONE glute exercise, performing reps until you can't do another rep in good form.
- **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 and try to always strive to beat your personal records (PR's). Even if you are dead tired and don't come anywhere near it, you still MUST do that one set of one exercise.
- **Your body will adapt to whatever workload you put on it.** If you challenge your glutes every day, twice a day, your body will have NO CHOICE but to build the glutes bigger and stronger.

Don't The Glutes Need More Time to Recover?

This is the most frequent question I get with Daily Specialization Training. It really sounds like it goes against all normal advice for building muscle!

Here's what makes THIS style of training so different...

Because you're just doing ONE set each time, your body has a much easier time recovering from that than regular training. You don't break your glutes down very much so you can train them again sooner and still recover from it.

For the first week or so, you may find that you do get a lot of soreness and your reps don't go up. That's normal. It does take some time for your body to adapt to the continuous workload on the glutes.

And Finally Step 3...

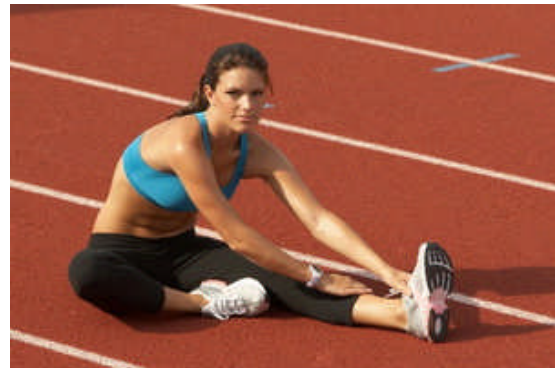
Stretching For a Bigger Butt

Stretching is an extremely important but often overlooked aspect of building the glutes. As explained in the "**Why Butts Stay Small and What You Can Do About It**" section above, the fascia (connective tissue) surrounding the muscle can hold back the development (and size) of the muscle. Stretching is the key to expanding this fascia and, therefore, giving the glutes room to grow.

How to Stretch

Though there are three major types of stretching, only one type is really useful for our purposes.

The three types are *Static Stretching*, *Ballistic Stretching*, and *PNF Stretching*. We will be focusing entirely on Static Stretching as this is the type of stretching that is most useful for expanding your fascia (ballistic stretching involves fast movements while PNF Stretching requires a partner to assist).



- The first step is to assume the stretch position as instructed in the stretch description.
- Sink into the stretch until you reach the furthest point into the stretch that you can go. **You should feel some level of discomfort** but it shouldn't be a sharp, painful sensation.
- Now, hold this position for 20 to 30 seconds.
- Do not bounce!!
- You should feel a strong pulling sensation in the target muscle but not so much that you feel as though you might tear the muscle or get injured.
- After 20 to 30 seconds of steady stretching, slowly ease up on the stretch then relax the muscle. You can even shake it out a little if you like. If it was a single-limb stretch, repeat with the other limb.

WHEN to Stretch

There is one particular time that stretching is most effective for expanding the fascia and that is **when the muscle is pumped up full of blood**. How does the muscle get pumped up full of blood? Through exercise.



For example, say you have a favorite pair of jeans that you've just pulled out of the dryer. You put them on and they are pretty snug so you would like a little more room in them. So what do you do if you want to increase the room in them quickly?

You don't pull on the material with your hands to try and loosen them up, you put them on and squat down. When you stand up again, your jeans are magically a little looser than they were just moments ago.

What does this example have to do with expanding your fascia? In this example, your jeans are the fascia and your legs are the muscle inside the fascia. Putting your jeans on is equivalent to filling up your muscle with blood.

Squatting down with your jeans on is equivalent to stretching while your muscle is filled up with blood. It expands the connective tissue, giving you more room for the muscle to grow.

Fascia, of course, is very tough because it's basically what keeps your muscles from flopping around in your body. It doesn't expand much even under these conditions. However, each time you do this exercise/stretch combination, you expand the fascia just a tiny little bit. This tiny little bit may not be much each single time but the total effect, with consistent work, can be huge!

To sum it up, do a glute exercise to pump the muscle full of blood then stretch it out to expand the fascia.

This is not to say that stretching at other times is a waste of time. Stretching is never a waste of time. For the purpose of increasing glute size, however, stretching immediately after a good set of a glute exercise is by far the most effective time.

The Crossed-Leg Glute Stretch

This is one of my favorite glute stretches and a perfect fit for performing after every single set of the One-Leg Bench Squat exercise that you'll be doing with the Daily Specialization program above.

- Lay flat on your back with one leg crossed over the knee of the other one.
- To begin the stretch, move the leg that is on the bottom up towards your head. This can be done with leg power alone or by pulling the leg up with your hand behind your knee.

- This will push against the glute of the leg that is across the top, stretching it out.
- Another trick I like to use to push the glute stretch even further is to push down on the crossed knee to rotate the hip even more, which stretches the glute even more.



Putting It All Together

So now that you've got the Three Steps, it's time to put them all together (if you haven't figured that out already :)

Step 1 - One-Leg Bench Squats

Step 2 - Daily Specialization Training

Step 3 - Stretching

You're going to do the Daily Specialization program, training the glutes twice a day every day with one single set of the One-Leg Bench Squat exercise. After EVERY set of that exercise, you'll do the Cross-Leg Glute Stretch that I showed you in Step 3.

That's it!

Simple and DEADLY effective...

This Three Step Program, when done consistently, has the potential to add INCHES to your glutes in a very short period of time (weeks). Work hard at the exercise and do it consistently along with the stretching and you WILL get results.

The NEXT Step...

So now that you've seen this simple three-step plan, the next step is "[Gluteus to the Maximus - Build a Bigger Butt NOW!](#)"

The steps in this simple program you just read were taken DIRECTLY from that book and, let me tell you, this is barely scratching the surface of what you're going to get in the FULL book when you pick it up...

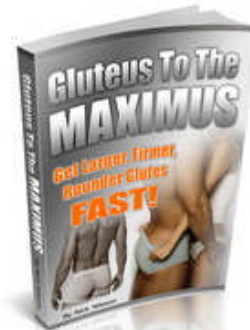
- 56 exercises with a HUGE Online Video Library covering every single one
- 19 complete programs all targeted to JUST the glutes
- how to keep and build your butt while losing fat
- how to train your glutes when you have bad knees
- how to widen your hips
- what to do when your thighs take over from your glutes
- how to work specific aspects of your glutes, e.g. lower glutes, upper glutes, etc.
- a variety of stretches to keep your fascia expanding
- targeted nutritional advice to help you grow your glutes FAST

When it comes to glute training and getting a better butt, this is a KILLER resource that will keep you making progress for YEARS to come. It's REAL training that takes a "no fluff" approach to working and building the glutes.

**And it's GUARANTEED to get YOU
the results you want!**



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