

Download Strong Curves A Womans Guide To Building Better Butt And Body Bret Contreras

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Strong Curves: A Woman's Guide to Building a Better Butt and Body - Kindle edition by Bret Contreras, Kellie Davis. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Strong Curves: A Woman's Guide to Building a Better Butt and Body. Hey Amanda, My suggestion would be to do some activators (hip thrust, high step ups, etc.) and pumpers (lateral walk, band external rotation) on your shoulder day, so your glutes remain relatively fresh for leg day 1.