



# Gluteus to the Maximus - Base Training: Build a Bigger Butt Now!

*Nick Nilsson*

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Many women and men suffer from flat "missing-in-action" glutes that never seem to grow - even with heavy leg training. Why? Because they're not training the right way. By following the exercises and programs in this groundbreaking book, you will fill out your jeans quickly, efficiently, and get that head-turning butt you've always wanted, once and for all.

This book contains over 50 unique glute-specific exercises expertly demonstrated with photographs, detailed instructions, tips and tricks on how to incorporate the exercises into your workout, and how to avoid common errors. It doesn't matter whether you're a complete beginner or an advanced trainer, or whether you train at home or at a gym, this book is guaranteed to get you results.

## ABOUT THE AUTHOR

Nick Nilsson, "The Mad Scientist" of the fitness world, is a renowned personal trainer, body builder, and professional fitness writer who has written for Men's Fitness, Reps Magazine, Muscle & Fitness and hundreds of fitness websites all over the internet. He is recognized throughout the fitness world as an innovator and pioneer of ground-breaking methods for building muscle and strength fast. His degree in physical education covers advanced biomechanics, physiology and kinesiology.

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