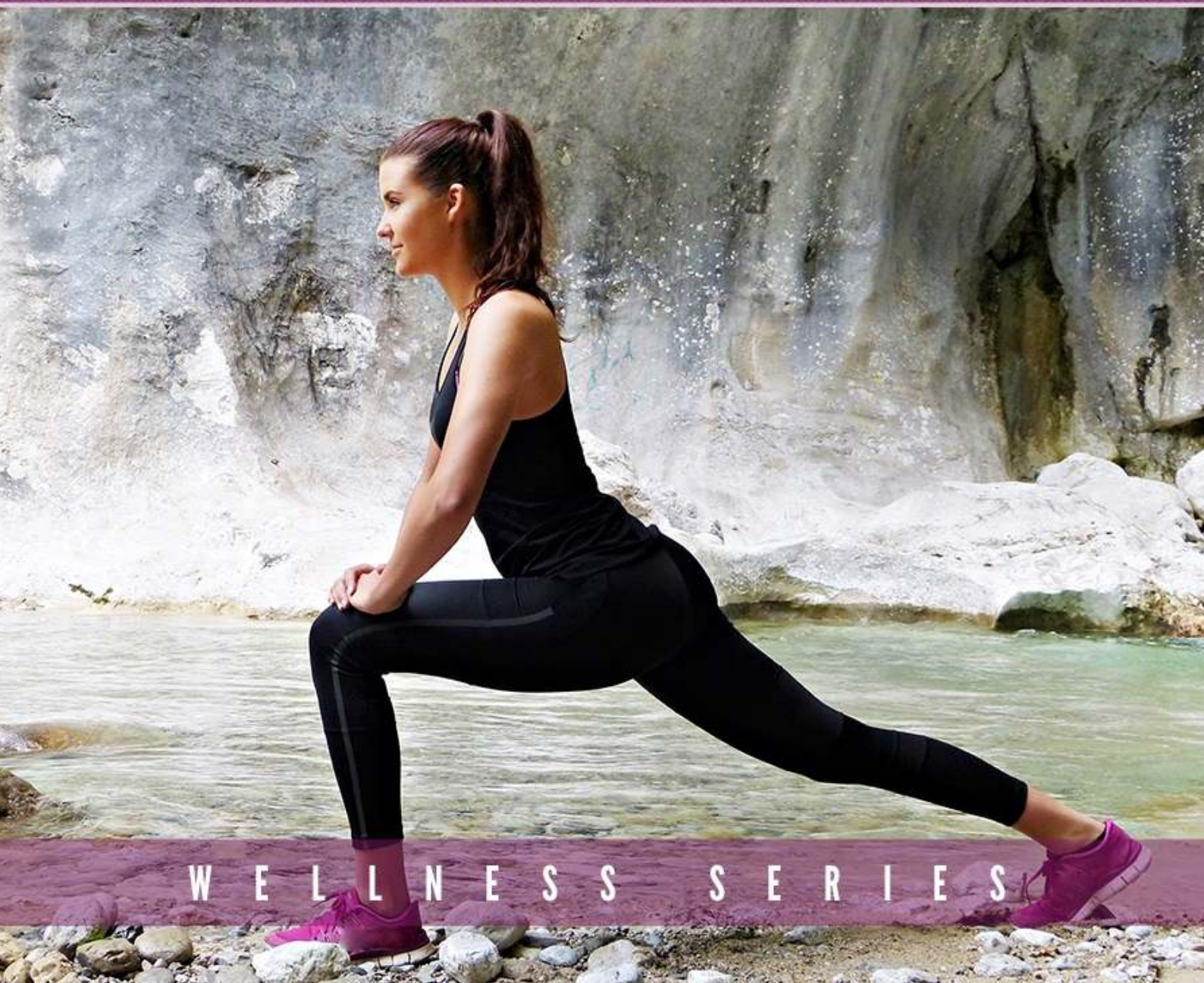


HOW TO TONE

Your Butt

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Introduction to the Muscles of the Butt

What's better for a toned, firm butt, diet or exercise? Can you eat certain foods before or after exercising to fight flab, make muscle, and give you a toned, sexy rear end? Are heart-pumping cardiovascular exercises better for building a beach-worthy butt, or should you focus most of your time on muscle building, strength training activities? What role does water play in toning and firming your backside?

These are just a few of the more popular questions men and women ask when they are ready to get serious about creating a firm, toned bottom. One of the problem areas mentioned by many women frustrated with the results they are seeing from their exercise programs is the butt. While women are definitely the largest part of the butt-firming market, men often also express a desire to sculpt a firm, toned gluteus maximus.

Actually, though the buttocks is sometimes referred to as the gluteus maximus, it's only one of the 3 major muscles which make up your rear end. The trio of muscles you want to strengthen for a toned caboose include the...

1 – Gluteus Maximus

2 – Gluteus Medius

3 – Gluteus Minimus

The gluteus maximus is the largest of these three muscles, and it is also the largest muscle in your entire body. The main thing your gluteus maximus does for you is provide you with the ability to extend your upper legs. For instance, the way your upper legs and thighs move when you stand up from a squatting position works your gluteus maximus primarily. When you push off of your back foot while running or sprinting, you also work your gluteus maximus muscle.

The gluteus maximus is predominantly responsible for the shape of your behind.



The gluteus medius and gluteus minimus muscles help your gluteus maximus raise your legs to the side, and support other inward and outward lateral thigh movements. Those three muscles all work together to form your gluteal group of muscles, a veritable workhorse of physical activity that is busy all day long. Your glutes help you stand, walk, balance and move. They are constantly at work while you are standing upright and moving your legs, and even work while you are sitting.

This special report will help you strengthen your gluteal muscles and burn fat, so you can get a tight, toned, firm bottom that promotes overall wellness and fitness, and looks great in a bathing suit or skinny jeans.

Let's get started sculpting a fabulous fanny by taking a look at how nutrition can give you the results you're looking for.

Part 1: Dietary Considerations for the Perfect Butt

Up until about the 1990s, fitness experts were convinced that regularly scheduled physical activity could overcome lifestyle choices and less than healthy nutrition habits for high level physical fitness. There's no doubt that exercise is a major contributor to your level of health and wellness. If you don't stay active regularly, your health will suffer. Exercise regularly and you give yourself the best chance at premium fitness from head to toe.

We now realize that, while regularly scheduled physical activity is crucial to achieving whatever physical fitness goals you have, what you eat is responsible for the majority of your health.

As much as 65% to 75% of your level of fitness is going to be dictated by the foods you eat and the foods that you don't eat, according to nutritionists and fitness experts. Hydration is also important for your overall well-being, because your muscles and organs require a constant supply of water to stay healthy and grow strong.

This means if you're trying to firm up and tone your butt, your first focus needs to be on what you eat and drink, and what you avoid at mealtime.

Why Protein Is Important for Building a Beautiful Buttocks

You learned earlier that your gluteus maximus, minimus and medias are muscles. It's the fitness of these muscles that is going to have to improve if you want a more toned tush. You also want to minimize the amount of fat in your rear end, because fat is very hard to mold. You are flabby and saggy in the buttocks area if there is too much fat there, but fortunately, there is a nutrient that both builds muscle and burns fat efficiently.



That nutrient is protein, and you need plenty of protein in your diet to build fat burning muscle.

The more muscle you have, the better your body is at burning fat. Remember, fat is the enemy of a toned, tight tush. Since your gluteus maximus is predominantly responsible for the size, shape and firmness of your behind, and it's the largest muscle in your body, you want to feed it a lot of protein. As this muscle strengthens along with the other gluteus muscles, fat begins to melt away.

The way this happens is pretty neat.

Anytime you strength train and build muscle, you are actually tearing your muscles. After your strength training or resistance training is over, your body automatically begins repairing those muscles. Your brain instructs your body to repair those muscles stronger than they were before, so they don't get worn and suffer the next time you do similar exercises.

Your body burns fat as a way to create energy. When your muscles are recouping after any type of stressful exercise, your body burns fat to give your muscles the energy they need to repair properly. This is great, because not only do your muscles strengthen and heal properly and stronger than before thanks to protein, but as they are repairing, they burn fat up to 48 hours after a strength training or resistance training session is over.

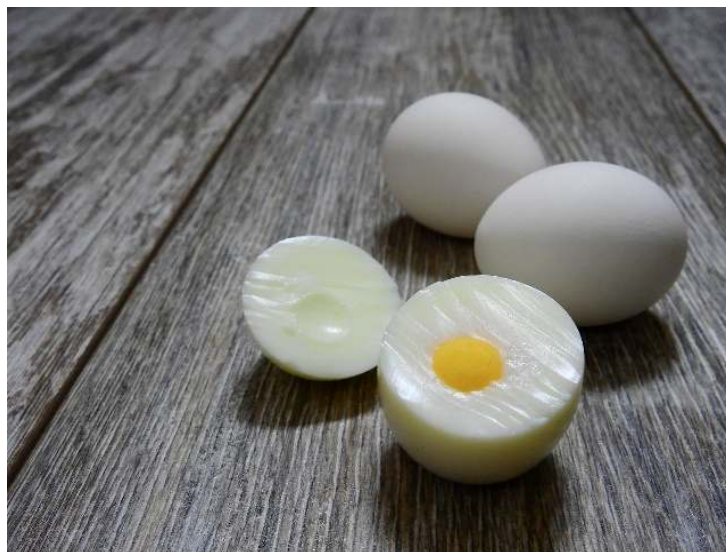
The lesson here is to include protein at every meal. You don't need to go overboard. If you eat a healthy diet, you'll get plenty of protein to fuel gluteal muscle growth and burn fat in and around your buttocks. At mealtime, make sure you eat some type of protein-filled food that is roughly the size of your fist.

Not all proteins are the same. Some are better for you than others. For instance, eggs are considered the "perfect" protein. They are full of the essential nutrients required for your muscles and the rest of your body to heal. Dairy eggs contain vitamins B1, B6 and B12, folic acid and calcium, potassium and iron, zinc and magnesium. They are referred to as a perfect protein because they deliver all the amino acids required to build and strengthen your glutes.

When focusing on the types of protein to build muscle that is going to burn fat, choose organic, pasture-raised eggs and poultry whenever you can. Always insist upon wild-caught fish and seafood as opposed to farm-raised, and grass-fed beef. The following foods are also high in protein.

- Nuts
- Chia Seeds
- Greek Yogurt
- Brown Rice
- Pork Tenderloin
- Quinoa
- Couscous
- Full Fat Cottage Cheese
- Chickpeas and Other Peas
- Beans, Lentils and Legumes
- Kefir
- Hemp Seeds and Flax Seed
- Cheese
- Protein Powders

Animal-based products like pork, beef and poultry are usually going to have a lot more protein than vegetables. That having been said, there are some vegetables, like the previously mentioned beans and peas, which deliver a lot of protein.



Add the following vegetables (organic whenever you can) to your butt-toning diet for the best results.

- Cauliflower
- Spinach
- Mustard Greens
- Broccoli
- Brussels Sprouts
- Watercress
- Alfalfa Sprouts
- Chinese Cabbage, Bok Choy
- Asparagus
- Edamame

Fat-Fighting Foods to Eat that Promote a Tight, Firm, Flab-Free Buttocks

If you eat the foods just listed regularly and include some of them in every meal, you will help promote gluteal muscle growth. Additionally, there are some foods you can eat that naturally help fuel your fat burning furnace.

Add the following foods to your daily meals and snacks to promote a tight, toned, flab-free booty. (Some of the foods listed here, such as eggs, promote fat-loss and muscle growth, so they give you a wonderful 2-pronged approach to tightening and toning your butt.)

- Eggs
- Almonds and Walnuts
- Berries
- Cinnamon
- Green Tea
- Avocados, Guacamole
- Spinach
- Cayenne Pepper
- Oatmeal
- Wild-Caught Salmon
- Grass-Fed Beef and Steak

- Sweet Potatoes
- Greek Yogurt
- Dark Chocolate
- Black Beans
- Grapefruit
- Quinoa
- Pork Tenderloin
- Coconut Oil
- Apple Cider Vinegar
- Lemon Water
- Oysters
- Cauliflower
- Green Tea



The Foods You Should Avoid Like the Plague if You Want a Toned Booty

Just as there are some foods you should be eating to get your booty ready for beach season, there are other foods you should avoid. In general, stay away from highly processed foods. These are the types of foods found in the inner aisles of your grocery store, as well as at restaurants, diners and fast food locations, and many foods in a box, can or package.

Trade processed foods for the healthy food in the listed on the previous pages, and also avoid the following foods.

- Boxed Cereals
- Granola Bars
- Sugar-Free Treats and Candy
- Red Wine
- Retail Fruit Juices
- Fried Foods
- Baked Goods
- Sushi
- Deli Meat
- Dried Fruits
- Sugar
- Dairy Milk

The Nutrition Takeaway

Eat lots of naturally delicious and nutritious leafy greens and vegetables. Add grass-fed beef, wild-caught salmon, pasture-raised, organic eggs and poultry to your diet.

Stop eating out and start preparing your own meals at home.

Ditch the dairy milk and sugar, fried foods and fast food, and only shop the exterior walls of your grocery store, not the interior aisles.

Refer to the above lists for what to eat and what to avoid, and your butt toning efforts will improve.

Part 2: How Proper Hydration Boosts Your Chance at Creating a Beautiful Booty

Your body needs lots of water to function properly. When you drink lots of water, you fuel your body's natural ability to remove poisons, toxins and other waste material. Water is also necessary for cellular growth throughout your body, and is an essential ingredient for building muscles.

Water additionally boosts the health of all your organs and supports thousands of physiological and chemical processes that promote the burning of fat and calories.

You should try to consume 1 gallon of water each and every day to give your booty-toning fitness efforts the best chance at success. This includes the water present in any food you eat, as well as the beverages you drink. Keep a BPA-free water bottle with you all day long and drink water throughout the day. Green tea and black tea are other beverages that are natural butt-firming boosters which can help you up your daily water consumption.



Part 3: Exercise Considerations

You don't need a lot of specific fitness equipment to sculpt a beautiful butt.

If you have a standard dumbbell set and a yoga mat, that is all that is really needed. Of course, you can spend a lot of time and money building a home gym with all the bells and whistles, but that's not necessary to see the results you are looking for.

You may want to purchase some tennis gear, running shoes, a rowing machine or other fitness equipment necessary to perform some of the aerobic activities listed below. You can alternately create all the fitness rewards you want without spending a single penny.

Let's take a look at what types of exercises you should be performing to build a cutie booty.

What Is Better for Toning Your Buttocks, Cardio or Strength Training?

For building a round, firm gluteus maximus, strength training is necessary. Cardio exercises are great for pumping up your heart rate and burning fat in the short term. When you build muscle anywhere in your body, with exercise formats like bodyweight training or weight lifting, you burn fat for up to a couple of days after your workout is over.

This means a combination of strength training and cardiovascular exercises is going to give you the best chance at achieving the results you desire.



Muscle Building, Strength Training Exercises for a Better Butt

- **Squats**

If you can only perform one strength building exercise for the rest of your life, the squat should be the one you choose. You work so many muscle groups, while simultaneously sweating away fat and calories. It's also perfect for firming and toning your derriere.

Performing a squat is simple, you do it all the time. Stand with your feet a little wider than your shoulders, your toes slightly pointing out. With your hands on your hips, slowly bend your knees, keeping your back straight and your face forward. Squat down until your knees are horizontal to the floor.

Hold for a 1 count, then return to the standing position. Perform 12 to 15 reps for one set. For better balance, as you drop down you can stick your arms in front of you or out in the air to the sides. Add dumbbells for extra benefits.

- **Lunges**

If the squat is the best exercise for strengthening your glutes and toning your butt, the lunge is the second best. Stand with your feet shoulder width apart. Place your hands on your hips. With your back up and your vision straight ahead, take a step forward with your right foot, keeping your left foot in place. Step far enough so that your right thigh is parallel to the ground, or close to it. Hold for a 1 count, and return to the starting position. Alternate legs, performing 12 to 15 repetitions each for one set.

- **Hip Lifts**

You can work your butt while also relieving pressure in your lower back. Break out your yoga mat or cushioned exercise mat. Lie down on your back, with your arms at your sides. Bend your knees so your feet are flat on the floor. Lift your hips as if you are trying to raise them to the ceiling or to the sky. Hold for a 1 or 2 count and then return to the starting position. Perform for 60 seconds for one set.

- **Toe Taps**

Stand with your feet just inside shoulder width. Hold a 3 to 5 pound dumbbell in each of your hands. Bend your left leg, raising it 3 inches off of the floor. Slowly extend your arms in front of you at chest height for a 3 count. Repeat with your right leg. Perform 12 to 15 repetitions for one set.

- **Dumbbell Lift**

This is performed basically like a squat with extra weight. Looking straight ahead, with your feet a little more than shoulder width apart and a dumbbell in each hand, bend your knees, keep your back straight and lower yourself until the dumbbells touch the floor. Wait for a 1 count, and return to the standing position. Perform 12 to 15 repetitions for one set.

- **Single Dumbbell Swing**

Spread your feet until they are several inches outside of your shoulder width. Keeping your back straight and your eyes facing forward, raise the dumbbell out in front of you with your palm facing the ground. Bend your knees and lean forward, swinging the dumbbell down between your legs and back up to the starting position. Perform 12 to 15 repetitions with each arm for one set.

- **The Clam**

Lie on your side on the floor, keeping your knees bent at about a 45° angle. Keep your feet touching, and raise your top knee as high as possible, while keeping your feet together. Return to the starting position. Perform 12 to 15 repetitions on each leg for one set.

Aerobic, Cardiovascular Exercises to Tone Your Booty

The Mayo Clinic and other recognized global health authorities recommend 150 minutes of aerobic exercise each week. The belief used to be that you had to perform cardiovascular exercises for extended periods of time to get the most benefits.

Groundbreaking research in the early 21st century has shown that you can enjoy moderate to intense levels of heart pumping exercise for as little as 15 minutes to receive substantial benefits.

As long as you have a combined 150 minutes of cardio exercise each and every week, your butt and body will benefit from the fat and calorie burning aspects of this type of exercise. If your level of fitness allows you, perform 175, 200 or more minutes of the following aerobic exercises each week.

These cardio-friendly exercises have been proven to produce the most fat burning benefits in the shortest period of time.

- Jumping rope – up to 1000 calories per hour
- Running, jogging– 600 cal per hour
- Swimming – 600 cal per hour
- Cycling – 600 cal per hour
- Rowing – 800 cal per hour
- Walking – up to 400 cal per hour
- Tennis – up to 600 cal per hour

Additionally, you can turn to hiking, dancing, jet skiing, roller skating or in-line skating and rock-climbing to burn anywhere from 350 to 750 cal per hour.

The same is true for running stairs, boxing and rock climbing. Anything you do that helps you attain 50% to 75% of your maximum heart rate for an extended period of time qualifies as aerobic, cardio activity.

To calculate your maximum heart rate, subtract your age from the number 220. This reveals the maximum safe rate at which your heart should beat during strenuous physical activity or exercise.

For example, if you are 40, subtracting that number from 220 gives you 180, your max heart rate. Using the 50% to 75% rule, you want to engage in aerobic activities that keep your heart beating at 90 to 135 beats per minute in the above example.

There are several heart rate monitors and applications available for free and for a fee which report your live heart rate.

When and What to Eat Regarding Exercise to Build Muscle and Burn Fat

Remember when I mentioned earlier how good protein is for building muscle? It should be mentioned that protein is necessary for you to live. If you adopted a diet where you took in absolutely no protein, you wouldn't be around for long. Protein can be considered a necessary building block of human existence. In relationship to exercise and physical activity, you can use the importance of protein to build muscle and burn fat efficiently, because of the way your body processes this macronutrient.

About 30 to 40 minutes before you exercise or work out, get some protein into your body. If you're eating protein regularly at every meal, then you probably don't need more than a couple of ounces of protein-rich food. Your body processes protein slower than carbohydrates and fat, so you need that 30 to 40 minute timeframe for your system to release the health boosters in protein for the best possible muscle growth.

You can alternately drink a protein shake or make a fresh glass of juice with the protein-rich fruits and vegetables mentioned earlier. A scoop or two of protein powder mixed into a glass of almond or coconut milk makes a healthy beverage that also gets protein assimilated by your body quicker than when you eat foods with protein.

If you are enjoying a lengthy workout session, lasting more than 30 minutes, eat a small amount of protein-packed food while you exercise. Take a break and enjoy a handful of walnuts or almonds, a healthy protein shake, or some other protein-powered food in the middle of your workout.

When your physical activity is finished, allow yourself another 30 to 40 minutes to rest and recoup. Then consume another small dose of protein. This before and after protein delivery insures your muscles benefit from this nutrient they crave, and all your other bodily systems which are engaged also get the protein they need to function properly.

Additionally, make sure you stay hydrated before during and after any significant physical activity. This will help your body access protein efficiently.



Can You Target and Blast Butt Fat Specifically When You Exercise?

It is possible to target specific muscle groups. When you do lower leg exercises as a part of your strength training regimen, the muscles in your upper body don't get much of a workout. If you're performing a bench press, the muscles in your legs aren't really involved. This means you can use muscle building exercises like lunges and squats to target your glute muscles, making them stronger and giving your buttocks a toned, tight appearance.

Since it's possible to specifically work on certain muscle groups to strengthen them, can you do the same thing when burning fat?

The way your body burns fat does not allow you to specifically target one area over another for fat loss. However, you'll see the biggest results in those areas of your body where you have the most fat. For men this generally tends to be the belly area, and for women this is often the thighs and buttocks.

Even so, wherever you have fat on your body, the cardiovascular exercises just covered can help you get rid of that fat.

When you consume more calories and carbohydrates than you use as fuel, all the excess energy is stored away. Your body tends to store this unused energy in your fat cells. If you continue to consume more calories than you burn, this leads to excessive fat and body weight. If you exercise or perform some strenuous physical activity, your body will burn your stored fat calories to produce energy.

This happens automatically and throughout your body. When you start eating the low-calorie, high -nutrient foods listed earlier that build muscle and burn fat, and you stay active regularly, you can reach a negative calorie situation. You're basically taking on fewer calories than your body requires to produce the energy to allow you to work out and exercise.

When this happens, your body looks to your fat storage as a source of energy. This is how you can lose unwanted body fat in your butt and throughout your body by practicing smart nutrition habits and staying physically active. However, there isn't any way you can tell your body to take fat off one area as opposed to another.

This is often why people become frustrated with fat burning exercise plans. They don't see the weight coming off in the areas where they would like to benefit the greatest, at least not at first.

Don't let this happen to you.

Keep performing the cardio and strength training exercises discussed earlier, and develop a regular routine. Simultaneously eat and avoid good and bad butt-toning foods. Over time, usually in 6 to 12 weeks, you can see some serious results. Not only will you build muscle and burn fat in your buttocks, but you will also see fat loss and muscle growth throughout your body.

Example Workout Plan

Depending on your level of fitness and health, it may take some time to see the results from your booty-beautifying project appear. Alternately, if you're in pretty good shape, you may notice positive change quickly. Whatever happens in your case, prolonged use of a diet/exercise approach proven to burn fat and build muscle while sculpting a firm, toned behind is necessary.

This is why you should create a workout plan for 8 or 12 weeks, 60 or 90 days, or some other timeframe that gives your body the time it needs to produce results.

You can't just go with this program hard and fast for 3 or 4 weeks and expect miracle results. If you're not in the shape you desire, it probably took a lot of years of eating and doing the wrong things to get there.

It will also take some time to reverse the damage you have done to your body and your booty. It's virtually guaranteed that if you eat the butt-friendly foods in this report, avoid tush-hating foods, stay hydrated every day and regularly perform the recommended exercises, you'll see noticeable results... in time.



That is why you should draw up a contract with yourself that says you will follow a specific plan of action for 3 months. Don't just tell yourself you're going to eat healthier foods and avoid unhealthy ones.

Get a day planner and plan your meals. Cook all your major meals for the week on one day, and freeze individual servings or store them in your refrigerator. Leave nothing to chance.

Do the same with your exercise plan. Schedule regular walks a minimum of once a day. Make time for 3 sessions of strength training and 3 or more cardio sessions each and every week. Schedule your cardio workouts and strength training exercises on alternate days.

Start looking for daily opportunities to live smarter and healthier, and all of these actions can deliver some pretty impressive results over a 90 day period.

On the following page is a sample workout plan you may want to try on for size. It can be tweaked and changed to fit your unique circumstances and personal preferences.

Be sure to incorporate proper hydration and dietary practices that support exercise as a way of toning and firming up your butt. Even if you look fabulous on day 89, don't stop until you have completed an entire 90 day attempt at transforming your tush.

You will prove to yourself you can stick to a nutrition/fitness program for an extended period of time, you'll feel great about yourself, and you'll very likely be more than happy with the overall health and wellness rewards you receive.

Weekly Workout Plan For a Toned, Firm, Beautiful Bottom

- **Monday:** 50 to 75 minutes of aerobic, cardio exercises of your choice, choosing from the list of activities provided earlier. You can break this up into 2 or 3 sessions if you like. Remember to get your heart beating at a rate that is 50% to 75% of your max heart rate.
- **Tuesday:** Choose from the squats, lunges, hip lifts, toe taps, the dumbbell swing, the clam and the dumbbell lift muscle building, strength training exercises in this report. Perform a total of 10 to 12 sets, working out for at least 20 to 30 minutes.
- **Wednesday:** 50 to 75 minutes of aerobic, cardio exercises of your choice, choosing from the list of activities provided earlier. You can break this up into 2 or 3 sessions if you like. Remember to get your heart beating at a rate that is 50% to 75% of your max heart rate.
- **Thursday:** Choose from the squats, lunges, hip lifts, toe taps, the dumbbell swing and the dumbbell lift muscle building, strength training exercises in this report. Perform a total of 10 to 12 sets, working out for at least 20 to 30 minutes.
- **Friday:** 50 to 75 minutes of aerobic, cardio exercises of your choice, choosing from the list of activities provided earlier. You can break this up into 2 or 3 sessions if you like. Remember to get your heart beating at a rate that is 50% to 75% of your max heart rate.
- **Saturday:** Choose from the squats, lunges, hip lifts, toe taps, the dumbbell swing and the dumbbell lift muscle building, strength training exercises in this report. Perform a total of 10 to 12 sets, working out for at least 20 to 30 minutes.
- **Sunday:** Stay active, but give yourself a mental and physical break from specific cardio and strength training exercises.
- **Daily:** Enjoy a moderate to brisk paced walk for 20 minutes in the morning, and in the evening. Don't forget the before and after protein advice for your exercise sessions, and stay hydrated.

Rinse and repeat this routine every week for 90 days.

Incorporate different exercises mentioned earlier if you want to. You may alternately create your own customized plan of action.

Whatever you do, get started today, not tomorrow. Simply by following the nutrition advice in this report, you can make your heart, your mind and all your internal processes healthier, while simultaneously burning fat from your butt and elsewhere on your body.

When you add a smart exercise plan of strength training and cardio, it's simply a matter of time before you achieve the booty-beautification results you are looking for.

