



A Step by Step Guide to Getting a Fuller Butt (Paperback)

By Penelope Garcia

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your skeletal structure is the first deciding factor when it comes to the shape of your butt. The next important feature to determine the shape of your butt is the muscle build-up on top of the skeleton followed by the fat distribution. So if we are looking for natural workout-driven ways to improvise, determine or correct the shape of buttocks, then the focus should be on the skeletal structure, muscle build up and also on the fat distribution in the area. In this book, I will be sharing with you the ideas to increase the shape of your butt and also to give you the perfect curvy look with the help of recommended workout routine.



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