

Tips to Get a Bigger Butt

1. Adjective
2. Adjective
3. Noun
4. Plural Body Part
5. Noun Plural
6. Noun
7. Plural Body Part
8. Verb Ing
9. Plural Body Part
10. Noun Plural
11. Body Part
12. Noun
13. Noun Plural
14. Number
15. Abstract Noun
16. Noun Plural
17. Adjective
18. Noun Plural
19. Word Ends In Tion
20. Verb
21. Noun
22. Noun Plural
23. Verb Ing

24. Noun Plural

25. Verb

26. Big Number

27. Verb

28. Noun

29. Noun

30. Noun Plural

31. Noun Plural

32. Plural Body Part

33. Noun Plural

34. Type Of Fish

35. Noun Plural

36. Colour

37. Noun Plural

Tips to Get a Bigger Butt

Squats: The squat is a _____ Adjective _____ butt-builder, because it activates the gluteus maximus in a _____ Adjective _____, compound exercise. You can squat with a _____ Noun _____ across your _____ Plural body part _____, _____ Noun Plural _____ in your hands, or no _____ Noun _____ at all. To do a squat, stand straight up with your _____ Plural body part _____ about shoulder-width apart. Start the movement by _____ Verb ING _____ your _____ Plural body part _____ back as you bend your _____ Noun Plural _____. Arch your lower back as you squat, keeping your _____ Body part _____ and _____ Noun _____ up. When your hip and knee _____ Noun Plural _____ are at around _____ Number _____ degrees, stand back up. Work to _____ Abstract noun _____ and increase the number of _____ Noun _____ Plural _____ over time.

Straight Leg Dead-lifts: Straight leg dead-lifts are an _____ Adjective _____ exercise to build your _____ Noun Plural _____ because they require a powerful hip _____ Word ends in TION _____. To _____ Verb _____ a straight leg dead-lift, stand straight up with a _____ Noun _____ or _____ Noun Plural _____ in your hands. Bend forward at the hips as if you are _____ Verb ING _____ to someone. Keep your _____ Noun Plural _____ straight, but do not _____ Verb _____ your knees. When your hip joint reaches about _____ Big number _____ degrees, stand back up. Work to fatigue and increase the number of reps over time.

Eat to _____ Verb _____: Your glutes are just like any other _____ Noun _____ in that they need _____ Noun _____ and _____ Noun Plural _____ to grow. To support your training, add _____ Noun Plural _____ to your diet by way of lean proteins

such as chicken _____ Plural body part _____, egg _____ Noun Plural _____ and _____ Type of fish _____. Fuel your workouts with complex _____ Noun Plural _____ like oatmeal, _____ Colour _____ rice and sweet _____ Noun Plural _____.