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Strong Curves

**A Woman's
Guide To
Building A
Better And
Body**

**Strong
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~~WEEK 1 | MACHO
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Review - Bret
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Davis *WHY YOUR
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The #Girlboss
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Massive Glutes
with Bret Contreras
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Campaign 2, S
Episode 104

Cardio vs Weights
(Fitness Influencers
LIE to YOU!) Glute
workout at home
with dumbbells |
STRENGTH

WORKOUTS OVER
40 FEMALE Light
~~Full Body Routine~~
~~Modified Strong~~
~~Curves Workout C~~

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Behind the Scenes Strong
Curves A Woman's
Buy Strong Curves:
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A Women's
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and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bo This is not your

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for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies.

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Building Strong Curves isn't just about creating physical changes, but emotional ones as well.

Once you start achieving strength gains, shedding pounds of fat, and building the curves you hav

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e always dreamed
of having, your outl
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& KELLIE DAVIS
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Butt ...

Bret Contreras,
Kellie Davis. This is
not your run-of-the-
mill fitness book.

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Contreras, Strong
Curves offers an
extensive fitness
and nutrition guide
for women seeking
to improve their

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~~Building a Better
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Welcome to Strong Curves! This is a subreddit for those who are contemplating, currently doing, or have completed Strong Curves by Bret Contreras and Kellie Davis. Post questions about the program, show

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off your results, or
comment about
your experience.

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Strong Curves is a
strength program
design focused on
inducing glute
hypertrophy and
lower body

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strength. Do I need lifting experience to start Strong Curves? No. Strong Curves has different variations, including "Bootyful Beginnings," which was designed for beginners. The book explains how to do all exercises (with pictures too!).

Beginners

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welcome! Is Strong
Curves only for
beginners? Nope!

Building A

~~STRONG CURVES~~

~~Spreadsheets +~~

~~PDF: Bootyful~~

~~Beginnings ...~~

What is Strong
Curves? Strong
Curves (SC) is an
exercise and
nutrition program
developed by Bret

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Contreras . SC
places significantly
emphasis on the
gluteal muscles,
and is considered a
great introduction
for women into
lifting weights.

~~index~~

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Just to give you a
hint on the rest of
the book, Strong

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Curves is a complete guide for improving a woman's physique, strength, and lifestyle: Chapters 1-9 teach you the key components when building a woman's physique, provide the science behind muscle building, provide you a practical

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guide for nutrition,
and discuss proper
movement
patterns.

Better And

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Butt ...~~

Strong Curves is
aimed and
marketed at
women
predominantly, but

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there is no
questioning that it
is also a great
training resource
for men (who just
as commonly suffer
from
underdeveloped
glutes). The book
can definitely
benefit both
genders in a
relationship –
meaning that as a

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A woman's guy, you can also follow the program alongside your female partner if you want to provide a bit of support and encouragement!

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