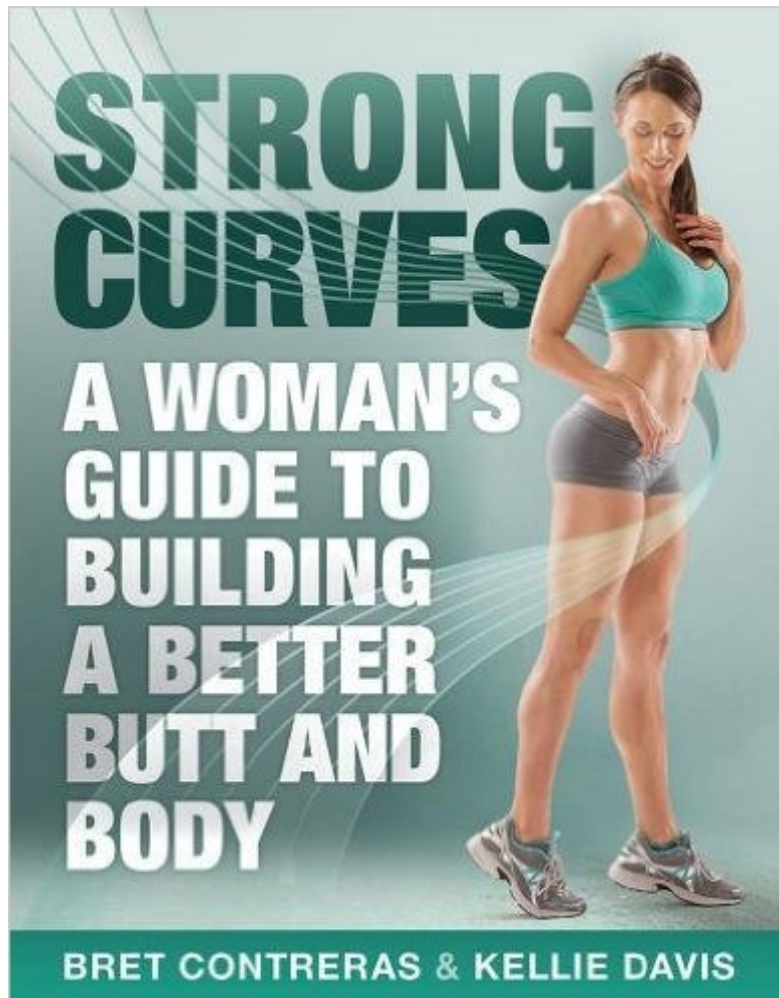




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Strong Curves: A Woman's Guide To Building A Better Butt And Body



Synopsis

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, *Strong Curves* offers an extensive fitness 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 bodies. In *Strong Curves*, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. *Strong Curves* is the cure.

Book Information

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Customer Reviews

Bret Contreras, PhD, CSCS, has established himself as the world's leading expert in gluteal muscle functioning and development. Known in the Strength & Conditioning industry as "The Glute Guy," Contreras continues on his quest to unravel the optimum training methods surrounding the gluteal muscles. A graduate from Florida Gulf Coast University, Kellie Davis turned to writing as a profession, with an emphasis on fitness and sports nutrition. She also assists clients in achieving optimum health and wellness as a certified personal trainer.

I bought this book a couple of years ago, and thought the exercises looked too easy to start with, so put it away. I mean, how hard is a body weight bridge? A year later I completed the Lift Like a Goddess programme and looked for something new. I dragged out this book and decided to give level 1 a go. Yes, the amount of exercises were shorter than I was used to, and I didn't come home from the gym feeling smashed. I left each time feeling I could give more. However, don't be fooled by the shorter workouts! I found I could not do more than 6 bodyweight bridges without getting a cramp. To attempt even 1 holding a weight on my stomach was sheer impossibility. So I gladly stayed at level 1 and worked through it consistently. The day after each workout, was I ever sore. Within 3 weeks I found myself getting stronger. Then, so surprisingly, I managed a proper squat. I have severe scoliosis and a damaged Achilles' tendon due to surgery on my leg for the scoliosis and I have never been able to squat without falling over. Lunging - fine. Squatting, No. However, building the glutes muscles meant I was now stable enough to squat. And my knees no longer caved in. Now I can squat with a 35 kg barbell no problem at all. Next, I found that after 2 years of attempting chin ups, I finally managed one and now can do 12, with a brief break between every 2 or 3. I think the back strengthening work in this programme finally made it all come together for me, even though arm work is not big. The programme I was on was arm heavy (as most programmes are) but, as Brett has realised, most girls struggle with their butts, and arms will naturally improve as you use those bigger muscles more. It makes sense, but I was a bit worried stopping all that arm work. Until I finally managed chin ups which are out of reach of most girls, even those doing arm work daily. I have now done 3 of the programmes in this book, and in a few weeks, will finally begin the advanced programme. It said not to try it till you could glute lift about 60 kg. That's a joke, I thought at the time as I couldn't glute lift my own bodyweight more than 6 times. Well, I've passed the 60 kg goal weeks ago and now glute lift 75 kg. My jeans are smaller, my butt is no longer saggy, I have abundant energy, I spend less than 2 hrs in the gym a week, my legs are tight all over, I've changed shape all over and, wait for it - I'm 49 years old!!! Thanks Brett for the best programme out there!

I'm still reading and working through the workout, but I've really enjoyed what I have read and done and actually just gifted it to a friend :) The research that went into this is awesome. I asked my boyfriend about some of the medical terms and he skeptically was like "and what does it say about them?" and was shocked when it was accurate information. This isn't some random stuff spouted at you that isn't true or correct. Wonderful job :)

This is a great book for anyone whether beginner or advanced. I love the narrative written portion, and the workouts are simple enough I can do them right at home. I would highly recommend for anyone looking to tone up.

Excellent book. I think that Contreas has created a powerful program of compound exercises for overall strength with a sharp focus on glute development. Good explanations of why different moves develop which muscles and what you can expect to gain from doing that work. I really like the multiple programs he gives you a choice of following and the clear directions/photographs for each exercise in those programs. Also greatly appreciated his section about improving form for specific moves, with clear photos for each move.

i love this book. If the author can insert the photo inside the book not at the end of the book, that will be even better

I purchased this book because I have problems with inactive glutes because I spend WAY too much time sitting throughout my day. While I haven't been able to read through the entire book or go through the training protocol yet, I have started working on some of the basic glute activation exercises and that has already helped tremendously. The book is well-written and does a great job of explaining how and why the program will work, and it does a wonderful job of illustrating how to perform the exercises correctly in order to achieve glute activation - I have already noticed more stability and engagement in doing exercises like split lunges and squats, where I was previously struggling with form because I wasn't actively engaging my glutes. The other part that I really like is that they have 12-week plans for a whole-body protocol (and at different levels - beginner, intermediate, etc) as well as a glute-focused protocol that can be added onto or incorporated into my existing training plan. All in all, I am very pleased with the book so far and think it will help me progress my training tremendously! -Dannie

This book provides some great advice on nutrition and exercise. The programs are good, too. I've only just begun to follow the actual program a few weeks ago and am really enjoying it. The moves are clearly drawn out photographically and in type. A lot of the knowledge and moves were not new to me, but there were some good moves to add to my arsenal and I like the programs for when I'm needing a little structure and feeling too lazy to make my own. I feel like everything is presented

very clearly to someone who may be new to and intimidated by strength training.

I gave this book 5 stars because I have experienced the best results following this program than any other program. One reason is I found the exercises to be effective and easy to follow. I have recommended this book to my friends and so far a couple have decided to purchase because they have seen my transformation and know its possible for them too!

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