



# **How to Get an Ass: A Detailed 6 Week Guide to a Bigger, More Toned, Gravity Defying Butt! (How to Get an Amazing Butt, How to Get a Bigger Butt)**

## **(Volume 1)**

*Leanne Wiese, John Mayo*

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How to Get an Ass: A Detailed 6 Week Guide to a Bigger, More Toned, Gravity Defying Butt! GET IT NOW FOR \$2.99 FOR A LIMITED TIME! Have you always wanted a toned, lifted and gravity defying butt? If you're a woman I'm going to assume the answer is YES! I have good news for you then, you've found the best book for getting the ass of your dreams. As a personal trainer at an all woman's gym, I understand the struggle that we put ourselves through to achieve our fitness dreams. My goal in this book is to provide you with the best information in a concise and organized manner. Get This Book Now and Receive The Following: - 4 Amazing Fitness Tips - Fantastic Dieting Advice - Blueberry Booster Smoothie Recipe - Touch of Tropics Smoothie Recipe - Green Beast Smoothie Recipe - Quinoa Breakfast Beauty Recipe - Kale & Spinach Super Salad Recipe - Tuna Treat Recipe - In Depth Explanations of Every Key Big Booty Exercise - A Detailed 6-Week Training Schedule That Will Make Your Bum Defy Gravity Keeping yourself motivated to workout is tough to do, but that's where I and this book come in. I am here to guide you to the ass you've always wanted. Next time you hit the beach people will have to do a double take! DOWNLOAD "HOW TO GET AN ASS" RIGHT NOW FOR ONLY \$2.99 TAGS----- woman's health, exercise, health, health and fitness, how to get a booty, how to get a bigger butt, how to get a big butt, how to get abs, woman's health, healthy living, healthy eating

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**Stanley Roman:**

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**Jacob Smith:**

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