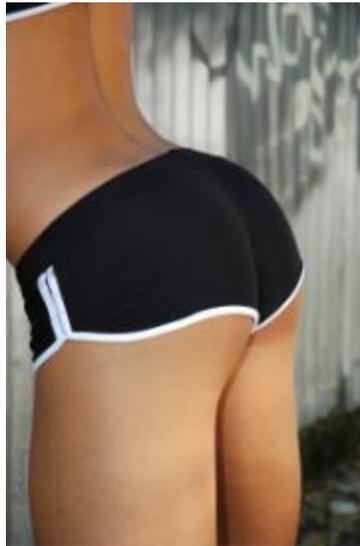


The NO B.S. Series gets it done quick and dirty. No equipment needed, no wasting of time.  
Now let's get it done, NO B.S.

## Relentless On The Rear



Okay so, one of the biggest areas of concern is ....the butt right? I loved the picture above, but you gotta remember, in the pic she is bending over, which makes for a better picture, yes?

With the work you're going to be doing in this video, you can achieve this look *without* having to bend over and the pants you choose will be just the compliment to your fabulous cheeks! ;)

The most awesome thing is that you *chose* to get this manual, and I have created for you, the secrets behind the exercises. Oh don't worry, you'll see the exercises, but its in the **execution** that most people miss the 110% benefits of your time. How many times have you said "I just want to make sure I'm doing this right?"

I'M GOING TO SHOW YOU "HOW TO DO IT RIGHT!"

You don't need any equipment (one less excuse); all you'll need is about a 10ft X 10ft space and you're good to go!

## **Exercise #1: The Lunge**

### **~The Secrets**

- Take a shoulder-wide stance (put your feet about as wide as your shoulders)
- Step back with one leg- -step back- -don't be afraid of the wide "ness" of the stance. This is how you attack the inner thigh as well.
- Get balance
- *Tuck pelvis under so back knee is facing the ground*
- When lunging you want to make two 90 degree angles with the legs

- BEND BACK LEG/KNEE TOWARD THE GROUND

The movement:

1. Straight up and down .
2. Think you're a horse on a carousel—it goes up and down, *not* forward and back.

## **EXERCISE #2: One-Leg Lean w/bonus arm movement**

### **~ The Secrets**

- Feet together
- Draw in belly
- Push shoulder blades together
- Push shoulders down into your back pockets
- Stand as tall as you can-always
- When arms come into play, the goal is to keep biceps muscles hovering over the ears--do not let arms drop

\*\* Remember the best option in the entire universe--you can keep your back leg ON THE FLOOR by tippy toeing it.

The movement:

1. Think long body
2. Crucial to raise back leg up while leaning. \*\*
3. The goal is to lean from the hip and not cheat by allowing arms to drop

This exercise is going to FIRE UP your butt!

Don't stop just because you feel a bit of muscular pain. FINISH what you start. Anybody can quit. Champions don't, even if they have to take a quick (QUICK) break, they resume and finish.

## **EXERCISE #3: 1-Leg Glute Lift**

### **~ The Secrets**

- Lie on back
- Draw in belly
- Push shoulder blades together
- Push shoulders down into your back pockets
- Lie as tall as you can-always
- One foot on floor, dig heel into the ground and raise toes off the floor
- Other leg straight up in the air
- KEEP HIP POINTERS (bones on the outsides of the belly button) facing the ceiling

The movement:

\*\* This is a 30 second hold or as long as you want to

1. Dig heel down, raise butt as high as you can.

2. Now push hips up higher
3. Hold for 10 seconds
4. Lower straight leg so its even with bent leg
5. Push hips high again.
6. Hold for 10 seconds
7. Lower leg 1" above the ground
8. Push hips high again
9. Hold for 10 seconds
10. Repeat other side

OUCH!!