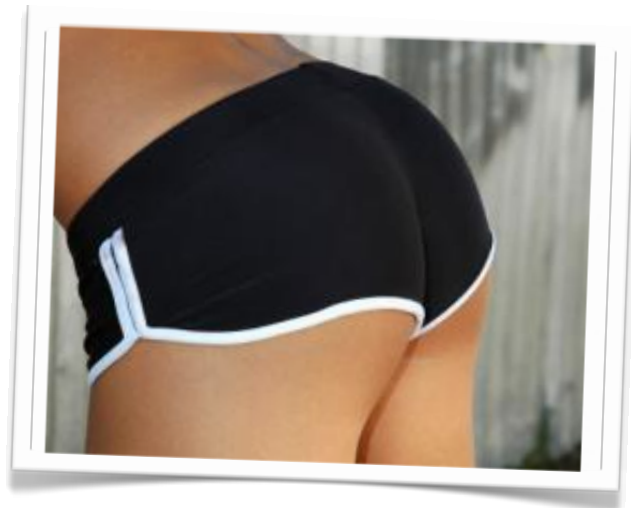


3 Steps to a Firmer, Better Butt



SHUTTERSTOCK

Adriel Yapana, CPT

A Special Report

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Introduction:

Do you want a firm and round booty?

Maybe you just want to get keep the shape but just get them buns smaller?

Maybe you've tried to tone your tush but failed?

If you answered "**yes**" to any of the above, then this special report is for you.

Note: To view the video embedded within this document, you will need Adobe Reader Version 9 or greater. You can download that FREE right [HERE](#).

About The Author:

Hey there, I'm Adriel Yapana.

Who am I and why am I qualified to write this special report?

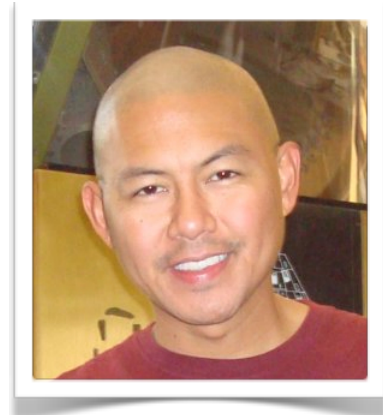
Is because...

I am an ISSA Certified Personal Fitness Trainer.
That doesn't matter.

I have developed a unique fat loss training model that incorporates multi-planar training, optimizing results and performance for daily living with modern research driven weight loss strategies. *That doesn't matter.*

Worked as a top consultant at a popular weight loss center and continue to work as an "in-the-trenches" personal trainer in my city of Glendale, CA.
That doesn't matter.

I care about **YOU** and want to make a difference in people's lives. **THAT MATTERS.**



Feel free to reach me at: <http://adrielyapana.com>

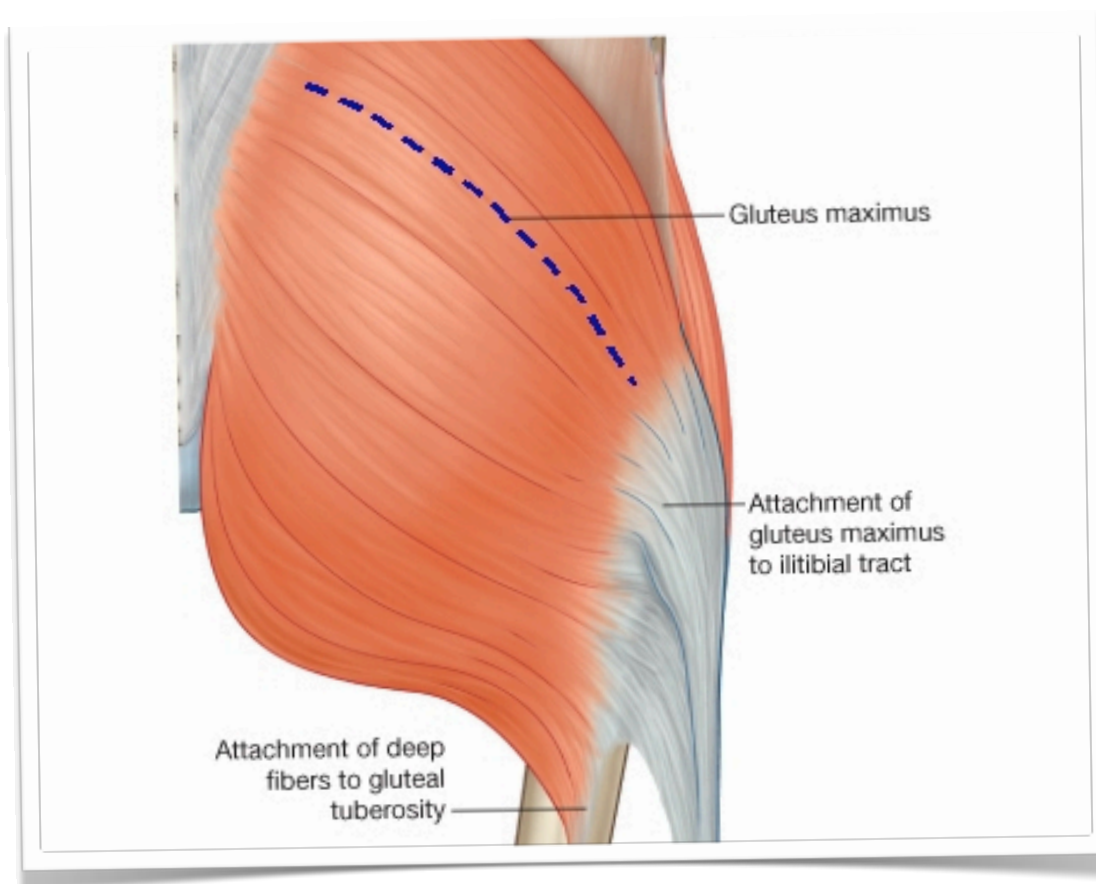
http://ezinearticles.com/?expert=Adriel_Yapana - You'll find hundreds of articles on fat loss, health and more.

<http://youtube.com/adrielyapana> - Extraordinary large amounts of videos from the best fat burning strategies and exercises to the best fat burning techniques. Subscribe today!

http://twitter.com/adriel_yapana - Constant new updates & links, motivational quotes to the latest fat loss training trends & research

<http://facebook.com/yapana> - Come be my friend on Facebook!

<http://myspace.com/adrielyapana> - Come be my friend on Myspace!



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This report focuses on women, but men can read and benefit from it, too.

I'm going to share with you **3 important factors** to changing your bottom line (no pun intended).

- 1. One of the best butt training moves you can do.**
- 2. Changing and developing your workout.**

3. Supportive foods for effective fat loss.

Although it is geared for the women but you men can benefit as well.

Okay, let's begin with the "move". This is one of the best butt training moves you can do.

The Uni-lateral Squat

It can be done at home, gym, your hotel room, almost anywhere. It's versatile and effective exercise.

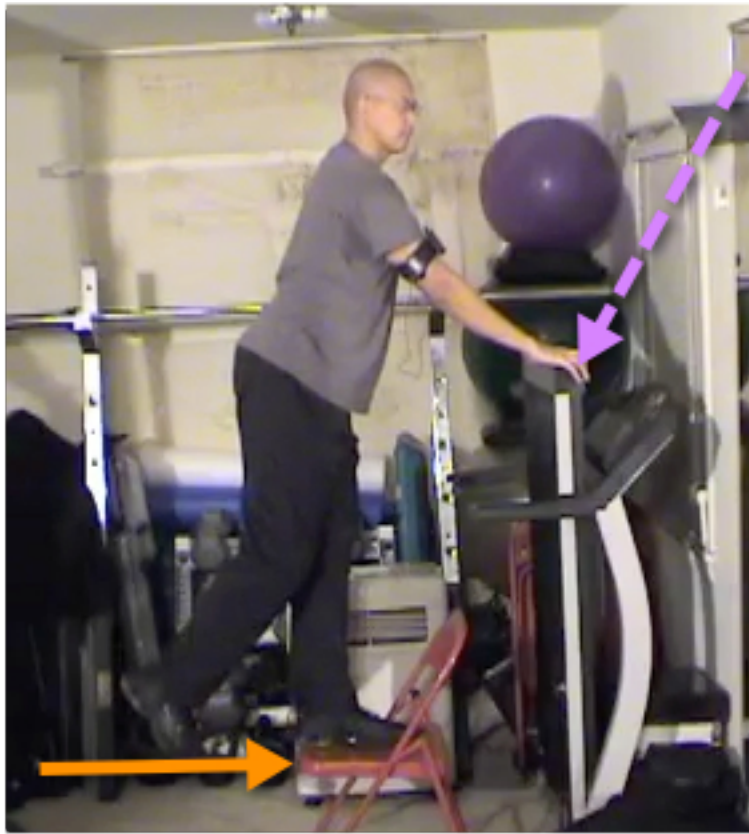
What you'll need:

You'll need a chair or bench. A solid object such as another chair, pole, railing, door frame. This object should be in front of you at about waist level. You want to be able to easily grasp. You'll be able to adjust how much weight you want added with this move and you can also spot yourself (meaning you can help yourself without a need of an extra person)

Here's how to do the move:

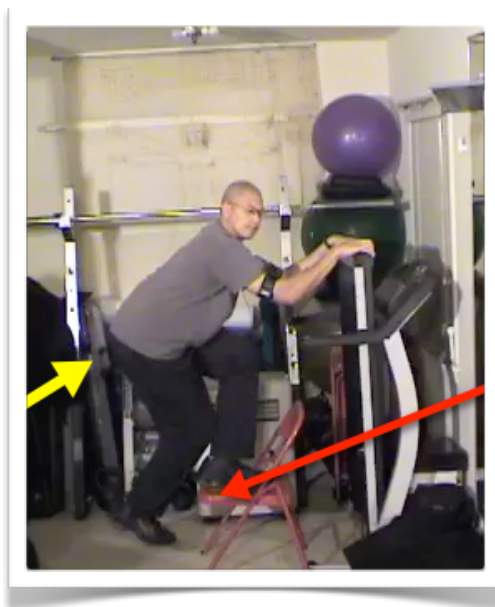
Stand on the chair with one leg with the solid object facing front of you. Find a comfy place to place your hands on that solid object. Bend your leg and squat deep enough that you feel a stretch in your glute muscle. Push yourself up through the heel of your foot.

Go ahead and do a few half reps first. Go deeper and deeper into that squat and just get a feel of it. When you feel comfortable with that supporting leg and feel you can use more resistance, then grab a dumbbell or better yet (so your hands are free and you have better balance), wear a weighted vest or a backpack.



Lightly hold on to solid object

Use sturdy chair or bench



Butt goes back

Push through your heel...

You can add large books slowly until you have a good weight for you to build on.

When you're at the bottom of the move, pause for two beats. Count by saying: "One-potato, Two-potato", then go back up.

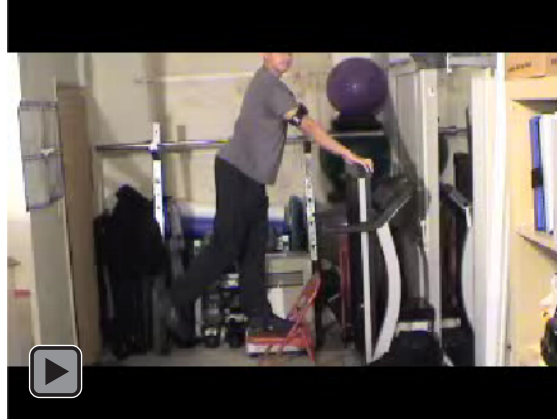
Avoid bouncing at the bottom too. It's about time under tension.

When you lift yourself back up, focus on your glute muscle doing most of the work. To help you do this, stick your butt back out. You should feel a stretch on your bun. Accentuate will activate more muscle fibers.

You don't want to pull too much of your weight with your arms. Your arms are there mainly for balance, support and safety.

Quick Video Below

(You'll need FREE Adobe Reader v9 or greater. Click [HERE](#) to download.
If you do not have Adobe 9, this area will be blank)



Only use the support of the arms when you really need it. Keep a slow, controlled pace. Don't drop fast up or down as you can hurt your knee. Think, slow and controlled. What happens is if you go too quickly, you diffuse a lot of the tension there. You want as much tension during the motion. And we all want to stay injury-free, right?

Some pointers: Accentuate the glute by sticking your butt out. Add weight to this move with a backpack or holding a weight, (a gallon of water if you're at home). Slowly add weight and build the resistance slowly.

If you're at the gym, you can use the squat or calf machine. Put a bench under the pads area of the machine. Get up underneath it, just like you did above. You can hold the machine pads for balance and follow through with the same movement. Dropping down in that single leg squat. Hold the stretch at the bottom.

Start with 5-10 reps per leg. This move is simple but not easy. You'll soon find a good range to start with once you begin with the first set.

My clients find this move truly amazing. I did this in a small group training session and all 4 clients came to me the next day telling me that their buns were so sore. They were like, "What the h*** did you do to us!?"

This just one exercise. For additional butt targeted workouts, my colleague, Craig B. has a book I highly recommend ["The Booty For Life"](#)

Plus I know you want to drop fat so when you get his book, you get this detailed, comprehensive nutritional guide.

To change and develop your workout, I've included my 4-Week Fitness Jump Start Plan and Exercise Schedule

When making changes to your lifestyle, especially new exercise and eating habits, it's best to take baby steps.

Week One: We're going to start with small changes and build up, okay? That's how you want to begin any new health program. Let me tell you about the E-O-D plan or "every-other-day" plan.

Here's are the basics:

Eat every 3 to 3 and a half hours. This could be between 4 to 7 meals/snacks depending on how early you get up and how late you go to bed.

Get your planner and write in the days. This could be Tuesday, Thursdays and Saturdays for example. Got it? Excellent. Also, when I mentioned the foods, think small portion, healthy and balanced. Be a good palm reader. You know, the size of your palm should be about the same size as your lean protein. Speaking of protein, try to have **some protein, starchy carbs and fibrous carbs** (follow as much as possible) with your meal and/or snack. At least two of your meal, have some salad or cruciferous vegetables. Keep the fruits to 2-3 servings and be aware of excess fructose, even if it's from fruit. I try to keep the bulk of my calorie intake by 6pm so my evening meals/snack will be smaller in portion.

With water, drink as much as you can. This could mean well

over ten, 8 oz. cups of water a day. Tea (black, white, green) is fine. Seltzer water is okay.

Activity: Do 30 min to 60 minutes of moderately intense movement. Include your butt workout. I want you to get your body to sweat but not so intense that your heart rate is racing. From a perceived intensity of 7-8 on a scale of 1 to 10.

This could be dancing, hiking, biking, boot camp class, weight lifting (glutes workout), roller blading, brisk walking (indoors or out), spinning class. The main thing is to do half hour to an hour. On the other non-activity days, simply enjoy yourself, eat what you want - just be sensible with portion sizes and minimize soda drinking (diet or not) to 2 servings a day. Also, add one healthy fat serving such as flax oil in one meal.

Week Two:

Follow the E-O-D plan mentioned in week one plus add another day of healthy activity and food intake. Exercise 30-60 minutes.

You would have a total of 4 active days.

Week Three: Follow the E-O-D plan mentioned in week one plus add another day of healthy activity and food intake. Exercise 30-60 minutes.

You would have a total of 5 active days.

Week Four: Follow the E-O-D plan mentioned. There is a modification with your carbohydrate intake I'm going to mention. You'll add another day of healthy activity and food intake plan.

The exercise is increased this week from 30-60 and to 60-90 minutes.

Key points: Eat a good, balanced breakfast because the remainder of your daily meals I want you to only consume

fibrous carbs list. You can eat more salad, vegetables and cut the starchy carbs for this week.

In this 4th week, you would have a total of 6 activity days.

Sound simple, right? I know you can work this in your life. You can totally transform your body and ease the breaking in of exercise so you can get back to healthy. If you find this works well for you, make the remaining months a continuing of this lifestyle.

If you want to continue towards more results, follow weeks, two, three and four. For example, cycle the weeks. Start at following the 4th week, repeat week two, then three and so on. You would do no less activity than in week two.

Stay consistent by being committed as you add the activity and changes each week. All I can as you is to take action even if the steps are small (and they are). Also, try an get adequate rest (sleep) time.

Go to bed and wake up at consistent hours each day of the week. None of this "sleep in" time. Your body loves routine and the reward will be results!

In 4 weeks (or less), you'll see changes in your body and feel better than you have in years.

Pre and Post Workout Nutrition by Prograde



[Click Here To Go To Adriel Yapana's Prograde Store](#)

FAQ:

Question: Can I "lift" my butt?

Yes. You want to fight the sag by reducing body fat with a clean, balanced diet and cardio. I suggest that you emphasize training where the glutes and legs come together. Maybe add some stiff-legged dead lifts.

Question: What can I do to get your butt smaller?

Make sure you do adequate amounts of moderately intense cardio along with a reduced calorie diet. Use the cardio to burn the fat around the muscle.

Question: What can I do on cardio machines to help work my booty?

I'll suggest 3 machines. The elliptical, stair climber and the treadmill.

Let's start with the treadmill. Walk an incline of 3 to 5 percent will more back side action with each stride.

Elliptical, use the steepest incline, hold on the rail and get into a squat-like position the best you can. Glide both forward and backwards.

Go for 5 to 10 minutes in one direction and switch.

Stair climber, emphasis the buns by holding on the rails, lower your hips and stick your butt out and back.

Supportive food list to help make better food choices:

Supportive Nutrition Samples and Servings

Lean Proteins	Fibrous Carbs	Starchy Carbs	Healthy Fats
Egg Whites	Broccoli	Brown Rice	1 oz raw unsalted nuts
Chicken Breast	Asparagus	Jasmine Rice	almonds
Turkey Breast	Cauliflower	Basmati Rice	brazil nuts
Tuna	Onions	Potato	cashews
Tofu (Soy)	Carrots	Corn	pine nuts
Cod	Spinach	Tomato	walnuts
Salmon	Green Peppers	Sweet Potato	pecans
Sushi/sashimi	String Beans	Peas	1 tsp. peanut butter
Lobster	Yellow Pepper	Oatmeal	1 tsp. almond butter
Shrimp	Red Peppers	Cream of Rice Cereal	1 tbsp. flaxseed oil
Mahi-mahi	Mushrooms	Couscous	1 tbsp. ground flaxseeds
Grouper	Cucumbers	Corn tortillas	1/4 medium avocado
Shellfish	Celery	Whole grain bread	1 tbsp. EVOO/ Canola
Swordfish	Jerusalem artichoke		

Lean Proteins	Fibrous Carbs	Starchy Carbs	Healthy Fats
eg: 3-6 oz lean meat	eg: 1/2 cup cooked	eg: 1 cup servings	eg: 1 oz serving
eg: 2-5 egg whites	eg: 1 cup raw	eg: 1 slice whole grain	
eg: 3-6 oz tofu	Eat a rainbow colors	eg: 1 cup cooked rice	
eg: 1 can tuna			
eg: 1 cup plain yogurt			
eg: 1 cup soy mild			
			www.adrielyapana.com

I hope that your butt toning (and fat loss goals) come along well.

Sincerely,

Adriel Yapana

Additional Resources:

Craig Ballantyne's [Booty for Life Workout Program](#), where you'll discover...

- Unique LYING DOWN exercises that work your butt
- Proven exercises to burn belly fat
- You don't need long, slow cardio or boring crunches

And you can build a beautiful butt in the comfort of your own home!

=> [CLICK HERE](#) to get the complete Booty for Life program and nutrition guide. (my affiliate link)

The Turbulence Training Fat Loss System => [CLICK HERE](#)
(my affiliate link)

Veggie Meal Plans => [CLICK HERE](#) (my affiliate link)

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