



20 Days for a Badass Bigger Butt and Firmer Sexier Breasts: Chest and Butt Workout Exercises For a Hotter New You

Cody Clark

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What are the two most attractive and head turning parts of a females anatomy... the boobs and butt! Not sure how to perk up your boobs and tone that butt? Not a problem because with this book we are going to show you how to do just that and how to keep them looking their best!

I created this 20 Day Butt Challenge and the 20 Day Firmer Breast Challenge to help the average woman achieve her fitness goals. (You know the one who has a job and or kids!) And what better way than starting with the two sexiest parts of a woman's body - the butt and breasts. Follow these two workouts for 20 days and see the results.

-Your Mindset and Getting Started

One motivational technique that can be used is to visualize your goal. If you wish to be healthier, try spending time meditating on being a happy, healthier and a more positive whole being. If you wish to have a toned butt and firmer breasts, try visualizing yourself in a bathing suit or outfit you would like to wear that is going to accentuate those improved features.

-How to Add Exercise into Your Day

This is probably the most important step. Without actually making time to exercise you won't be able to achieve your fitness goals. In this chapter we discuss how to schedule your workout so that your booty workout gets accomplished.

- Tone Your Butt Muscles with These Exercises

In this chapter we review the 5 different butt workouts to help you get a bigger butt.

-The Realistic 20 Day Butt Challenge

Do these butt exercises and you will have a tone and firm butt that will turn heads.

-Extra Leg Exercises You Can Do for Firmer Legs and Thighs

Want an even Firmer Figure? Try these bonus leg and thigh butt lift exercises!

-Group Workouts You Can Do to Mix up Your Routine

Keep your mind and body excited about working out. Mix up your workout routine with these two fun group workouts.

-Toning Your Chest with Exercise

In this chapter we will discuss the different types of chest exercises you can do to lift and firm your breasts.

-The 20 Day Firmer Breast Challenge

Now we put all the different chest exercises together in an easy to follow 20 day routine so that you get results.

-Final Instructions to Remember

You can do both 20 day challenges at the same time or you can start with the butt challenge and then after you have completed the butt challenge you can move onto the 20 day firmer breasts challenge. However be sure to keep a maintenance work out for the completed challenge. After all that work we do not want to lose what we gained.

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