



# Fit Buzz Butt Activator (No Nonsense Butt Building Book 1)

*Fit Buzz*

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## **Fit Buzz Butt Activator (No Nonsense Butt Building Book 1) Fit Buzz**

- Learn how to increase hip flexor flexibility so that you can perform your 'best' reps on the core compound exercises for maximum glute and 'S-Curve' progress'
- FBBA routines, using FBBA exercises with the highest levels of butt activation.
- The top rated exercises for activating your glutes to the highest level.
- How to effectively increase the load of these exercises via progressive overload methods, using the same DONE-FOR-YOU strength progression calculator from NNBB and step by step exercise progression guide.
- NNBB/FBBA combined split workouts. How to actually prevent your knees from getting damaged when performing the squat in the combined NNBB and FBBA workouts (Combined, because that is how you take your butt and S-curve to 99%).
- How to find the exercises that work for YOU because the human body varies so much from one individual to the next in terms of shape, size, and location of various bones, muscles, and tendon attachment points, that there is no one best exercise for everyone.

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