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STRONG CURVES Exercise Set 1 Set 2 Set 3 A1: Bodyweight foot elevated single-leg glute bridge 3 sets, 10-20 reps Weight Reps Weight Reps Weight Reps A2: Front lat ...

Booty-ful Beginnings Workout A: Weeks 1-4 Training Log

Description: Here is something for the lady's Building a better butt and body for Female's By Brett Contreras AKA...

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Strong Curves Exercise Index List - Better Butt Challenge

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