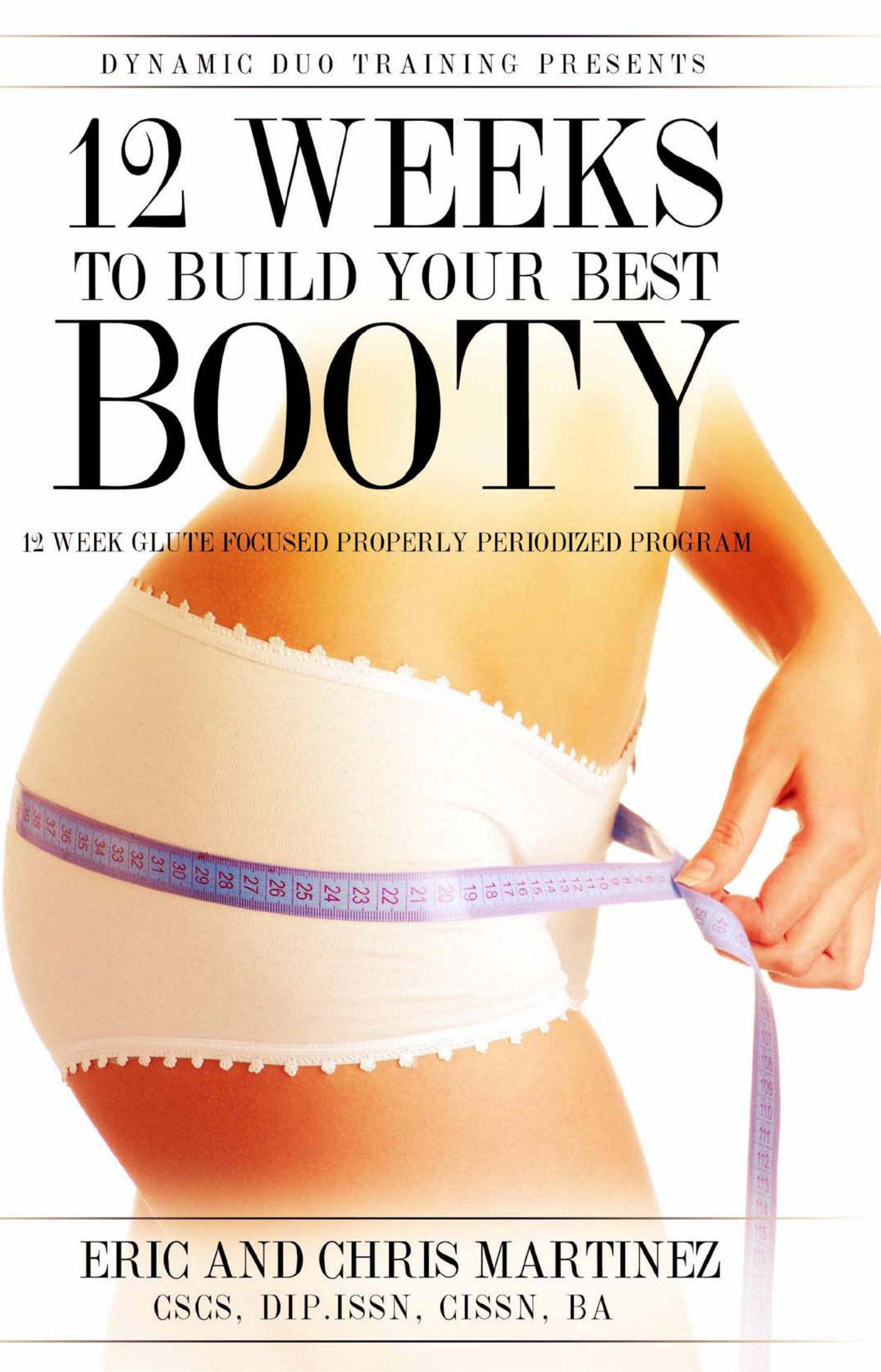
DYNAMIC DUO TRAINING PRESENTS

12 WEEKS TO BUILD YOUR BEST BOOTY

12 WEEK GLUTE FOCUSED PROPERLY PERIODIZED PROGRAM



ERIC AND CHRIS MARTINEZ
CSCS, DIP.ISSN, CISSN, BA

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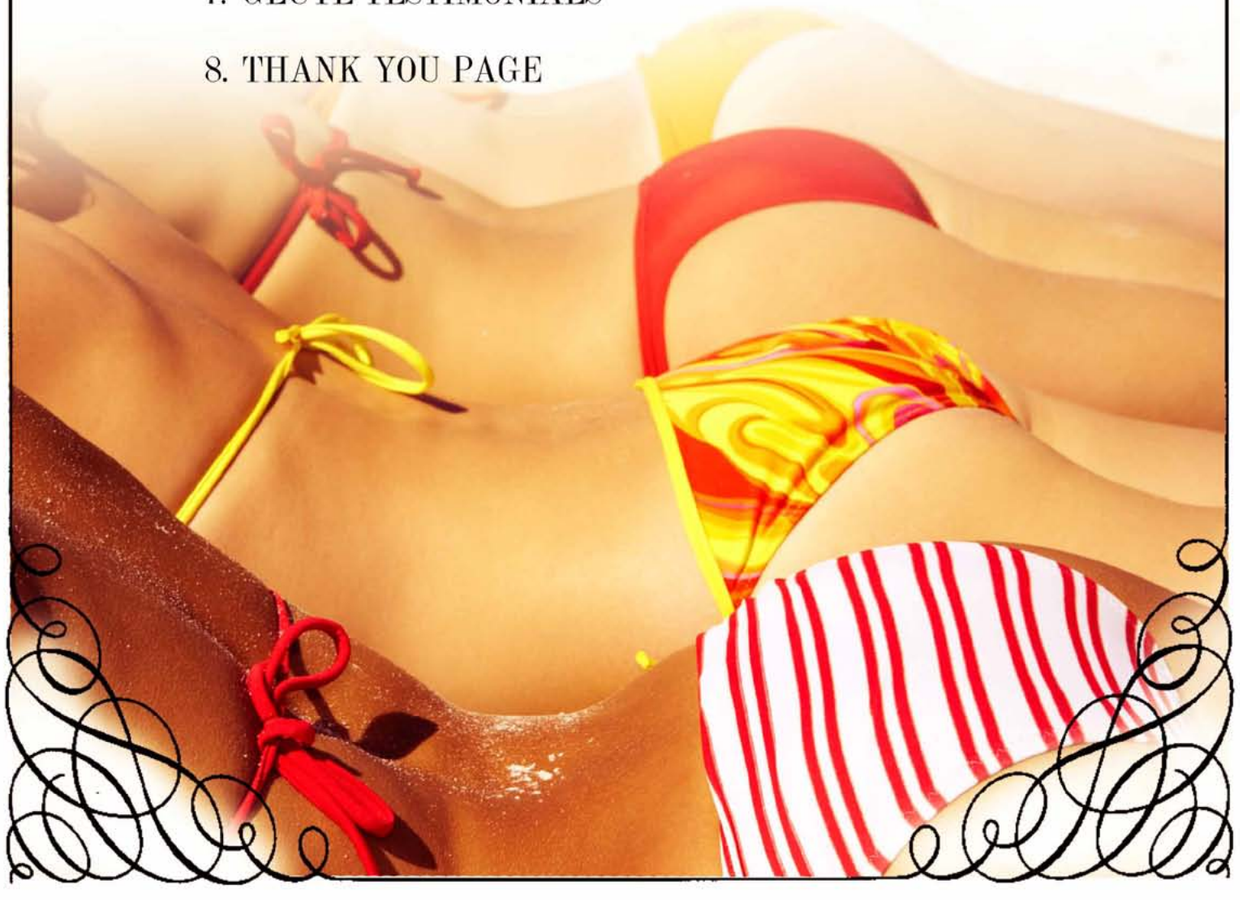


AUTHOR'S BIO

Chris and Eric Martinez, co-founders of Dynamic Duo Training, are certified sports nutritionists, certified personal trainers, and certified strength and conditioning coaches. Chris and Eric provide safe, ethical, health-first, and research based practices to their clients. Chris and Eric are coach's that practice what they preach and love helping people reach their goals.

DDT MISSION STATEMENT

Our mission here at Dynamic Duo Training is to provide world class services with safe, ethical, scientific, and healthy approaches. We pride ourselves by helping our clients reach their full potential health wise. Our integrity is what sets us apart from others in the industry. Dynamic Duo Training is all about providing optimal results at a world class level for each client.

INTRO CHAPTER

Glutes, booty, buns, cheeks, whatever you want to use as the term we are all for it and support it 100%. There is something about a well-rounded, sculpted, and strong pair of glutes. It just seems to really enhance one's physique and put the icing on the cake. There is a reason you are reading all of this right now, and we are pretty sure it is because you want to enhance your glute game, right? You have made a wise choice in choosing our 12 week glute program and we promise you will get results with hard work, consistency, patience, and good quality nutritional habits.

We hope you are all excited and wearing your tightest pair of yoga pants! Are you all ready to

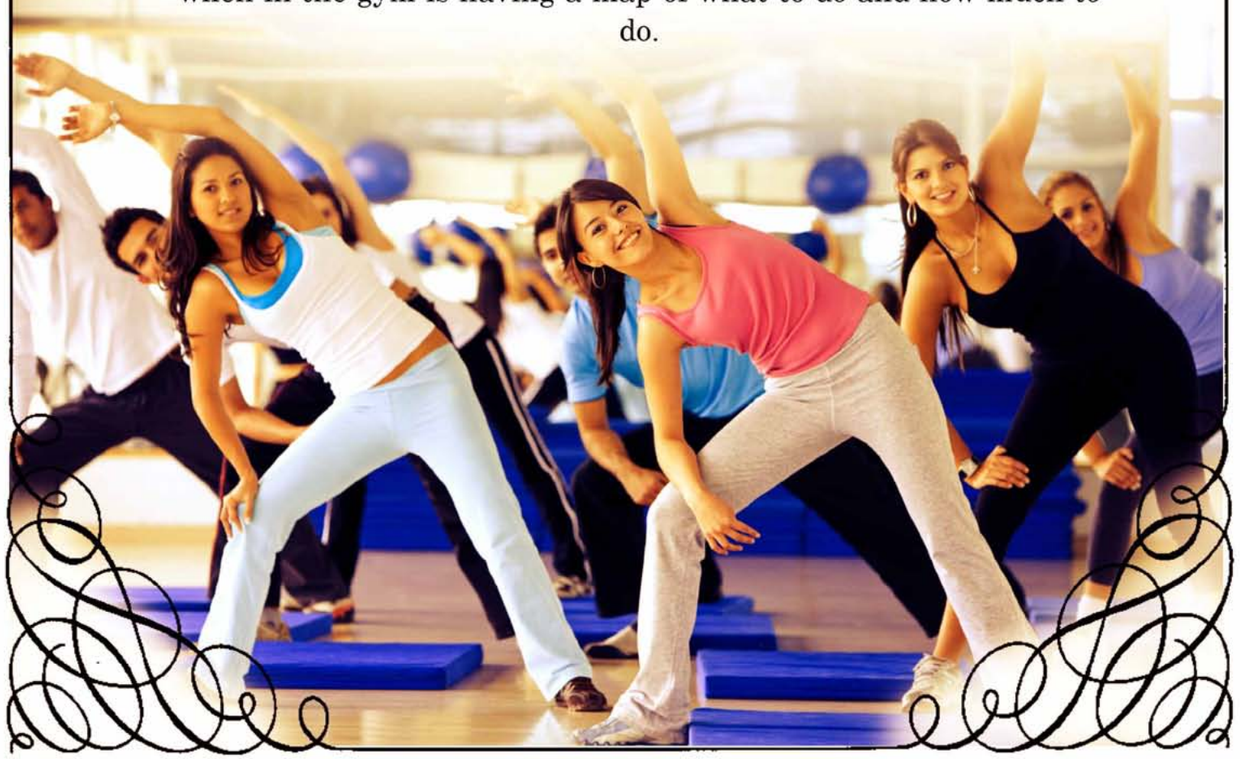
BUILD YOUR BEST BOOTY?

Let's Go!

In the fitness industry there is no shortage of myths and misconceptions. We have spent a large portion of our career doing a significant amount of myth busting based on what empirical evidence actually says. This has not come without criticism and ridicule, however we believe it's important to always be willing to look objectively at data and determine if what we are doing is in fact optimal. Even if that means changing our minds on things as we acquire new data.

We will always be the kind of people that give credit where credit is due. With that said what really inspired us to create this e-book and 12 week glute program was the one and only coach known as the "Glute Guy." If you do not know who Bret Contreras is please check out his work, we promise you will learn a thing or two about glutes.

In this amazing blood pumping 12 week glute program you will find various glute exercises with tutorial videos that will keep your booty burning and coming back for more. You will also see that each week is properly periodized with different rep schemes that will help lead to overall glute growth. The best tool for success when in the gym is having a map of what to do and how much to do.



For all of the gentleman out there following this program, bravo! You don't want to be that guy that buys expensive jeans and cannot fill them out, right? We ensure you this program will help you step up your glute game as well as have a massive carry over to all your other training. Be sure to read our article titled

"Come On Man! Why No Glutes?"

Ladies, one huge advantage that you have over men is your recovery time. Whether this has to do with lower levels of strength and/or muscle mass or simply an inherent expedited recovery system, you fatigue less and recover faster than men do. This works to your advantage in that you can train the same muscles frequently throughout your week.

Your lower body, namely your glutes, will get the most attention. With this program, if you train three to four days per week, your glutes will get the attention they deserve and reward you by growing stronger, rounder, perkier, and shapelier.

We adopted the art of glute-building through Bret Contreras and various other well known coaches that know their glute stuff and have created the best program for sculpting a shapely backside while developing strong and powerful gluteal muscles.

Our initial purpose of the e-book and 12 week glute program are to help you build the best pair of glutes possible that will raise your self-esteem, carry over to other aspects of training, and most importantly educate you about the importance of glute training and more.

So put your game face on, tie your shoe laces nice and tight, go out and buy some new yoga pants, and let's build an awesome pair of GLUTES!

-CHRIS AND ERIC MARTINEZ

CHAPTER 1:

5 REASONS YOUR GLUTES AREN'T GROWING

What joy a pair of well sculpted glutes could bring to males, females, training, appearance, and the world. The glutes play an integral role in your overall functioning and wellness, but they very well can shut down if not used. When the glutes shut down, you recruit other muscles to do big jobs that they are not meant to do. All this sitting at a desk all day, watching TV, and driving from place to place causes your glutes to retire early.

Your low back picks up most of the slack, as do your hamstrings, quads, and other surrounding muscles. Over time, this causes injuries. Most low back injuries are preventable, but only if strong glutes are part of the picture. Even the slightest lower body injury will cause your glutes to shut down.

If you want healthy, sculpted and strong glutes you have to keep them activated and make them work properly. With all of this said, let's take a further look at some reasons why your glutes may not be growing and what you can do for solutions.

#1: Too Much Sitting

The Problem: Too much sitting in one place can really shut down your glutes. In today's society many people live a sedentary lifestyle with no exercise, and by sitting all day they will accumulate chronic back pain, tight hip flexors, and tight hamstring muscles. Excessive sitting could create more inhibitory consequences as compression slows down vascular function and interferes with nerve function. So pretty much you are stopping all blood flow to your Glutes.

The Solution: Try your best to get up as much as possible and move around. We understand people have to work desk jobs for 8 hours. But this doesn't mean you shouldn't get up from time to time to stretch, walk, and keep your blood flowing in your body. Try getting up every 1-2 hours to walk for 5-10 minutes, do some dynamic stretches, do some body weight glute bridges, practice your hip hinge, and use the stairs when going places. Main point is to keep your glutes firing throughout the day.

#2: GLUTE IMBALANCES

THE PROBLEM: THERE ARE 3 MAIN CAUSES OF GLUTEAL IMBALANCES ACCORDING TO BRET CONTRERAS:

1.) Asymmetrical Human-Nature: By nature, we are asymmetrical beings; our anatomy itself can be asymmetrical. Therefore, it comes as no surprise then that one glute or region of the glute might be stronger and more coordinated than the other (1).

2.) Inactivity: When considering the human body, we know that some muscles are more prone to inhibition than others, and the glutes are one of these "easily-inhibited" muscles. Neural and mechanical inhibition involving opposing muscles can interfere with gluteal activation, and therefore could shut them down. Gluteal inhibition can negatively impact posture, and poor posture can further inhibit glutes, thereby creating a downward spiral in gluteal function. Probably the biggest reason why the glutes shut down is due to inactivity (1).

3.) Pain, Prior Injury, and Structural Issues: Pain is a huge inhibitor of the gluteus Maximus, which is a pretty big deal at the end of the day. Research shows that glutes can become inhibited with just about any lower body or spinal injury. The glutes are major propulsion muscles. They produce powerful locomotion. Inhibiting the glutes will cause an individual to slow down so they can heal. The problem is that the glutes don't necessarily turn back on automatically. They must be reactivated, restrengthened, and recoordinated back into every day movement and activity. Following injury, most people continue to keep working out, and their movement patterns suffer and other muscles will then compensate for others (1).

The Solution: Here is an article that discusses more in depth solutions to Gluteal Imbalances.

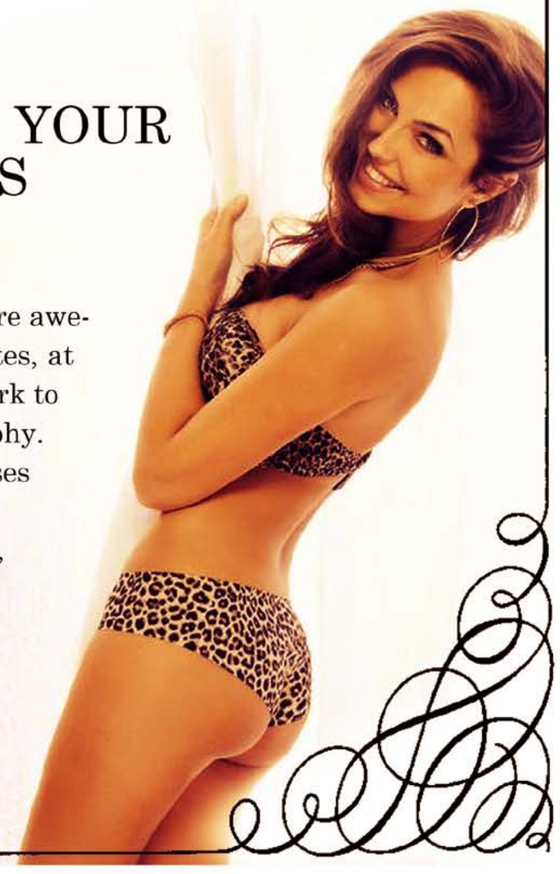
#3: IMPROPER GLUTEACTIVTION

The Problem: For those that are not familiar with the term "Glute Activation," it's just a fancy way of saying warming up your glute muscles properly. For more in depth information on how to properly activate your Glutes read Here.

The Solution: Incorporate various glute exercises in your dynamic warm-ups for 15-20 minutes prior to a lower body session. Mainly glute exercises that target the glute medius, minimus, Maximus, and even your TFL. These are all extremely critical muscles to activate and are often over looked. Some examples are Monster and Sumo Walks with resistance bands, X-band walks,Glute Bridges, and a ton more. For more glute activation solutions read here. Always remember your glutes are the steering wheel to your lower body, they deserve a proper warm-up.

#4: NOT WORKING YOUR GLUTE MUSCLES DIRECTLY

The Problem: While squats and deadlifts are awesome and do help build a great pair of glutes, at the end of the day it's not enough direct work to the gluteal muscles to increase hypertrophy. Direct glute work should be various exercises performed in different angles and an assortment of different rep ranges (high, moderate, and low).



THE SOLUTION:

Do not take Squats,Deadlifts, Step-Ups,Good Mornings and, Lungesout of your routine. These are your vertical loading exercises. Simply add in other superior glute exercises such as the famous Hip Thrusts,American Hip Thrusts, American Deadlifts, Glute Bridges, Back Extensions, and Reverse Hypers. These are all considered horizontal loading exercises (2). Also, one must not overlook the importance of mechanical tension, metabolic stress, and muscle damage to promote hypertrophy in a muscle.

Brad Shoenfeld says "hypertrophic benefits associated with eccentric exercise may be due to a greater imposed mechanical stress compared with concentric or isometric actions. Indeed, muscles are capable of generating greater absolute force when contracting eccentrically vs. concentrically. Despite this fact, however, muscle activation during maximal eccentric actions is generally less compared with those performed concentrically (4). So try and use different methods of resistance training: eccentric, concentric, or isometric when training the glutes. You never know which method your glutes are going to respond to best.

#5: DISUSE OF GLUTES IN GENERAL

THE PROBLEM:

Disuse and inactivity of the glute muscles in general.

The Solution: As the old saying goes "If you don't use it, you will lose it." Well our new version is "If you don't use your glutes, you will lose your glutes." So get out there and put those glutes to use or else you will never fill out those expensive jeans you buy and you will always envy another big booty Judy when they walk by.

PUT THESE 5 REASONS TO REST

Hopefully our Top 5 Reasons Why Your Glutes Are Not Growing answered some questions. All we ask is that we hope you put all of the solutions to use from now on. These solutions are great tools and will only benefit your training and help you achieve the goals you are after. And remember, "If you don't use your Glutes, you will lose them."

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WHAT ANGLES AND WORKOUTS TO USE TO BUILD YOUR BEST BOOTY

The common gym saying "Just squat and Deadlift to build a nice ass." We really get sick and tired of hearing this and usually if you try and debate this with the local gym know it all they will use a genetically gifted person with glutes to validate their point and that's not a valid claim, that's called cherry picking or in this case glute picking.
You want to use a variety of exercises when training the glutes. The glutes have multiple subdivisions and functions, and it's therefore necessary to perform a variety of glute exercises in order to maximize activation and muscular shape throughout the entire gluteus maximus. Varying types of hip extension exercises, such as knee dominant hip extension exercises, hip dominant hip extension exercises, bent leg hip extension exercises, as well as abduction and external rotation exercises, should be blended together in order to maximize glute shape.

To support the above claims (2), an unpublished study by ACE titled "Glutes to the Max." This experiment showed that glute isolation exercises actually outperformed compound exercises in gluteus Maximus EMG (3).
The explanation for this can be found in this classic glute study by Worrell et al. This showed that maximum potential glute activation occurs at the end range hip extension and that glute activity is least when the hip is fully flexed. With traditional standing hip extension exercises such as: squats, deadlifts, lunges, good mornings, maximum hip extension torque occurs at when the hip is flexed, and at the end range hip extension, torque on the hips is minimized (4).

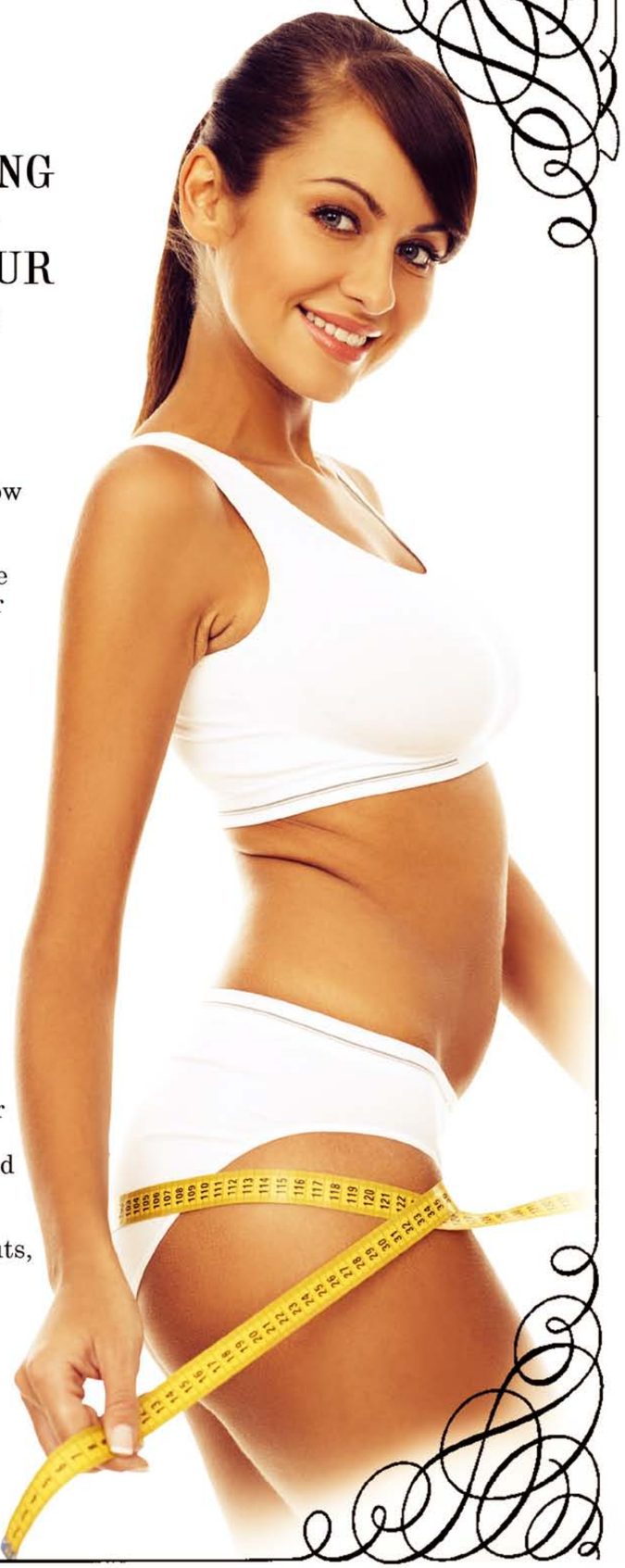
These standing exercises might be better suited for creating muscle damage to the glutes since they actively lengthen them, rather than maximizing tension and metabolic stress. It therefore makes sense to perform a variety of isolation and compound exercises all with incorporating all rep ranges to maximally induce glute hypertrophy.

TRY INCORPORATING THE FOLLOWING EXERCISES INTO YOUR GLUTE TRAINING:

Try incorporating the following exercises into your glute training:

- Squats and Low bar squats and Low Box Squats
- Sumo and Conventional Deadlifts
- Barbell Hip Thrusts, Barbell Glute Bridges, American Hip Thrusts or Band Resisted Hip Thrusts
- Single leg hip thrust
- Lunges and Reverse Lunges
- RDL's and American Deadlifts
- Deep-wide squats and Sumo Squats
- High Step-ups
- Cable Pull Throughs or Kettlebell Swings
- Cable Kick Backs
- Back Extensions, Banded Back Extensions and Reverse Hyper Extensions
- Butt Blaster Machine Kickbacks or Quadruped Hip Extensions
- Side Lying Clam Raises
- Fire Hydrants
- X Band Walks, Sumo and Monster Walks
- Band Hip Rotations and Seated Band Hip Abductions

To see how to perform these workouts, all of them can be found HERE



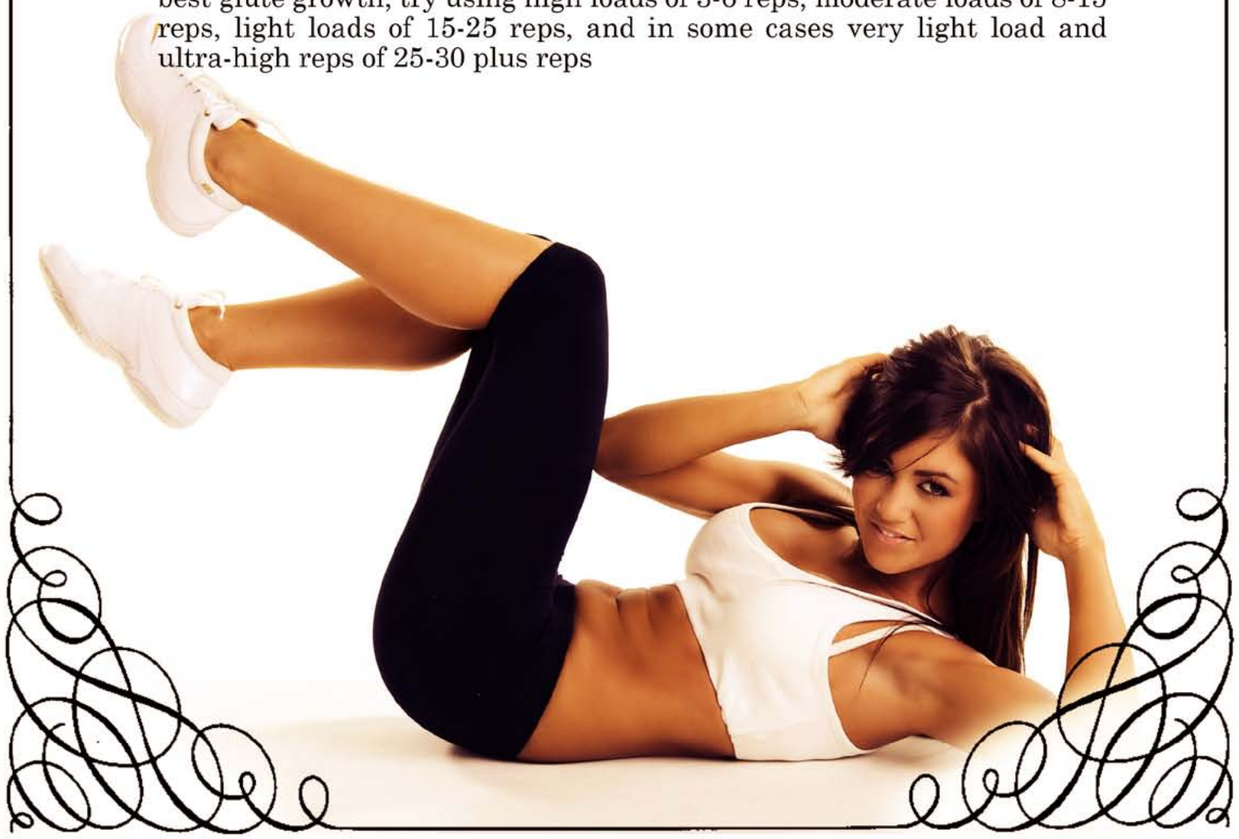
HOW MANY REPS TO BUILD A TIGHT AND FIRM BOOTY?

There are three mechanisms to muscle growth and those are: Mechanical tension, muscle damage, and metabolic stress (5).

Mechanical tension relates to how long the muscle is under tension, so heavy loads would be your best bet here. Including barbell hip thrusts, squats, and deadlifts would be a great exercise selection choice here.
Muscle damage relates to localized damage to muscle tissue which leads to more of a growth response in muscle, so moderate loads would be your best bet here. Including lunges, reverse lunges, RDL's or American deadlifts would be a great exercise selection choice here.

Metabolic stress relates to metabolite accumulation through lactate, hydrogen ions, creatine, etc. So lighter loads would be your best bet here and including banded back extensions, back extensions, banded hip thrusts, cable kickbacks, and X band walks would be great exercise selection choices here.

When we put this all together we have rep ranges from 3-30 reps that need to be properly used and programmed into a direct glute workout routine. To induce all three mechanisms of muscle growth and ensure the best glute growth, try using high loads of 3-6 reps, moderate loads of 8-15 reps, light loads of 15-25 reps, and in some cases very light load and ultra-high reps of 25-30 plus reps



TRIAL AND ERROR GOES A LONG WAY IN GLUTE TRAINING

Science can only give us bits and pieces to a huge puzzle. In order to really know how you're going to react in mind and body, you have to be willing to experiment and see how you react to different kinds of training methods, exercises, rep ranges, etc. It's about finding what fits you and this may not be as simple as it sounds because of all the mainstream "popular" thrash your body and recover training programs out there. But if you use science as sign posts and be willing to experiment and see how your body reacts to different kinds of training methods. The only way you will truly know if it worked or not is through trial and error.

A classic paper on muscle growth by Jose Antonio concluded (6):
"I would posit that there is no single best exercise for inducing hypertrophy of specific skeletal muscles…The fact that muscle responds in a non-uniform manner indicates that there may be different recruitment patterns with different exercises and as such, it would be advisable for bodybuilders to engage in different exercises to induce hypertrophy of different regions of a muscle."

So you should consider using what science has to offer as sign posts, experiment with some trial and error, and see what ultimately works for you with your glute training.

CREATING THE BEST BOOTY PROGRAM

Training must be periodized and it must have enough volume to stimulate growth (7). This same principle applies to glute training. Contrary to what most people believe volume, intensity, frequency, muscle damage, mechanical load, metabolic stress, power and strength are all important variables for muscle growth; however volume seems to be the most important based on the research (8, 9).
Make sure to always periodize your glute training protocols, use a variety of exercises, use a variety of rep ranges, use some trial and error, and train hard!

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CHAPTER 3: COMMON MISTAKES WHEN TRYING TO BUILD YOUR GLUTES

Instead of us listing a bunch of common mistakes people have when trying to grow their glutes, we wanted to give you real life feedback from clients and trainees. So we took a Social Media Poll off our Instagram Account, Facebook Group, and Private Facebook Group for Clients.

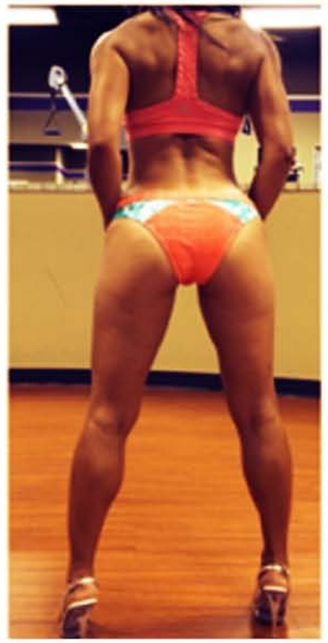
HERE'S WHAT WE ASKED:

Question: What do you feel like you struggle with most when it comes to building your glutes?

- My quads dominating so much in squats! I do like them, but still. And getting the burn to the top part of the glute, without exhausting my lower back. My lower back is very stiff and I cannot bend it much, like in back pose, so I need that upper butt!
- I have trouble getting top of glutes activated. Making sure I'm getting glutes not hip flexors.
- I find that my hamstrings like to dominate leg exercises. Only way I find my glutes tired/sore is if I finish off leg day with a ton of weighted lunges or step ups.
- I find it very difficult to get any lunges to target my glutes! I find hip thrust, cable kickbacks, back extension and all back bending exercises targeting my glutes the best!
- Trying to build my booty is a struggle all in itself. Everyone says squats will help, others say lunges, even others say glute bridges. I've done them all and yet I have no idea if my booty looks better or not.
- I have so much trouble feeling upper glutes working without burning out lower back.
- Not knowing if light weight-high reps or heavy weight with low reps is better and what exercises help get the hammie-glute tie in! I don't want to get bigger quads/hammies when trying to focus on the glutes.
- My legs/glutes are very stubborn and I don't know what's the best approach to shrink them and get rid of cellulite. Moderate rate/high rep with plyo or just heavy heavy heavy.
- I've always wondered about volume training vs going heavy with glutes.
- I must train them at every angle and all I get is a little lump. Not sure what other exercises to add in.
- I struggle with most glute workouts due to a bad knee. Also not knowing exactly how to properly train them.
- My hips are so tight that I find all the good glute exercises to be painful. What should I do?

After reading all of these comments, do these same mistakes and frustrations sound the same to you? If they do then that's a good thing because in the previous chapters we should have covered most of the answers to these common mistakes and in your 12 week glute training program none of these will be an issue.

GLUTE TESTIMONIALS



Here are some testimonials, photos, and before/after pics from those that have used the "12 Weeks to Your Best Booty" program.

HANG NGUYEN-

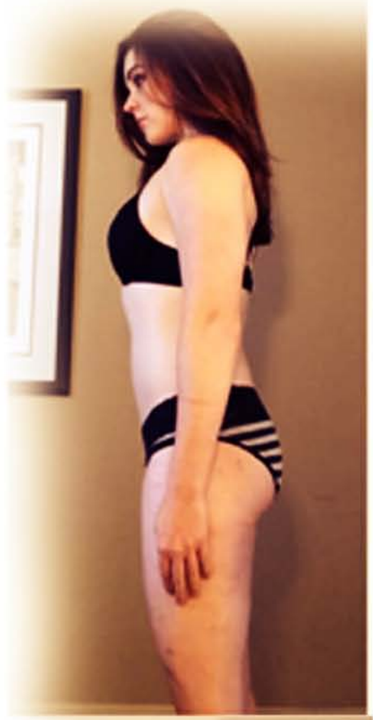
For the past year in a half I was using a workout plan I purchased for an insane amount of money. Although that program helped me jump start my fitness journey, after awhile, I began to dread working out because of the monotony of the program: same exercises for 1 month, same exercises again but different reps for 1 month and then another month with the same exercises but another set of reps and so on and so on. I was getting deathly bored and my body was not responding to it anymore. I needed something new since I decided to compete in my first bikini show but I knew the program couldn't be too expensive.

Thank goodness I found Dynamic Duo on Instagram. At first I was hesitant about the program since I was starting my prep at 12 weeks and didn't think a program for $20 could ever change my body. It took me awhile to convince myself to purchase and I'm so happy that I did!

The program is amazing! It changes every week and I'm not bored. I ended up also purchasing the 12 week program and incorporated the booty workouts into my workout routine. I'm getting stronger and my butt is taking on the shape that I want. I actually have a nice little booty now! My coach even mentioned how more distinct the lines on my legs are getting!

I actually enjoy working out now. There are heavy days, light days, supersets and drop sets - so much variety for your money. I am loving this program and it has done wonders for my body. Thank you Chris and Eric for creating such incredible programs!

ANDREA ADA-



As far as the program is concerned, it is now completed, and I plan to continue to incorporate the varying rep ranges in the future. It is certainly a program I've enjoyed. My past programs often incorporated tons of supersets. I found that straight sets really allowed me to build upon the mind muscle connection and increase my strength. I left the ego out the door much of the time, testing which weights worked best for that booty pump. As previously mentioned, the incorporation of higher reps and hypertrophy days in the program were certainly far more challenging than the heavy days. I also liked that I didn't get so bored (as with past programs), given the different goals for different days.

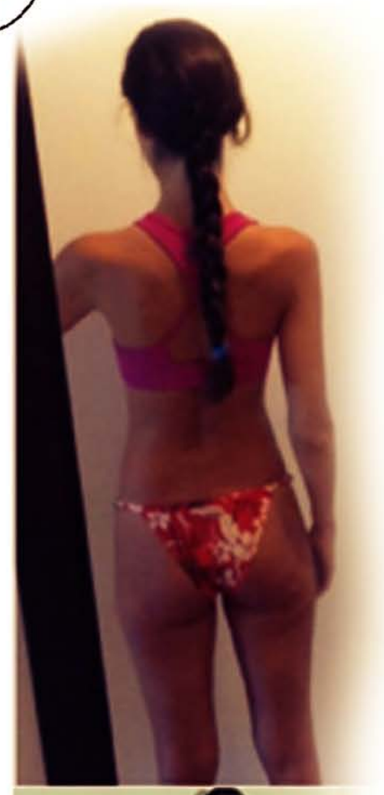
In full transparency, I think I may have gotten better results had I been a bit tighter with my nutrition. Needless to say, I did get quite a few compliments on my glutes from my girlfriends in particular. I'm from Guam, but am obviously very fair, so it was said that I no longer have the typical "white girl booty."

Overall I found the program very much enjoyable, doable in the sense it didn't take hours, challenging, and just really well rounded. My glutes are definitely much perkier! Can't wait to continue the transformation!

GREAT PRODUCT !

ZULAEN FERNANDEZ-

Prior to training with DynamicDuo I had never truly activated my glute muscles. Most of the lower body workouts I did were specific to quad and hamstring development. I thought by doing these workouts my butt would magically appear, oh boy, was I wrong! Eric taught me how to properly activate my glute muscles at all angles. He did this by incorporating multiple glute specific workouts at various rep ranges into my own personal program. With Eric's knowledge and constant support, I was able to see glute progress in 8 weeks. Eric educated me on the importance of having a butt (for training and aesthetic reasons) and I am forever grateful for the knowledge I have gained from him. If you want to build a booty give Team DDT a try! You will not be disappointed

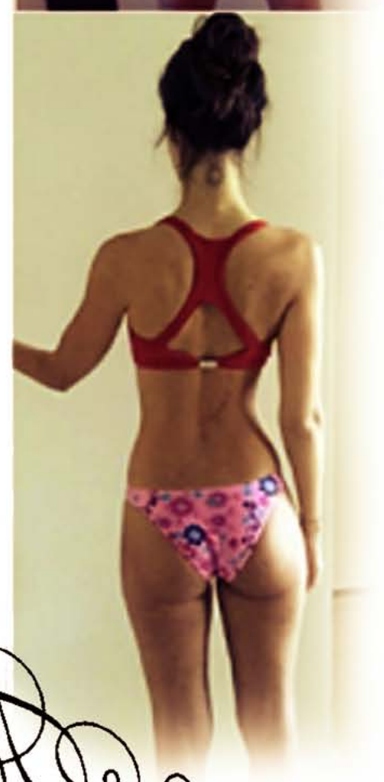


PRISCILLA MONTE-

I wanted to build and shape my glutes and my legs first and foremost. As my training progressed, my glutes and legs started to change. Within 12 weeks of my glute program, I could clearly see the changes. I had started building glutes, legs and my whole body started to change. I wasn't doing exercises that were not focused on my body type and targeted areas, and I had weekly support, anytime, anywhere to contact DDT. I was so happy to see my changes that I did not hesitate for a second to continue with my glute program and hire DDT, and I intend to continue with them for the long run.

DDT-

When Priscilla first came to us we completely dissected her entire previous training program. Priscilla was clearly not using enough frequency or volume when it came to glute work. What we went ahead and did was implemented various direct glute exercises and rep ranges based around the 3 Mechanisms of Hypertrophy (Tension, Metabolic Stress, Muscle Damage) and in the last 12 weeks Priscilla's glutes have responded very well!



ASHLEE SZABO-

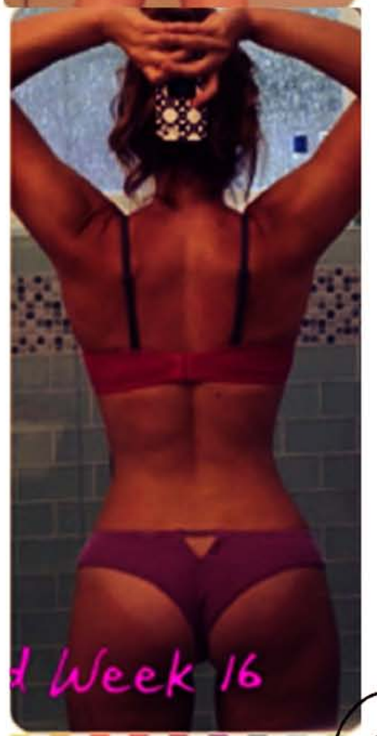
Before working with DDT I was making the common mistakes of just squatting and deadlifting and not actually targeting my Glutes with exercises that directly activate my glutes and increase hypertrophy. DDT had helped me learn how to attack every angle of my glutes using various exercises and rep schemes. I lift heavy with squats, deadlifts, and hip thrusts, but I also do higher reps, lower weight, and burnout exercises as well like cable kickbacks and abductions, single leg hip thrusts, cable pull-throughs, kettlebell swings, kettlebell sumo squats, single leg deadlifts, and resistance band work to name a few of my favorites. That mix has worked wonders for my glutes. I've been amazed at how much glute burn can come from one little resistance band! My glutes have rounded out big time...the top of my glutes have definitely gained some muscle mass and I have a much better shape. AND I'm so much stronger. I'm eager to continue to see progress!

J.B-

I had the privilege of working with DDT for four months and would have continued working with them if I had not gotten pregnant.
One of my many goals was to tone and firm my butt. DDT worked with me to develop a plan of action. We initially started off with basic movements allowing me to practice form first. We gradually increased the workouts to include weights (heavy and light), different angels and a variety of exercises to properly tone and define my rear end. I had never trained glutes specifically before and was thrilled with the results! Team DDT really know how to focus on improving their client'sglutesand help them meet their needs!

DDT-

Before Jenny used out Glute program, she was just using squats, deadlifts and machines. This clearly was not changing her glutes, nor were they activating them properly. While we still had Jenny squat and deadlift, we implemented more frequency with the famous HIP THRUST exercise and these really improved overall glute growth and strength. This exercise also carried over to her squats and deadlifts very well, she became stronger at these lifts. Bigger and stronger glutes will lead to a better SQUAT and DEADLIFT.



ASHLEY MITCHUM-

I have absolutely loved my glute transformation from working with the dynamic duo guys! I always thought that since genetics weren't on my side for a good backside, I would never have the figure I wanted. I made the common mistake of thinking squats and leg curls would shape up my back side, but boy I was wrong. Eric and Chris have taught me how to properly train my glutes through a variety of exercises, rep ranges, and angles that specifically target different areas to help build and shape the different muscles that make up good glutes. I love the variations in training and couldn't be happier with the results!

KELLY SMITH-

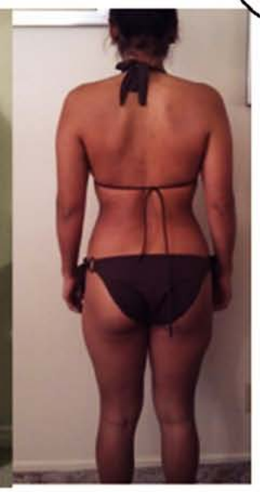
Before I trained with DDT I used to rely on the leg press machine and lunges to build my glutes and wow was I doing it wrong! I now work on glutes about three times a week with a heavy focus on hip thrusts, low rep range, medium rep range, and then a high rep day.. Currently I've now included a glute complex. My glutes are much stronger and higher than before.

DDT-

As Kelly has stated she made the common mistake of thinking leg presses and lunges would build her glutes, we completely revamped her entire training program and added more glute emphasis. Hip Thrusts are the king of all glute exercises and we programmed this exercise 3 times per week for Kelly using low, moderate, and high rep ranges to stimulate overall muscle growth. As you can see Kelly has earned herself a nice pair of glutes and will continue to.

L.B-

I have never felt stronger or healthier. I've gained muscle where I never thought I would gain and managed to change my body with such fun workouts. DDT specifically focused on bringing up my glutes which is exactly what I wanted. They designed a training routine that included a mix of high, low, and moderate reps along with working my glutes more than twice a week and including fun exercises that made me want to work harder. I highly recommend DDT's glute routines!

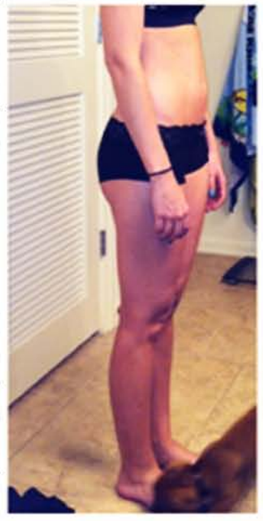


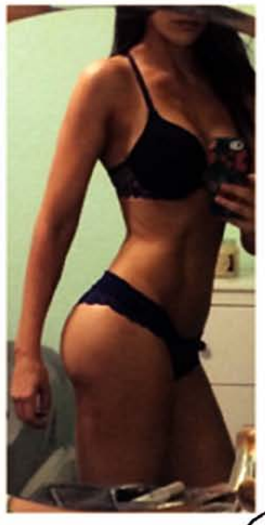
DDT-

L.B. first came to us with a program that was based around lunges, step-ups, body weight squats, and the stair master. These are all great exercises but they do not directly target your glutes muscles nor will they build strength and hypertrophy. We fine-tuned her entire program and added various glutes exercises, rep schemes, and more frequency. Her Glutes actually responded better to more frequency, which was 4 days per week training her glutes and you can clearly see the changes.

SADIE THILLE-

Prior to training with Dynamic Duo I had never truly activated my glute muscles properly. Most of the lower body workouts I did were specific to quad and hamstring development only. I thought by doing these workouts my butt would magically appear, oh boy, was I wrong. After following DDT's glute focused training programs I was





Thank You

On behalf of **Dynamic Duo Training** we would like to thank you for purchasing "The 12 Weeks to Build Your Best Booty" program. We truly hope it suits you well and please let us know if you have any questions regarding anything. Email us

DynamicduoTraining@gmail.com

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