



12 WEEKS TO BUILD YOUR BEST BOOTY

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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.

PROGRAM THEORY:

- Strength, Power, and Hypertrophic (muscle building) gains in the Glute Muscles

PROGRAM GOALS:

- Strength
- Power
- Hypertrophy
- Proper glute activation
- Overall glute development

PROGRAM EQUIPMENT:

- Please order a “mini versa loop band” and “Ankle Strap” in order for you to do the Monster/Sumo Walks and Cable Kick Back exercises. You can order them here; this is not an affiliated link. Order the medium red band to start.

<http://www.power-systems.com/p-2705-versa-loops.aspx>

EXERCISES/VIDEOS:

- All videos are on our YouTube Exercise Library. Make sure to enter each workout the way we have it written on the templates in the search box.

<http://www.youtube.com/user/Dynamicduotraining/videos>

PROGRAM OVERVIEW:

First and foremost thank you for purchasing the “12 Weeks to Build Your Best Booty” program.

You are on your way to building a rounder, firmer, and stronger Gluteus Maximus aka Booty! Before you begin the program, make sure to stretch and warm-up at least 10-15 minutes, you can actually mimic some of the exercises with body weight to prime your central nervous system along with just getting a feel for the actual movement pattern itself.

We also encourage you to do some glute activation work prior to the workout by doing at least 2-3 sets of the famous **“Monster and Sumo Walks”**.

Keep in mind if you cannot do the recommended exercises in the program with weights at first, master your body weight then slowly transition to weights. Last thing you want to do is injure yourself.

Also, this program is designed for you to gain strength, power, and muscle. By doing this, you should be progressively adding weight each block phase.

Do not be afraid to challenge yourself, your glute muscles are very strong. A well balanced nutrition program is highly advised as well while using this program. Most importantly when using this program; train safe, push yourself, and have fun with it

PASSWORD PROTECTED VIDEO:

Please take a moment to view this video as we go over the entire 12 week training program.

Click **HERE**

Password: glutes



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

FLEXIBLE DIETING AND TRAINING SERVICES:

If you are interested in incorporating flexible dieting into your lifestyle or need a tailored training program designed please contact us **HERE** for a FREE consultation and we can get you started.

See our services **HERE**

See our client’s results that used flexible dieting **HERE**

DDT STORE:

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