



## How to get a **BIGGER BUTT**

# How to Get a Bigger Butt in a Month

Looking to get a bigger butt fast, say, in a month or so? As we mentioned before, growing a bigger butt means targeting **2 parts**: the gluteus maximus (the butt muscle most responsible for butt shape) and the buttocks fat on top of it.

This requires both weight training to grow the buttocks muscle as well as time and effort invested in increasing the butt fat.



That's why it usually takes awhile to [get a bigger butt](#) – the gluteus maximus certainly doesn't grow overnight and neither does butt fat.

But if **you want to get a bigger butt fast** and are willing to put in the work to get it, here are the steps:

## **STEP #1 TO GETTING A BIGGER BUTT FAST: CHANGE YOUR DIET**

Start with changing your diet. Cut out all the processed foods that aren't doing your body any good. A good rule to determine which foods you should keep and which you should cut out is to ask yourself if your great-grandparents would recognize it as food. If you don't think they would, ditch it.

Opt instead for foods that are rich in carbohydrates – especially complex carbohydrates – such as pasta, rice, potatoes, and bread. Try to eat a carbohydrate-rich meal a few hours before you exercise.



On top of the carbs, make sure you add in protein-rich foods such as beef, chicken, beans, nuts, and fish. While the carbohydrate-rich foods add **weight** to your butt, the protein-rich foods will help build **muscle**. Eat both foods for both butt gain and don't forget to consume fresh fruits and veggies everyday – these will keep your body running healthy so you can best perform the butt exercises we're about to get into.

## STEP #2 TO GETTING A BIGGER BUTT FAST: ADD MACA

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If you're trying to grow your butt within a month – go for **Maca**. Most **bigger butt pills** take a few months to really kick in, especially if they're hormonal, but with Maca, you'll start noticing changes quickly. *[Find out how maca helps you get a bigger butt!](#)*



You'll also have more energy and some have even reported that Maca works as a useful appetite suppressant.

The thing about Maca is that it does impact your hormones, but unlike the other butt enhancement pills, it contains no hormones in itself. There are no phytoestrogens or phytoprogestins. Maca works by simply promoting optimal functioning of your hypothalamus and pituitary gland to improve the function of all your endocrine glands. It balances out your hormones.

Plus, dried Maca is **60%** carbohydrate, which will aid your carb consumption without the extra calories. It

contains five times more protein than a potato and also four times more fiber.

Add it to your butt enhancement regimen today.

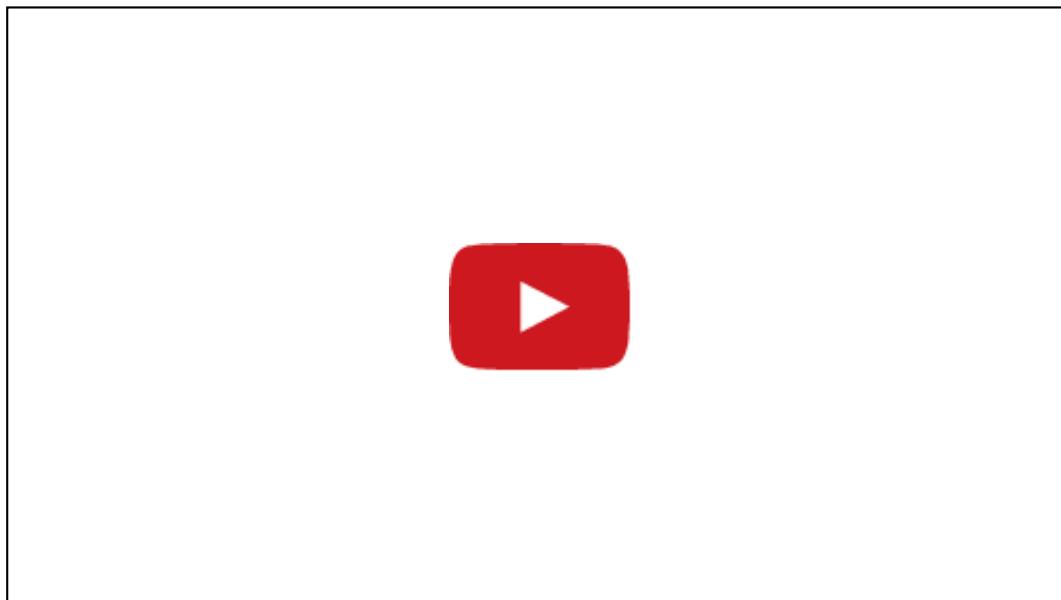
Buy it on Amazon for only \$20.

## STEP #3 TO GETTING A BIGGER BUTT FAST: EXERCISE

There's no getting around it. You cannot **get a beautiful, shapely, plump, round butt** without exercise.

Even if you have a busy schedule, if you take just 30 minutes out of your day to do targeted butt exercises, it'll make the hugest difference to the shape and growth of your buttocks.

Here are some awesome exercises to get you started:



But truth be told – doing the odd bigger butt exercises here and there won't produce much changes for your booty. To grow your glutes quickly and effectively, you need a well-planned set of workouts that focus completely on your gluteal muscles and target them from all angles. The best butt workout you'll find right now is Bigger Better Butt – their exercise regimen is totally butt-focused and are intensive so it only takes around 15 minutes every other day or so.

We highly recommend you check out what they have to offer – you can try their 21-day trial program for just \$4.95 and see what it does for your booty 😊



For all of you wondering how to get a bigger butt in a month, we have to admit that one month may be too short to see significant changes. That being said, it is long enough to start seeing incremental shifts in the shape and size of your buttocks, granted you put in the work – with exercise, food, and supplements. Good luck!