



# How to get a **BIGGER BUTT**

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## How to Get a Bigger Butt

If you're here on this website, you probably have one pressing question in mind and that is "[How do I get a bigger butt?](#)"

Well, there are several routes that lead to a bigger butt. Don't let anyone tell you that you're stuck with what you're born with – as long as you're willing to put in the effort, you can plump up that butt.



The main two areas you want to target are: the gluteus maximus (your butt muscle) and the fat on your buttocks and hips. So the simple formula is: bigger butt = bigger gluteus maximus + more fat.

We're going to be discussing several methods to do exactly that. Some methods directly influence your muscles or your fat, and some are indirectly related but can still have a big impact.



It's recommended that you choose a few of these methods and combine them together for the best and fastest results.

## EXERCISES FOR A BIGGER


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# BUTT



Anyone who tells you that you can have a beautiful butt – round, firm, and plump – without *any* exercise is either a liar or delusional. There's no getting around it – exercise is important! This doesn't mean that you need to do hours upon hours of weight training to get the booty of your dreams – but it does mean you'll need to invest a few minutes at least every other day to build up those glutes!

There are a gazillion butt building exercises on the Internet – hell, you might even be doing some of them right now – but one of the worst things you can do is simply follow every “butt” exercise out there.

There's a reason why people pay a small fortune for personal trainers – they know which muscles to target and how best to do so.

If you can't afford a personal trainer (like most of us!), our favorite recommendation is the [Bigger Better Butt program](#) – it's basically like having an online personal trainer – you get the most effective bigger butt exercises that specifically target your gluteal muscles so that you can build a bigger, firmer butt fast. The best part? They break it down into only the top booty workouts that only take a few minutes of your day.

*Be sure to [do your exercises with weights](#) – if you're constantly doing butt exercises that are too easy for you, they'll become counterproductive and serve as cardio instead of exercises to build up your glutes. Start with lighter weights and work your way up.*

## DIET (FOODS FOR A BIGGER BUTT!)



Yes, everything does start with exercise and diet – even building a gorgeous, healthy butt. The thing is – exercises alone won't help you get a big butt since it will only increase your butt muscle and it won't do anything for building up fat there. In fact, it could even diminish the fat in your buttocks if you workout too hard or too much.

Food helps you build a bigger, fatter butt simply by providing you with the building blocks necessary for your booty to grow. In general, your diet should be low in (or completely void of) processed foods and bad fats and should be high in natural proteins and good fats.

There are [foods that are generally helpful for increasing your butt growth](#) you'll want to check out.



## PILLS AND SUPPLEMENTS FOR A BIGGER BUTT





We're grouping "pills and supplements" under one umbrella label, but the kinds of pills and supplements available for booty growth vary a lot. Certain pills can be a powerful addition to your butt growth plans – and change your body from the inside out.

Supplements containing [Bovine Ovary \(BO\)](#) stimulate your ovaries to release the hormones that give you a curvier shape – both on top (breasts) and on the bottom (butt). Specifically, these pills work by increasing your estrogen levels – the hormone most responsible for storing fat in your hips and buttocks. Bovine ovary pills are also the most affordable booty pills – they'll set you back [around \\$6.50 per bottle](#).

If you're vegetarian, you might want to consider [Pueraria Mirifica pills](#) – PM is an all-natural plant from Thailand that contains the highest phytoestrogens (plant estrogens) currently in existence. [PM pills](#) work by increasing your estrogen levels to boost curviness.

Pills and supplements made from herbs also work the same way – herbs have been used for centuries for beauty and health purposes and now they can be found as the active ingredients in most of the bigger butt pills dominating the market today. Herbs are effective for butt growth – but it really depends on the *type* of herb as well as the herb combinations. Overall, even the popular herbs such as Fenugreek and Fennel are nowhere near as potent and powerful as a plant like Pueraria Mirifica. Learn more about [the different kinds of herbs here](#).

Not all pills are hormonal, by the way. [Maca](#) – a tuberous root found in South America – is another (nonhormonal) awesome way to boost butt growth. Maca works quite differently from both Bovine Ovary and Pueraria Mirifica. Learn more about [how Maca makes your booty bigger](#).

Overall, there are thousands of different bigger butt pills on the market, but it all comes down to ONE THING – what active ingredients are they using? To learn more about the [best bigger butt pills and which will work best for your specific body type, click here!](#)

## CREAMS AND LOTIONS FOR A BIGGER BUTT



Exercise builds up your gluteus maximus, giving your butt that round, firm look everyone loves. Diet is more subtle – but equally important since it provides your body with the building blocks to be able to grow that butt. Pills and supplements give your natural butt growth a huge boost – through increasing hormones to increase fat storage on your butt and widening the hip area.

So what are [butt enhancement creams](#) good for? We think booty creams are good for two things – the first is adding more fat specifically to the buttocks region and the second is making sure the rump skin stays nice, soft, and stretch-mark-free as your butt grows.

For adding fat on the buttocks, there's nothing more effective than Volufiline™ – we love Volufiline™ because it is not a temporary fat-sweller like putting Fish Oil on your butt. Volufiline™ actually works to increase fat storage in the area where it's applied by triggering the fat cells to divide and grow. [Whereas Fish Oil is temporary](#), Volufiline™ is permanent. [Learn more about Volufiline™ and where you can get it](#).

Creams are also good for making sure cellulite, stretch marks, and those gross dimples stay OFF your

butt while it's expanding. The best cream we recommend for this is [InstaNatural's Stretch Mark Cream](#) – it's not a butt enhancement cream but it'll help keep your booty looking smooth and stretch-mark-free during the growth process (and get rid of existing stretch marks).

The above listed are the most effective, natural ways of getting a bigger butt. Remember that none of the methods **is complete on its own**. For example, you can't just exercise while disregarding diet and fat-building. You also can't just pop pills without giving your body proper nutrition.

Take some time to explore these avenues of butt growth and combine them together to make your butt bigger, faster!



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