



**Strong Curves: A Woman's Guide to Building a
Better Butt and Body by Bret Contreras MS CSCS
(April 2 2013)**

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Strong Curves is an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals.

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