



BOOTY HACKS



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Shaping the booty that you've always dreamed of having takes time...

It takes hard work at your booty-type training program...

Consistent nutritional and beneficial dieting...

And general persistency and willpower.

But sometimes you can use a little lift that only takes a little time...

You know, before *(maybe even during)* a big date...

Or before a day at the beach with your friends.

In short, you need “*booty hacks.*”

Quick and easy ways to firm up your booty when you need to the most.

And that’s exactly what I have for you in this e-book.

Here are 5, easy to remember booty hacks just for you...

Booty Hack #1: Butt Lift Underwear

So you’ve been working hard to shape you booty through your booty-type training program...

You’re seeing a noticeable difference in its firmness and curvature...

The fat is coming off and the muscle is coming in...

But it’s not quite where you want it to be just yet.

And you have a big date coming up...

Or your high school reunion is right around the corner.

How can you get the extra lift you need to give your glutes the firm look that you’re working for while you’re at the date, or at the high school reunion?

You can wear butt-lifting underwear to the occasion itself!

Butt-lifting underwear is becoming increasingly popular today...

And lingerie companies are meeting the needs of ladies who'd like that extra lift to give them silver screen-esque booty for special occasions...

Butt-lifting underwear has been described as a bra for the booty.

It's specifically designed to **give you that little lift you need for a perky look, accentuating the assets that you already have.**

Butt-lift underwear is also easy to put on and comfortable to wear making it a great "booty hack" to start off this list!

Booty Hack #2: Posture Tricks

Posture makes an impact on everything from first impressions to photo shoots...

The way you stand makes all the difference in the world for the way that your booty looks...

And what's better is that if you're mindful of your posture, you can really make your booty stand out, whether on a date, at the beach, or really anywhere.

Here's how...

First, make sure you stand up straight when you're walking and when you're well, standing around...

You want to throw your shoulders back and arch your lower back so that your booty "pops."

Another benefit of standing up straight is that when you do, you engage your core muscles and give them a little workout of their own, which will help to slim up your waist and give your booty an extra curved look, not to mention you'll exude confidence to everyone around you.

I recommend that you wear high heels to help you stand up straight during your big date or red carpet event, whatever that may be for you.

High heels make you push your chest forward and your butt backward, making for great "booty hack" posture all day.

Another posture trick is simply to highlight your waist using your hands...

For those photo opportunities, or one-on-one moments of good conversation with your man, put one of your hands on your hip.

This will accentuate the small nature of your waist compared to the curvature of your booty.

These simple posture tricks are great "booty hacks" so that you can put your best posture forward to make the best impression on everyone around you!

Booty Hack #3: Pick the Right Pants (and shorts)

There are so many types of pants to choose from, am I right?

But some are better than others when you're trying to give your booty the best shape.

Here are a few tips for you:

1) Yoga Pants

Yoga pants aren't only for the gym these days...

In fact, you can wear them as a stylish, booty-flattering pant that looks great on a casual date or relaxed gathering of any kind.

Yoga pants give your legs a slimmer look because of how tight (but comfortable) they are...

And in slimming up your legs, yoga pants make your booty look more curvaceous...

I also recommend "booty hack #1" as an option for underwear with your yoga pants.

2) Low/High Waist Jeans

If you have a slim waist, try wearing jeans that will hug your waist, whether that's skinny jeans or a tight-fitting boot cut...

Low-rise jeans that fall at the widest part of your hips can also be a good option for you.

If you have a thicker waistline, try out high waist jeans...

The top of the jeans should fit around the slimmest part of your waist, which will make your waist appear smaller and your hips bigger.

Either way, you'll want to avoid jeans with large pockets, as they tend to make your booty look smaller.

3) Jean Shorts

There's a reason country guys are always singing about girls with cut-off jeans...

They make your booty look good...

And even if you've just started your booty type training and still feel "booty-less" at this point (*keep training hard you'll get there!*), cut off jeans have a way of making a "flat" booty really take shape.

They will certainly make your booty look more firm than a pair of "swishy" exercise shorts will.

Cut off jeans are great for a day at the beach, or if you're from the south, you know they're great in any dancing environment where country music is being played...

Throw on some jean shorts and show off a bit!

Booty Hack #4: No Sweat Booty Exercises

A little bit of booty work before a day out is never a bad thing...

But you don't want to have an intense workout an hour before an early date or early morning at the beach...

So here are 3 "no sweat" gentle booty exercises that you can do in a short amount of time so that your booty looks its best.

1. Seated Leg Cradle

[Watch Video #1 Here](#)

Start in a seated position with your legs in a butterfly position. Pull your right knee toward your chest and cradle the lower leg by placing the right knee in the crook of the right elbow and the sole of the right foot in the crook of the left elbow.

Flex your right foot and keep your spine straight and your chest lifted as you gently rock your leg from left to right. You should feel this in your right hip and glute area. It's like cradling a baby, but with your leg.

Hold for 30 seconds before releasing your leg and repeating the stretch on the opposite side.

2. The Pigeon

[Watch video #3 here](#)

Begin in a downward facing dog position. Lower your hips as you draw your right knee toward your chest and, with your knee bent, place your

thigh and shin in front of you on the floor.

Make sure both hips are facing forward and your back leg is engaged (you can keep it straight or bend your knee at a 90-degree angle).

Leading with your chest, lean forward until you feel a stretch in your glutes and hip area. Hold for 30 seconds.

Return to downward-facing dog and repeat the stretch with your left leg.

3. Seated Figure 4

[Watch video #5 here](#)

Sit with your knees bent and the soles of your feet on the floor.

Lean back slightly and place your hands on the floor behind your hips to give yourself support and to help you balance throughout the movement.

Lift your right leg and place your right ankle between your left knee and quadricep.

Press your hands into the floor to bring your chest toward your knees until you feel a stretch in your right hip and your glutes. Hold this position for 30 seconds.

Release the stretch and repeat on the opposite side.

These exercises are sure to give you a great stretch so that your booty looks its best before your big day!

Booty Hack #5: Take The Stairs

Ladies, walking up a set of stairs is a great way to get a quick booty workout right before a date or a day out...

If you have a set of stairs at your home, you could do wonders for your glutes simply by going up and down them more often.

I also recommend taking the stairs every opportunity you can.

When you go to work, to the mall, or anywhere else that has more than one story, take the stairs instead of the elevator (*as long as the stairs aren't in a sketchy "exit" staircase or anything like that*)...

You'll tone up your booty from that little workout alone.

Also, when you're on a date, ask your man if he's ambitious enough to take the stairs with you...

If you get tired while you're walking up the stairs, crack a joke about it...

The ambition is sexy...

Ambition and humor is even sexier.

Also, when you walk up a flight of stairs, your hips are more involved in the movement than when walking on flat ground.

So as you're walking up the stairs, your booty is accentuated and looks great, which makes this a great "booty hack" to finish off our list.

Shaping your booty takes time...

And you've been doing a great job with your booty-type training...

But sometimes you need a little extra lift in a little bit of time.

Put these 5 “booty hacks” into practice and you’re sure to notice a difference in the way your booty looks on your next date or during a day out with your friends...

More importantly, others will notice, too!

Keep up the great work!