

Why Glutes Stay Small

The answer to the question of why butts stay small is as old as time itself. Well, not really, but it is always good to know why something is happening when you are looking for away to change it. There are quite a number of reasons why butts stay small. Unfortunately, there are some things you can't really do anything about but for the majority of the reasons, there is plenty you can do. The most important thing for you to realize is that there is hope for everybody!! There is not one single person out there who won't see results when these reasons are properly addressed.

1. Genetics

This is the major reason and, coincidentally, the major excuse for rear ends staying small. Your genetic blueprint determines what color hair and eyes you will have, what size your feet are, and, most important for our purposes, how much muscle you start with on your backside. I say "start with" because everyone, whether they want to, believe me or not, has the potential to gain muscle. Granted, some people have a lot more potential than others but the fact remains.

What can you do about it?

Unfortunately, nothing. You would have to go back in time and pick new parents and that just isn't going to happen. What you can do, however, is train.

2. Inactivity

If you do nothing for increasing your butt size except sit on it, it will only grow larger in the wrong way. Targeted exercise is the absolute best way to shape and build your glute muscles.

What can you do about it?

Get off that butt and put it to work!

3. Improper Exercise

The glute muscles are just like any other muscle in the body. With proper training, they will grow. However, with improper training, it is more likely that nothing will happen. This single point has probably caused more people to give up on building a bigger butt than anything else I've encountered. Someone once came up to me and said "My butt just won't grow. I've tried everything." "What have you tried?" I asked. "Well, I did one set of lunges every other day, holding onto a pair of soup cans. Then I tried some step-ups a couple of times. The only time my glutes got sore is when I sat on my Thighmaster by mistake."

What can you do about it?

Learn proper exercises and proper exercise technique. By reading this book, you are taking a huge step in the right direction.

4. Poor or inadequate nutrition

You can't build a log cabin out of matchsticks, nor can you build a big, muscular rear end out of carrot sticks or french fries. You must supply your body with proper nutrition in adequate amounts to support muscle growth.

What can you do about it?

Learn about proper nutrition for supporting muscle growth.

5. Insufficient training intensity or resistance

For many people, it is not the exercise technique or the nutrition that is the problem. It is lack of training intensity or insufficient resistance. Your body wants to be lazy. It wants to do as little as possible. If you give it the same training stimulus every time, e.g. lunges with 2 pound dumbbells, it is going stay exactly as it is. You must give it a reason to improve and that means increasing intensity and resistance.

What can you do about it?

Don't be afraid of weights! Ladies, touching a dumbbell will not turn you into a man. I promise you. All it will do is help you to quickly transform your physique into the physique of your dreams!

6. Tight Muscle Pillowcases

What the heck am I talking about? Well, let me tell you, as strange as the description sounds, this single factor is without a doubt the most completely under explained factor of them all when it comes to building larger glutes. You won't read about it in any magazines or fitness articles but it has the potential to bring your glute growth to a screeching halt no matter how intense you train, no matter how good a program you're on and no matter how perfect your nutrition is. In fact, by properly applying proven training techniques which address this factor (which I explain in very easy-to-understand terms in "Gluteus to the Maximus"), you can easily, in a matter of weeks or even days, break through the plateaus that have held back your glute size for years.

But what is this factor? You'll learn all about it and how to overcome it when you buy "Gluteus to the Maximus –

How to Build a Bigger Butt NOW!"

<http://tinyurl.com/6wd7br>

also visit

<http://tinyurl.com/amqm6c>