

# The **GLUTE** **GUIDE**



HARDBODYBARBIE

30 Days to Sculpted  
Curves

## **BOOTY BUILD**



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Heavy Lifting  
Proper Nutrition  
Cardio

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- My step-by-step 30-day glute training plan



## **STEP BY STEP**

*Want to build a rounder, tighter,  
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# Build A Booty

**Immanuel Schmidt**



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