AFF SWIPE FOR YBBC

Potential ‘From’ Lines Besides The Sender:

Your Butt

Your Booty

Your Bum

Your Sleepy Bum

1)

Lander: http://yourid.yogabooty.hop.clickbank.net/?lid=3

Sub:

**NEVER do these butt exercises**

The 3 Worst Exercises For Your BUTT

Did you know that there are 3 exercises holding most women back from sculpting the butt they truly desire?

Just avoiding these 3 types of exercises which are explained in detail at the link below can save you a ton of time, effort, energy, strain, pain and frustration like it has for myself and too many of my clients to count.

-----🡪 The 3 Worst Exercises For Your BUTT.

And listen, if you’ve ever felt stuck, or like you’re just not experiencing the noticeable booty-shaping results that you’re after, I’m willing to bet one of the exercises discussed at the link above could be to blame.

The good news is that simply swapping out these booty-sabotaging exercises for the simple little booty-blasting routine you’ll see will have you on your way to a firmer, tighter, rounder butt faster than you may have ever thought possible ☺

-----🡪 The 3 Worst Exercises For Your BUTT

Enjoy,

Sign Off

2)

Lander: <http://xxx.yogabooty.hop.clickbank.net>

Sub:

**Try THIS to transform your booty!**

3-step trick to re-shape your bum

1 tip to the sexiest butt of your life ☺

Would you be interested in sculpting, lifting and tightening your booty faster and easier than anything you’ve ever tried before?

I’m talking about total booty transformation and sculpting the absolute sexiest, head-turning butt of your life in record time ☺

If so, you do not want to miss the brand new step-by-step video at the link below:

---🡪 Try THIS To Transform Your Booty!

Enjoy! Sign Off

3)

Lander: [http://AFFILIATE.yogabooty.hop.clickbank.net/?lid=3&tid=TID](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Faffiliate.yogabooty.hop.clickbank.net%2F%3Flid%3D3%26tid%3DTID&data=02%7C01%7C%7C47bbcb7626a744846dc708d5851d125d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636561282265406772&sdata=WnbR%2B6Cz%2FFdxdF2OgdhUbdlQIJG%2Fi2vDHvK%2BNVny1BE%3D&reserved=0)

Sub:

3 exercises that kill a woman’s curves

3 Curve-Killing Exercises Women Must Avoid

Listen, we all know it can be very difficult for women to burn fat while keeping those sexy curves.

However, believe it or not, you CAN melt that stubborn fat while sculpting those sexy curves at the same time.

How?

Start by swapping out the 3 curve-killing exercises you’ll see at the link below for the simple little 15-minute routine you’ll be walked through on the next page.

---🡪 3 Curve-Killing Exercises To Avoid

Sign Off

4)

Lander: <http://xxx.yogabooty.hop.clickbank.net>

Sub:

Do you have a ‘pancake bum’?

Do You Have Sleepy Bum Syndrome?

You may have heard of how so many women these days are suffering from Sleepy Bum Syndrome - A very common condition of the glute muscles becoming largely dormant, inactive and unable to be engaged properly…

This is caused from sitting for long periods of time which dramatically decreases blood flow, nutrients and oxygen to the glutes which causes our hip flexors to become stiff...and ultimately prevents our glute muscles from firing properly…

Visually speaking, ‘Sleepy Bum Syndrome’ manifests itself in what many women commonly describe as a soft “Pancake Butt look’.

And unfortunately, the typical exercises and workouts most women take part in do nothing for Sleepy Bum Syndrome because they do not properly target or activate all 3 individual muscles of the glutes.

The good news is that at the link below you’ll see a super effective 3 step method you can use to instantly overcome ‘sleepy bum syndrome’ and help you shape, lift, tighten and sculpt the sexiest buns of your life in record time.

I really think you’re going to love this:

3 Step Method To Shape The Sexiest Butt Of Your Life 🡨--------

Enjoy,

Sign Off

5)

Lander: <http://xxx.yogabooty.hop.clickbank.net>

Sub:

This 1 exercise kills a woman’s curves

STOP Doing cardio…

Let me ask you a question;

What do you think the absolute worst curve-killing exercise of all is?

Well, if you said cardio you’d be correct and here’s why:

The biggest problem with traditional cardio, besides how long and boring it can be, has to do with a very important hormone called Cortisol.

Cortisol is our stress hormone.

Cortisol kills a woman’s curves by breaking down lean muscle tissue while promoting fat storage in the hips, butt, belly and thighs.

And unfortunately, study after study clearly concludes that in terms of exercises, traditional cardio sessions are one of the absolute worst culprits for causing elevated cortisol levels…

When cortisol levels are elevated, burning fat and even maintaining curves in all the right places becomes extremely difficult.

This is why traditional cardio is a big ‘no no’ for women that want to sculpt and keep those sexy curves ☺

Speaking of which, make sure to check out the video at the link below where you’ll discover a little 15-minute routine to help burn fat while sculpting those sexy curves at the same time ☺

-🡪 Burn Fat While Sculpting Your Curves

Sign Off