



Glute Lab: The Art and Science of Strength and Physique Training

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Product Description

In this book, Bret 'The Glute Guy' Contreras - PhD, personal trainer, and bestselling author - lays out a glute training system that will help you reach your strength, performance, and physique goals, distilling the science and art of glute training into one comprehensive manual. Whether you're a bodybuilder, physique competitor, athlete, powerlifter, CrossFitter, personal trainer, physical therapist, or simply someone who wants to improve your physique, this book contains everything you need to know about building bigger, stronger, leaner, higher-performing glutes.