

**TOP
SECRET**

7 SECRET TIPS

**TO BANISHING
CELLULITE**

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Want To Lose Cellulite? K.I.S.S (Keep It Simple Sweetie)

Few things are more intimidating when starting out on an exercise regimen than looking at your body, knowing how far you have to go, and not having a clue where to begin. Don't despair!

With just a bare bones knowledge of the basics, you can pump, jog, and squat your way up to having terrific sexy thighs and a terrific sexy posterior. In fact, if you hang around, we'll introduce you to some of the most useful techniques right now that will sizzle away that unwanted cottage cheese on the back of your butt and thighs.

Most people want to start with squats, and they're definitely a good beginning tool. There are many different kinds of squats, but the basic one, the chair squat, is really all you need at first.

The important thing is not the exact squat you use, but to use it sufficiently: several sets a day, with each set consisting of at least eight (and ideally a dozen) squats. Do this, if not every day, at least three days out of the week staggered for the right muscle-building time investment. Don't forget you can do this while watching TV!

However, doing the same repetitive motion over and over isn't a good way to keep your body challenged or your mind engaged. Every once in a while you should alternate your squats with other glute-based exercises, like the hip extension.

This can be done, like the squat, without tools. Unlike the squat, it requires laying flat, which many find to be a pleasant change of pace.

As a side note, most exercises for your glutes and your thighs can benefit from balancing on an exercise ball. However, this isn't mandatory, just a little something extra to squeeze all the potential out of your effort. If you find it too much bother, don't feel bad about leaving it out.

But you also need to work your body's overall fat down if you have any, and that will require a bit of cardio. If jogging or bicycling intimidates you, you may wish to give stair climbing (known in some circles as step-ups or power-stepping) a fair shake.

It can be done wherever there's a set of stairs, and often offers perfect privacy and indoors comfort. But the primary reason why it's perfect for someone new to exercise is its low-impact nature, which reduces risk of injury and strain on the joints.

That's all you need to get started! But of course, the hardest part is left to you - acquiring the sheer enthusiasm to keep these things up, every single week. Do you have what it takes? We hope so.

For more information on how to quickly get rid of cellulite, [click here](#)

Get A Sexy Butt With These 3 Simple Exercises That You Can Do At Home

Looking to improve the firmness of your backside? Looking to get rid of unwanted cellulite? If you're like many people out there, one of the top priorities that you have with your workout program is to firm your lower body, reducing the 'jiggle' and appearance of cellulite, while enhancing your overall muscle tone.

The great news is that achieving this is perfectly possible as long as you know which are the key exercises that you need to be performing. Once you know those, then you just need to get them into your program plan along with following your smart diet and you'll be all set.

Do this and you'll be seeing results faster than you ever imagined. Today we're going to go over one exercise in particular that really over delivers as far as firming your butt goes.

This movement will not only target the glute muscles, but also help to Pin point the inner and outer thighs as well, helping streamline your look while targeting your abdominal muscles as well.

Want a full lower body firmer – this should be one of your go-to exercises.

The exercise in question is the single leg split squat. Let's go over what you need to know about this powerful movement and then show you how to add it to your workout program.

How To Perform The Single Leg Split Squat

First let's go over how to go about performing this. To do a single leg split squat, simply stand in front of a bench with one leg elevated back on top of it while the standing leg is kept straight. Hold a dumbbell in each hand or a barbell across your back and steady yourself until you're fully balanced.

Once you're ready, slowly bend the supportive leg, keeping the back upright at all times and lower yourself down to the ground. Note that the back knee will bend slightly while you do this.

Once you're as low as you can go down in the movement pattern, pause and then press back up to the full standing position once again.

Perform all reps on a single leg and then switch sides and repeat.

Important Points To Note

As you go about doing this exercise, there are a few important things that you must remember. First, the further away you step from the bench, the more you will target the glutes and the less emphasis you'll place on the quads.

So to stimulate the muscles in a slightly different manner, simply alter how far away you're standing.

Second, make sure that you never break at the waist and lean forward while doing this exercise. Doing so is going to cause you to be at an increased risk of lower back pain.

Keep the abs tight and the body upright the entire time.

Walking Lunges

The best approach to better thighs and a toned butt is to use body and free weight exercises like squats, step-ups, and lunges.

Combined with healthy foods to eat, these exercises will do wonders. To learn more about a cellulite reducing diet, [click here](#). You will get much better results from those three exercises than you ever will from those advertised gadgets. Lunges are a great example of a kick-butt exercise that comes in over 10 variations.

When you do walking lunges you move forward with every step, then you change direction and return. Each time you should push yourself to increase the distance: you can even carry dumbbells to make it better. Done right, you can really burn thighs with walking lunges!

Here are a few pointers for walking lunges:

1. Make sure your thigh is parallel to the ground and your shin is vertical when you finish your step.
2. Your following leg should have a bend at the knee, but it should not touch the ground.
3. Prior to beginning your next lunge, pause momentarily. There are some variations we will go over now that will specifically work inner and outer thighs, and butt.

Step at an outward or inward angle with each step forward. This can be called a crossover lunge.

Your butt and hips will get a good stretch from this. You will appreciate how tight your thighs and butt will get from doing this.

Work some free weight exercises into your lunge routine and you'll get the sexy results you're looking for without a machine.

Step-Up Exercise: A Simple Trick For Maximum Cellulite Stripping Results

If you're one to go with what's popular above all else, you're probably

considering heavy squats or similar exercises in your quest to get a sexy butt and thighs. But for those who are willing to look deeper, into less visible exercise options, you'll find some routine variations that are actually superior.

Most prominent in this area for being overlooked yet effective at toning the glutes is the step-up, an exercise choice that requires no special tools or equipment.

The step-up is as simple as you'd think from the name: all it involves is stepping up on an object, and then back down again. This is often, but not always, done with the aid of weights to add extra challenge to the activity, and to allow it to scale upwards as the practitioner's muscles develop.

So, why would you use a step-up as your favorite glute-building exercise?

To answer that, we'll look at the issue of stress - specifically, stress on the back and the knee.

All exercises that are useful for toning your buttocks will inevitably place a certain amount of strain on the knees. The lower back is also commonly stressed, and all this is unavoidable simply due to how the human body works.

Can you guess which option gives the least knee and lower back strain, while still having maximum effectiveness?

It shouldn't surprise you by now that the answer is the step-up! The step-up also has a certain level of scaling potential that can lead it to multitask as an exercise. Are you unhappy with the flexibility of your hamstrings or the strength of your quadriceps? Try moving your stepping platform slightly higher.

This will place more emphasis on those areas of your body, allowing you to get extra benefits that other exercises wouldn't give. And you still don't relinquish the glut and thigh benefits!

Step-ups can be performed on any set of steps, but are best when you have a small platform, such as a stool, that's just the right height

to challenge you. Don't forget to tailor your stepping platform to your body, since different heights will require different elevation levels to work with.

Gyms will also have such platforms available by default, so give the step up a try if you have a membership and it's never occurred to you before.

With literally nothing else that does better for less trouble, you'd be a fool to throw the step-up away. It's a good reminder that not all unpopular things are that way because they don't work!

Adding This To Your Workout Program

To add this to your workout program, you'll want to typically perform it after any squats or deadlifts that you perform.

While you will want to use a challenging weight on this movement, you likely won't lift quite as much as you will for those two exercises, therefore it should come second so you can still perform those while you're at your most fresh state.

So next time you're headed into the gym, make sure that you give the split squat some consideration. If you want to firm your backside, you simply can't miss out on what this movement has to offer.

Discover The 1 Key Technique For Cellulite-Free Glutes And Sexy Thighs That Even Your Friends Would Envy

Most people are eager to find that one magical thing that will help them get the body they want as quickly as possible with as little effort as possible. While this may seem like snake oil to the cynical, there actually IS a secret behind all the best exercise routines that work the thighs and buttocks

However, it's not any one single exercise! The secret is a little deeper and more complex than that, but don't be discouraged! You can work this secret into your life easily, so long as you have a basic range of bodily motion available.

So, what's the big secret?

The key you need to focus on is DEPTH of movement!

Depth refers to the range of motion your body goes through during an exercise. Smaller motions stretch the muscles less. With muscles that can't be directly countered through weights, such as the glutes, it's even more important to make sure your motion range is as full as possible. This is the only way to really stretch and work out your thigh and backside muscles so that they tone up and drop the flab.

So, how do I apply this 'depth' to my exercise?

The most direct way to increase the impact on your body is to concentrate on the deepest possible squats, until your body literally has nowhere else to go or becomes too unbalanced to continue the motion. This particular variation of the squat is known loosely as the ATG or 'ass to grass' squat, and while not exactly dignified, it gives far better results than more half hearted squat methods.

However, you shouldn't keep yourself to just any one exercise, no matter how good. Even the best squats will tire out and overwork your muscles from repeated use. When you've worked yourself out on the squat, try equally deep leg presses. Once you fill that you've milked the leg presses for all that they're worth, rotate on over to deadlifts.

Then get your body back on the squat again. By keeping up a steady cycle through different exercise methods, you'll find that your glutes will tone up in a well-rounded and aesthetically pleasing way. Don't drop that full range of available motion just because you're not on a squat all the time, though.

If you do that, you'll just waste your time going easier on your body than it needs.

There's no lying, these deep full-ranged exercises are a lot more trouble than the easier variations. But they're trouble because they give your body the workout it needs to look great. If you want that perfect posterior, be ready to fight for it! For a complete system on how to combat cellulite, go to www.CelluliteFactor.com

You Store What You Eat: Nutrition Tips For A Cellulite Free Butt And Legs

No matter how much you'd like that toned backside and those slender but muscular legs to come to us without sacrifice, deep in your heart you know that it won't come without a few. Perhaps the most relevant sacrifice, and one of the comparatively easiest ones to make, is that of one's diet.

By making sure the right food is getting into your body, you'll be able to keep the weight off where it would show the most. This isn't always an intuitive process, but that's why we're here to show you the most rewarding and efficient eating path to your ideal body.

But first, a word of warning. Don't neglect your protein while you drop your backside's flab! If you avoid sufficient protein intake, you'll lose muscle along with all that fat... while it may make you weigh less, you'll be weaker and feel worse.

Wouldn't you rather feel great AND look great simultaneously? Then keep that meat on your diet. Just make sure to cook it in healthy (non-fried!) ways, pick lean cuts, and drain all grease before eating.

So we've established that going vegetarian isn't necessarily the right diet method. What else is there, then? Consider, for a start, that increasing your vegetable intake doesn't necessarily mean switching over to vegetables solely.

Fruits and vegetables contain very little fat while offering a well-balanced variety of nutrients not found in most processed foods and meats. Eat them raw when possible, as cooking will definitely cook out some, and in certain cases ALL, of the nutritional benefits.

Your body will be less prone to panicking and going into that fat gaining 'starvation mode' if it's getting varied and ample vitamins and other nutrients.

You don't need to worry about sugar as much as you'd think... it's for the most part only an indirect cause of weight gain and retention, at worst.

However, you should try to avoid sugary beverages.

This is because the body still craves the same amount of food after a large, unhealthy, sugar drink that it would after a smaller, healthier drink.

The result? You end up getting more stuff in your body than your poor body knows what to do with, and it all goes down to your butt.

Keeping these well-rounded tips in mind the next time you go grocery shopping will allow you to sculpt yourself into your dream body, one day at a time. Sizzling hot thighs are perfectly attainable, but you just have to get off that starve or feast mentality, and stay with a well-rounded and balanced meal plan! To learn more about our anti-cellulite diet, [click here](#) .

3 Toxic Snack Foods That Add Jiggle To Your Booty

In a world where you're always on the go, it can be difficult to prepare each meal and snack you eat with wholesome foods from home. As such, to help fill the need for energy, you might find yourself turning to a few convenience snacks along the way – ones that you can quickly grab and put in your purse, back, or desk at work.

There's no question that snacking can be a part of healthy diet plan and can help you achieve optimal energy levels throughout the day while keeping your blood sugar levels more stabilized, but, if you're not careful with the snack choices you're choosing, you could be doing far more harm than good.

There are many snacks that some people are choosing on a regular basis that are virtually toxic to the body and won't be doing anything positive in terms of promoting good health.

By learning what these snacks are and then making sure to rid them from your diet plan, you can ensure that you are putting only the highest of quality foods in your body on a regular basis.

Let's go over three toxic snack foods that you should do away with immediately.

Anything With Processed Cheese

The first toxic snack food is anything that contains processed cheese. Whether it's string cheese, cheese spread, or some other form of artificial cheese, these in general are not a good idea.

They're often very high in chemicals and can also add some saturated or even trans fats into your diet plan.

Plus, they won't offer nearly the same amount of protein as a real source of organic cheese would, so won't provide benefits in that regard either.

If you want cheese, choose a smarter variety. Opt for Greek cheese or feta cheese and you'll provide your body with more vitamins and minerals along with energy for the hours to come.

Chips And Crackers

The second of the toxic snack foods that you must eliminate from your diet immediately is any chips or crackers that you're consuming.

Even if they are the 'low fat' variety, don't be fooled. These are still not a healthy addition to your diet.

Snacks such as these do typically contain trans fats, which are the worst kinds of fats that you could be adding to your diet plan. Even very small amounts consumed each day can put you in harm's way.

Second, these snacks are full of processed carbs that will send blood glucose levels soaring and then crashing shortly thereafter.

Cereal And Energy Bars

Finally, last but not least on the list of toxic foods to get out of your diet immediately is any cereal or energy bars. Not only are these very high in sugar as well (or high-glucose fructose corn syrup as the case may be), but many also contain artificial food dyes or colorings, which can harm your body.

Plus, they are devoid of protein content in most cases, so won't provide you the balanced snack you're after.

So there you have three toxic snack foods that you should give the boot from your diet immediately. Otherwise, you can count on them adding that unwanted dimpling effect to your backside. To get dimple free, [click here](#) .

Cellulite Myth Busters

Everyone wants a great body, but the foremost impediment to that happens to be those stubborn fat deposits! Since fat tends to sink to the thighs and buttocks in many people, these are the areas where most focus on who desperately are trying to get slimmer.

This can be a smart thing... or not so smart, if you happen to fall for some of the scams out there that promise a sexy butt and thighs for little to no work. Have a glance over some of these fairy tales of bodily improvement to know what you shouldn't invest in, if you value your money OR your time.

- **You can get the perfect body just by taking these dietary supplements.**

Newsflash, there's no such thing as a supplement that will evaporate the fat on your thighs or glutes! Dietary supplements can do a lot of great things for your body, but regulating body fat deposits is not one of those things.

Instead of popping a pill, try cutting down on the fatty foods.

- **You can get a great butt and thighs just by using this simple piece of cheap equipment.**

There are tons of inexpensive exercise tools on the market. Many of the cheapest and most portable consist of little more than flexible metal frames with some built-in resistance and padding.

These can help somewhat for building muscles, but they don't take the place of good old-fashioned cardiovascular routines. A jog now and then will do more for your thighs than flexing your legs with a

machine between them. More expensive equipment that enables fuller workouts are, of course, a better deal, but you still need that cardio.

• This product, diet, or workout routine can get you a figure with just the right amount of body fat, regardless of your build!

Rule number one is this: don't fight nature, you'll always lose. Determine your skeletal structure and your genetic predispositions before embarking on a potentially impossible quest. Some people are just going to have big butts, and some will have tiny ones.

The key is to make sure that you know how to maximize what you have. This is as simple as getting the right exercise routine and diet tuned to your body.

We have covered quite a bit of information in this report that you can instantly use to start melting away that unwanted cellulite off of your butt and thighs.

If you enjoyed the report, I highly encourage you to [check out our easy to follow program](#) so that you can obtain the results that you want.

Let's Make You The Best You Possible!

Yours In Health,

Dr Charles