



## **14 Day Perfect Booty**

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# 14 Day Perfect Booty™ by Alli Karr

## eBook PDF

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# 14 Day Perfect Booty Program Review

Front yoga pants and jeans to swimsuit and bikinis in the summer - having a great butt is always in season. Now you don't have to be jealous of girls that have a bubbly behind - with the 14 Day Perfect Booty Program you can get you butt in shape and looking great. Here are all the details about this program so you know what you're getting before you make a purchase.

## What is the 14 Day Perfect Booty Program

?The 14 Day Perfect Booty Program is a series of workouts that were put together by fitness magazine cover model Alli Kerr. Alli has said that she struggled with her butt all her life until she finally found a system that works.

This system will target your butt muscles to get them firm, in shape and get rid of cellulite. The workouts in this program use your own body weight so you don't need any additional equipment. This program is really for any one who has struggled with a flat butt or as Alli calls it: "Saggy Butt Syndrome".

[Click Here to Download "14 Day Perfect Booty" PDF by Alli Kerr](#)

# 14 Day Perfect Booty Workouts

Most exercises for the lower back are unsuitable for women precisely because men's backs are different right from the start.

Because of this, the workouts in 14 Day Perfect Booty are different and focused on women's backs only.

They are designed to restore women's naturally curvy shape in order to enhance and lift their booty, for even the strongest butts from tons of squats will not look at their best without the curvature and lift from the lower back.

We found this program unique in addressing this issue. The author also claims that re-shaping your butt can make you look 1 to 15 years younger as well. We are not too convinced about this claim, however, we agree that a fit body may make you look youthful and even younger but without any set reference number.

## Who is Alli Karr?



If you are looking for a butt lifting program you want to take advice from someone who has the right body. Alli Karr is the creator of this booty program. She is a women's fitness expert that has produced a number of instructional workout programs for women over the years.

She is a active personal trainer. She has been very active in the fitness world. In fact In 2008, Alli won the WNBF Ms. Universe Figure and also placed in the top five at the 2008 WNBF Ms. Exercise World Championships. She has appeared in many magazines and net work TV shows.

Ali has even founded her own personal trading studio. Ali is more than qualified to give you expert fitness advice with over 20 years of experience in the fitness industry, and as a Licensed Wellness

Coach and Certified Personal Trainer. Not to mention that on top of everything else she also has a bachelor's degree in Kinesiology/Exercise Science.

## **How does the 14 Day Perfect Booty Program Work**

This program leads you through a series of workouts that are designed to target muscles in the butt, lower back, and thighs. Many women have the issue where their muscles are too weak to support a firm butt. This program attempts to solve that program by strengthening the muscles in and around your butt.

This program is designed to work for women and give women better results than what they would get if they tried doing regular butt exercises.

In summary, this program is dozens of workouts that you will follow along to complete exercises that specifically target your butt and surrounding areas and get you a firmer and more round behind.

## **14 Day Perfect Booty Program Pricing and Whats Included**

The complete 14 Day Perfect Booty Program can be yours today for the low price of \$15.00. I'd pay a lot more than that if I was guaranteed to get a better butt any day. And that's just wha this program done, on top of everything they give you a 60 day money

back guarantee. If you try the program and don't like it you can get a complete refund. Here is what is included in this program:

- **Perfect Booty PFD Guide** - this is a ebook that will teach you how to tone and thighs your thighs, get rid of cellulite, and create that sexy hourglass figure all in just 14 days
- **Perfect Booty Exercise Video Library** - Every workout is in this library so you can get visual instruction and follow along.
- **Bonus 1: Booty Blast Workout Video** - Do this fat blasting workout video every week to maximize your results and keep your booty after you complete the program.
- **Bonus 2: Yoga Booty Flow** - This is a relaxing workout that still works out your muscles to shape and lift your butt.
- **60 Day money back guarantee** - if you change your mind, don't like the program, or don't see expected results you can get your money back. This allows you to try the program risk free!

## Final Verdict

This program will work if you actually follow it and put in the time to do the workouts. I think that \$15.00 is super cheap and a amazing deal for all the tools and information you get. I feel more confident wearing a bikini and yoga pants after completing the program.

I love how she gives you the Booty Blast workout so that you can continue to work those muscles and keep your new butt long after you finish the program. I highly recommend this program and you



can get started instantly by going to the official website and purchasing your copy of the 14 Day Perfect Booty Program!?

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