



The Ultimate Lower Body Makeover Training Series

**Mandy Gibbons
And
Joey Atlas**



- ✔ What it is that you can start on today, no matter how unhappy or unsatisfied you are with your lower body, to put your legs, hips, butt and thighs program on turbo and really kick-start your results.
- ✔ The top five key elements that are essential to you changing your lower body and creating shapely, thin, toned legs, hips, butt, and thighs - regardless of your age or body type.
- ✔ We're also going to throw Joey into the deep end and tap into his wealth of information and get the inside info on what really works and what's really just a pile of BS!
- ✔ We're going to learn Joey's easy-to-implement techniques for fixing flat butts and adding more curves through to reducing your legs, hips, butt, and thighs.
- ✔ And throughout the seminar we're going to share with you – and this is something that so many women battle with – CELLULITE! And what you can do to reduce it without using creams or pills.
- ✔ Adding femininely curves, muscle tone, shapeliness, sculpting your lower body! Rounding out a flat butt, increasing and lifting the curviness of your upper hips and thighs and glutes.
- ✔ Reducing curves, pear shaped body, making the most of this body type by defining the lower body so it appears leaner, sleeker while still being shapely and sexy.
- ✔ Legs that lack shape. They are usually bulky (sometimes slimmer too). Women and men stating they feel like they don't have any knees or ankles. They are a similar thickness from the thighs all the way down to their feet.
- ✔ Finding a solution that will allow you to get past the future obstacles to stay on a program and make it stick.
- ✔ The eating plan that you're struggling with and thinking it's going to help you achieve a more toned, sexy lower body... could actually be working against your leg, hip, butt and thighs goals.
- ✔ The fundamental key components that women can focus on after pregnancy to slim down and shape your legs, hips, butt and thighs
- ✔ Why, even when you participate in sporting activities, you still get cellulite.
- ✔ The myth about exercising and cellulite...
- ✔ Why some women, even though they look awesome with their clothes on, still battle with cellulite.
- ✔ What type of exercises give you a better chance of reducing cellulite.
- ✔ How many times per week can you train your lower body.
- ✔ Why leg exercises that use all the muscles and muscle fibers in the lower body work more effectively than normal workouts
- ✔ How lower body workouts benefit the abdominals as well
- ✔ What food sources help sculpt and define the lower body