

BONY
TO
Bombshell



Curve-friendly Strength Training

BONY TO BOMBHELL

Release Candidate v.1.1

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Michelle Polowick helped too

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You should of course seek a trained medical professional when appropriate. We can not and do not offer any guarantees, and all of this information is for you to use at your own discretion. We highly encourage you to read these principles and combine it with knowledge you already know and seek the help of a trained professional before making any final decisions.

The choice of what you do with your health and your body is yours! This is simply the result of our own research and experiences, and we really hope you enjoy and find value in it!

Feel free to be inquisitive:

I highly encourage you to ask lots of questions. If, say, you've heard that regular old potatoes are worse than sweet potatoes and you're really curious about why we're recommending both then ask us! That's one of the best ways you can help us, because then we can add in that explanation to the next version :)

Please don't share this!

Do, however, share all of our public stuff, like our Facebook page and website. That'd be awesome.

This program is not designed to be sexy.
This program is designed to make *you* sexy.

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THE BOMBSHELL APPROACH

First off, welcome to the program. You've just taken a huge step towards making a pretty huge change. In a few weeks, you'll be healthier, curvier, stronger, sexier and happier.

So let's get started. The absolute first thing you need to do is ask yourself why you're doing this. Why do you want a strong curvaceous physique? Why do you want to be healthy? And what's it worth to you?

Answering that question for myself opened up a whole can of worms for me. Growing up, I was always a thin guy. My parents would say they were worried about my health. I mean, they were string beans themselves when they were growing up, but nevertheless they'd still tell me to eat more and play more sports. And though I never doubted my friends cared about me, they would often tease me and push me around for being smaller than them.

Then puberty hit and nothing changed. All my friends got bigger and stronger. I just got longer. A lot longer. I was nearly a foot taller than some of my friends and still weighed less than them. The girls I liked would joke about how they would protect me if danger came our way. They thought it was endearing, but I wanted to be strong and sexy, not helpless and cute. And the more I fell for someone the more I wanted to be the man of their dreams. When I was in relationships, I wanted a strong and masculine body more than ever.

No matter how much ectomorphic anguish I felt though, I usually took the defensive route and told everyone who remarked upon my body that I liked being

skinny. There's nothing fundamentally wrong with being skinny, and even though in my particular case I could have been a lot healthier, rationally I knew that being skinny was okay. So I kept trying to convince myself that being skinny was out of my control. That it was just who I was. That there was nothing left to do but embrace it.

So I tried to fix the underlying issue in other ways. One of those ways was by taking martial arts classes. I figured that although I may be stuck in a skinny body, I didn't need to stay frail and helpless. I convinced my best friend to sign up with me, and we started off as sparring partners. He quickly grew bigger and stronger while I stayed the same size. We both improved on a technical level, but strength is a big part of martial arts—and muscle size is indicative of muscle strength. My muscles were small, and they weren't up to the task.

I persisted, though, and after six months of training hard, eating well, and being sore during pretty much every moment of every day, I stepped on the scale, eager to see at least a little bit of progress. I had lost five pounds. Cutting out junk food and adding in exercise meant that all of the sudden I was burning more calories than I was consuming. I had driven myself into a calorie deficit. I had gone from 130 pounds at 6'2 down to 125 pounds.

Again, I tried to convince myself to accept my body for what it was. I stopped taking martial arts classes. I was great at math and science, funny, nice—I was even tall. I wasn't having any success at building a strong masculine body, but hey—things could be a lot worse!

No matter what I told myself, though, I still secretly wanted to be strong and manly... and that probably wasn't as much of a secret as I hoped.

Years went by and my body image issues continued to be an issue. Sometimes I'd go months without thinking about it, but it was always there. Every once in a while my motivation would temporarily lead me into another weight gain attempt. (I've had a lot of failed attempts.) Eventually it got to a point where I decided I was going to change no matter what. I'm hoping you're at that point too, because if you are, I can guarantee that this time around it will work.

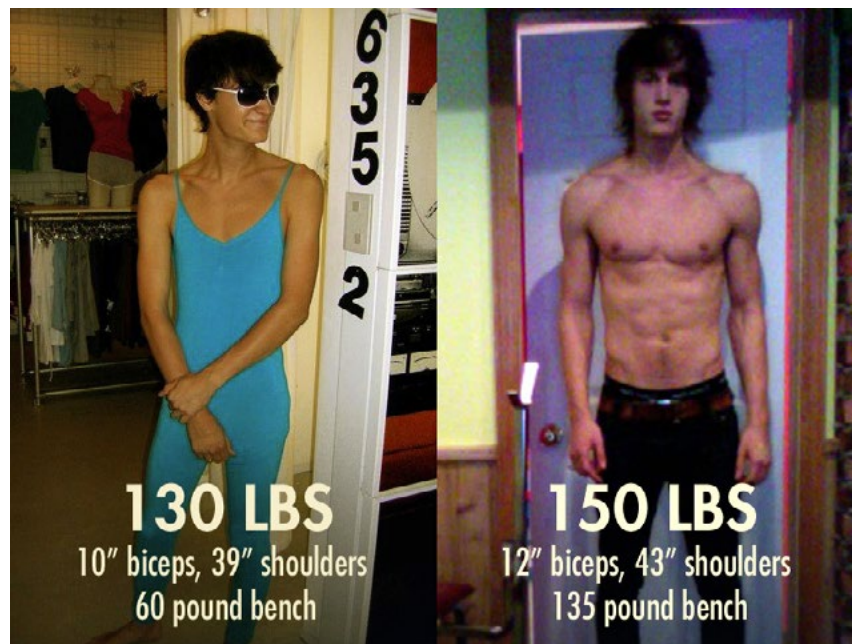
I buckled down and used my nerdiness to my advantage. I spent months doing hours of research every night. I had learned that pretty much my only hope for building muscle was to lift weights, but there's nothing scarier to a skinny guy

than publically taking up an activity where merits are judged by the strength and size of one's muscles.

Soon, summer rolled around and I realized I actually needed to get started. I decided to fully commit to my weightlifting and nutrition plan for four months. Instead of signing up for a gym, I bought a bench, some dumbbells, a barbell and some weight plates secondhand. They were rickety and rusty, but they were heavy.

I told my parents I was trying to be healthy; I told my friends that it was something I was trying out for fun; and I told the girls I was dating that it was an “experiment”—you know... to make it sound academic. Now, all of my reasons were true, but they didn't quite make up the whole story. What I wanted was to feel like a “man” around other men, not like their scrawny kid brother. I wanted my t-shirts to fit properly, and I wanted to look strong when I took that t-shirt off. I wanted to inspire raw physical attraction in women. I wanted the girls I dated to feel safe around me. I wanted to be able to pick up a girl effortlessly and make her feel weightless. I wanted my body to be a symbol of virility, manliness, strength and health—not of an inactive lifestyle and the inability to control my appetite (or lack thereof).

That summer it finally worked. I gained a little over twenty pounds, bringing me up to 150. It wasn't enough to make me look muscular, per se, but I looked healthy for the first time since puberty.



I began dating this amazing woman who was a full fourteen inches shorter than me. I seemed pretty big to her, and for the first time in my life I started being told that I was a big, strong and fit guy. I'm not sure whether it was the sense of accomplishment I felt over having finally gained weight, whether it was my active lifestyle, or whether it was the positive influence that my girlfriend was having on me, but my body image issues finally started to disappear. I was ecstatic. Instead of being ashamed of my body, I started getting excited to see what I could do with it. I wanted to see how strong I could become.

A couple years later I graduated from university and started up a design firm with my roommate, Jared, another skinny guy. He was called "sickboy" in high school because he was so thin and frequently unwell. At the end of high school he developed tendonitis in both arms and was put on prescription pain medication so that he could continue using a keyboard and mouse to do his schoolwork. He wasn't as insecure as I once was, but he was 23 years old and his unhealthy exercise and eating habits were already wearing his body down.

I convinced him to do a 30-day weight gain experiment with me. Jared was a great photographer and web designer, so we took proper before-shots and kept track of our progress on our blog. Over the course of the next three months I gained another 22 pounds and nearly doubled my strength. Jared gained 37 pounds and soon stopped needing his prescription meds.





Gradually skinny guys searching for weight gain advice started finding our blog and writing in to us from all over the world to share their stories and ask us for help. I had always felt so alone in this, but as soon as I opened up I realized how common an issue it was, and just how embarrassed so many others felt about their skinniness. I mean, good luck trying to get a guy to open up about feeling emasculated by the shape of his body. But when guys did finally open up, their experiences were so similar to mine and Jared's. They were constantly being affectionately belittled by their loved ones; their sports performances were suffering because of a lack of strength; and they were looking to improve their health in the longer term.

I started writing long emails back and coaching them online. Their weight gain transformations inspired more people to write in, and I got better and better at coaching people online. That's how all of this started.

Everyone has their own underlying reasons for wanting to leave their skinny body behind. That true underlying reason is often a hard thing to reconcile. It took me years before I could even admit it to myself, let alone write a blog post about it. The first several drafts of this eBook didn't even have this story in it, because it felt way too personal to share.

I've grown used to wearing a more muscular suit of armour and it's still hard

to expose myself sometimes. When writing to women, I feel like that's when I should be manlier than ever. My editor caught me trying to play it cool and called me out on it.

He was right. When it comes to this body image stuff, I think opening up about it can really help. After all, the transformation that had the biggest effect on me was the new sensation of confidence and comfort that I felt in my own skin, and not the changes to how I looked in the mirror, or even how I looked in the eyes of my friends or the women I was dating. It's well documented that models and bodybuilders have far more body image issues than the general public despite having far more impressive physiques ([study](#)). Clearly addressing my insecurities on a purely physical level wouldn't have left me feeling how I wanted to feel.

Your reasons for wanting to change the way you look and feel might not be so different from mine. We get women writing in with stories about having missed out on all the curves their friends developed naturally during puberty; about being teased; about feeling frail, weak or helpless; about wanting to be fit and capable parents.

Now, turning your reasons for wanting to change into achievable and measurable goals is no piece of cake. As a guy, at least there's a lot of muscle-building information around. (Probably too much.) As a woman, though, you're probably more familiar with restrictive fat loss diets, general fitness workout routines, skinny cover models, and other women saying, "Oh I wish I had your problem!"

Well let's start by talking about what a strong, healthy and womanly body is, and then we'll get into how to build one.

When it comes to nutrition and fitness, your overall goals should obviously be health-oriented—to have more energy, less anxiety, live longer, and improve focus and willpower. Those are the wholesome goals you might want to tell your acquaintances about. But let's not pretend that we don't also care about feeling stronger, sexier, and more confident. Luckily these goals are not mutually exclusive. Nothing is sexier than someone who's strong, who moves well, who's visibly healthy and full of energy, who's rockin' a hearty and strong backside, and who stands tall and confidently—someone who's totally at home in their physique.

I'd say a great body is both healthy *and* impressively attractive—it conspicuously showcases great genetics, health, fertility, strength, and can even suggest that you've got a good handle on your life in general. After all, eating well and exercising are undoubtedly harder and more expensive than sitting on the couch eating potato chips. Being fit may mean you have smaller medical bills, that you enjoy your food more, and that you get more out of life in general. It may even heighten your ambition, energy levels, mood, and help you accomplish more in life. But it's still pretty damn difficult. Being able to do all the things you already do *and* build a bombshell bod' is remarkable. Not everyone can do it. Far from it. That's why it stands out in a crowd. That's why people are drawn to it.

So how can you build a healthy body that also *looks* healthy? With men, the “physical impressiveness factor” can be quickly guesstimated by taking the shoulders (where muscles congregate) and dividing them by the waist (where fat hangs out). If a guy has a Brad Pittly physique (big powerful shoulders and a small waist), it's likely that he's a fit dude with the means to feed himself well, the drive and desire to exercise, and the health and hormones to support a classically masculine physique. It may just be that he's good at hitting the gym consistently and understands nutrition; nonetheless, he seems more powerful, successful, genetically blessed, and charismatic because of it.

With women, however, it's a little different. The idealized feminine physique has strong shoulders—it's an hourglass physique, not an erm... Erlenmeyer flask. But then there are also your hips. Hips are the feminine muscle hub, and usually where women have the most muscular growth potential. What many women are looking to develop is a more classically aesthetic hip-to-waist-to-shoulder ratio. The better the ratio, the more others will associate you with virility, fertility, and drop-dead gorgeousness. It's instant, it's unconscious and it's uncontrollable. You'll be able to create drug-like, gut-level attraction from suitors.

Luckily, the shape of your physique isn't just a genetics thing. A study done on more than 6,000 women at the North Carolina State University found that just 8% of women have hourglass physiques. So if you weren't born with an hourglass physique, don't be too down on yourself. That's where weightlifting and nutrition come in. An hourglass physique can be built! Big bodacious hips, a round muscular

ass, and strong shapely thighs are all things that can be built out of muscle. Similarly, the top half of an hourglass physique can be built out of stronger shoulders and back muscles. These badass hips and broader shoulders will also make your waist look smaller by comparison. And getting a smaller waist (or keeping it small) is just a matter of losing fat, correcting posture, and strengthening the core muscles that cinch your waist in like a corset.

By this point you may have noticed that we've only been discussing superficial changes. However much I like to pretend that I don't, I *do* want to look my best in the eyes of my peers and dates. One day I think it might even be swell to be a strong and physically capable father. So I'm not going to downplay the importance of appearance, but I do want to note that it's always important to remember that this is only one small part of what we're after here.

Being strong and curvaceous, lean and healthy, standing tall and moving fluidly—these are all genuine indicators of strength, health and fitness. *Bony to Bombshell* isn't the plastic surgery-like road to becoming a babe; it's the genuine road to becoming one through and through.

Keep in mind that even when we're talking about aesthetics, we aren't *just* talking about aesthetics. Superficial traits are just the visual cues for the great things going on underneath our babe-like surfaces. It's no coincidence that what we're doing also happens to be wholesome and healthy. One major reason we find physical traits irresistible is because of our strong unconscious associations between health indicators and perceived beauty.

Since hotness is what health looks like, becoming strong and healthy is generally the best way to become hotter.

Yes, there are ways to fake it, but that isn't how we roll. We're actually going to be doing the opposite. A big part of this eBook is about improving mobility, increasing strength, improving general fitness levels, improving movement patterns, correcting posture, reducing the risk of injury, and improving longevity. We just also want to do it in a way where your hard work won't go unnoticed....

That's where weightlifting really shines. Weightlifting will sensitize your

muscle cells to insulin and direct the surplus nutrients in the food you're eating towards muscle instead of fat. This is how to consistently and effectively build muscle, even if you think your genetics haven't given you much to work with.

As such, the weights you're using won't be pink. You're going to be using real weights, and probably out-lifting many of the more experienced people at your gym—male and female. You can be as dainty, curvy, coy and feminine as you wish, but you damn well don't need to be frail, weak or helpless. I suspect you'll be loading up big 45 pound plates on either side of the barbell within your first month of training. Within your first month of training, you'll also probably start noticing changes in your mood, energy levels and strength.

You may be reading this and worrying that we're trying to “bulk you up.” Hell no. This isn't a men's pro-bodybuilding program, and you won't look like a male pro-bodybuilder. Think feminine female swimsuit model with a nutcracker ass, not Arnold Schwarzenegger pumping his biceps up in one of those little speedo things that bodybuilders wear.

This is a concern that many women have. One problem with the weightlifting industry is that women (and men) are so used to seeing steroided-up bodybuilders that we have developed unrealistic expectations about the effects of weightlifting, nutrition and supplements. We either expect too little or too much. We confuse the effects of masculinizing drugs (like steroids) with the effects of weightlifting, which aren't masculinizing at all (unless you consider strength strictly masculine).

The Bombshell Approach to Nutrition

This is where all the fun and games stop and things get serious—*deathly* serious. You might think the ideal lifestyle involves going out to dinners, parties, hanging out with friends, dating, and occasionally enjoying eating “bad” food without stressing about it or feeling guilty. Shame on you. As the old fitness icon Jack Lalanne once said, “If it tastes good, spit it out.” You need to treat your body like a temple, and only feed it the purest of foods. Always and forever.

Har har—kidding. Bombshells don't spend their days locked away in health food dungeons, venturing out only to lift heavy barbells before quickly returning to

their dungeons to diligently eat their prepackaged post-workout meals. No sense building a curvaceous float for the parade if you're not actually going to parade it around, right?

Having a non-runway model lifestyle is perfectly cool, and occasionally eating cheesecake and drinking a few too many glasses of wine is okay. And I don't mean "okay" in the sense that it's a necessary evil; I mean that it's okay in the sense that it won't hinder your results at all. It's perfectly fine. I won't be mad at you, and you certainly shouldn't be mad at yourself. You should be enjoying the cheesecake and getting a little tipsy from all that wine.

If at this point you're raising your hand to ask, "Okay, so on my cheat day, which type of low fat ice cream should I choose for the lowest carbs?" I want you to slap yourself. Not so hard that you hurt yourself, but hard enough to remind yourself not to let the nutritional value of food shape the decisions in your life. Light beers, low sodium potato chips, and low fat ice cream are terrible examples of living life to the fullest! This isn't about frequently eating *somewhat* crappy food; this is about developing an overall healthy lifestyle that also allows for plenty of room for foods that you enjoy. Remember, this is a weight *gain* program. This is primarily about adding in healthy and nutritious foods to allow you to build the bodacious body your jeans have been dreaming of snuggling, and not about cutting out all traces of the foods you love.

This is where having a solid grasp of nutrition, appetite and energy balance comes in. (Being great at cooking and baking helps too.) A good understanding of nutrition lets you alternate between building womanly curves (lean weight gain) and trimming away unwanted fat while preserving muscle mass (healthy weight loss) without being bogged down by all the unnecessary dietary restrictions you hear about every other day. With some cleverness you can have your cake and eat it too.

The nutrition section of this book covers the fundamentals of setting up the healthy diet you'll need to achieve the results you're after. But first I feel like I should let you know the angle from which we're coming. There are already a lot of dietary angles out there—low carb, paleo, vegan, etc.; there are even dietary approaches that focus on your meal *schedule*, like intermittent fasting.

To which dietary fad do we subscribe? None of them. Most of them are based on the same principle: restrict various things to make it harder to eat too many calories. The thing being restricted varies: junk food, breakfast, carbs, alcohol, liquid calories, dairy, animal products, gluten, soy, toxins, etc. This often works well for basic weight loss, since more food restriction tends to mean consuming fewer calories, and consuming fewer calories will certainly cause you to lose weight. But that's probably not your goal, and even if it is, understanding the underlying nutrition principles (calorie deficits and appetite manipulation) will still get you closer to accomplishing your goal.

At this point, every fitness and nutrition guru will chime in to say that various studies indicate this and that, and that we'll surely die from inflammation or toxins if we eat goodies on the "dirty list." As laymen, these fear tactics can be convincing, or at the very least, confusing. It often seems as though the research is perpetually at odds with itself.

That's not actually the case though; it just seems as if there is no consensus in the medical research community because of what the media focuses on: controversial new studies that are sexy/scary enough to cover. If you look at the full body of scientific research, then you realize that the fundamentals of nutrition are a lot more established than they seem. The underlying principles are just not being covered because they've been established for so long that they're boring. They aren't new, so they aren't news.

Don't get me wrong—we're all about keeping up with new studies, and if new research brings to light new information, we aren't afraid to change our stances. Since we aren't invested in any one ideology, we have the freedom to follow what actually works. We work hard to monitor our biases so as to present our readers with an evidence-based approach to the work we do, and not a dogmatic one.

Frankly though, if you're ten years behind the trends and just focusing on following the fundamentals, you'll do just fine. Athletes and bikini models knew how to get sexy sixty years ago. Now they're eighty years old and laughing at modern fad diets.

That's because research is often like a Russian nesting doll—most modern research fits snugly inside the research that came before it. It's not like one study

is finding that weight loss is caused by a calorie deficit while another finds that weight loss is caused by the types of calories one consumes. Both are true, and despite the apparent controversy, neither contradict one another in the slightest. What's going on is that a hundred studies find that calories matter; the next series of dozens of studies find that some foods have more bioavailable calories than others; another couple hundred studies find that some foods are easier to overeat than others; and then hundreds more look into how these foods affect body composition when losing weight. The old facts rarely go away; they just become further established as research continues to investigate new details. Each new study brings new information to the table with its own set of limitations, bringing up new questions for further study.

Where most health gurus and exercise fad followers go wrong is that they neglect the fundamentals and focus *just* on the details—on the controversial headlines with which they become obsessed.

If you look at what's currently in the media, for example, you might hear that sugar is toxic, as addictive as cocaine, will make you fat, and will cause disease. This isn't necessarily a lie, but it is blown out of proportion and taken out of context. Adding 150 calories of sugar into your diet each day (in addition to what you already eat) will increase your risk of diabetes by 1.1% ([study](#)). This is one of the smaller nesting dolls. Consuming too many calories in general, if it leads to morbid obesity, will increase your chances of getting diabetes by 9900% ([study](#)). This is one of the bigger and more established nesting dolls. It's not the well established net calories and weight gain part that make a big media splash though, it's this relatively insignificant “sugar toxicity” stuff that matters 0.0001% as much.

And that's why people so often fail at making lasting changes to their bodies and health—because it's the *fundamentals* that actually produce the results.

One benefit to skipping the fads and focusing on the fundamentals is that you'll be able to modify your diet to capitalize on your strengths and mitigate your limitations.

If you can't tolerate dairy, eggs, nuts, gluten, grains, sugar or whatever else, that's fine—just limit or eliminate those suckers from your diet. We're all for being versatile and flexible. If you believe that eating animal products is wrong, that's totally cool, too; plant-based diets are swell. You can absolutely build tons of muscle and be perfectly healthy eating plants and only plants, provided that you understand what nutrients you're restricting and how to get them elsewhere. A flexible and balanced approach to nutrition has a lot of wiggle room. Once you understand the fundamentals you can truly make your diet your own.

If you're coming into this open-minded and iron-stomached though—great! You can eat a “normal” balanced diet. The great thing about eating the Bombshell Way is that it really is *normal*! That means you can go to a real restaurant and order real food. You won't need to pull the waitress aside to say, “Excuse me: so... like, can I get the grilled chicken salad with no salad dressing?”

When you're out on a date, you'll know the benefits you're getting from your balanced approach to nutrition, but your dinner date won't. They'll just think you're a normal woman with truly incredible babe genetics and a passion for lifting barbells.

Yes, you *will* likely need to make some changes. You signed up for this program because you aren't yet where you want to be, after all, and we aren't just trying to take the safe and easy approach here. We aren't after subtle and gradual changes; we're trying to change what you're doing enough to give you the most remarkable and noticeable results possible.

Changing your physique won't necessarily be a walk in the park, but we've designed this program so that it won't be any harder than it has to be.

THE STRENGTH OF CURVES

The problem you're likely all too familiar with is that most fitness programs for women treat you like a rock that needs to be carved, not a clay sculpture in need of a little more clay. Many programs start with the assumption that you already have all the muscle mass you need and that it's simply a matter of getting rid of extra fat and toning up. Or they assume you grow heavier naturally—that if you unleash your inner foodie... voila—booty. Well *Bony to Bombshell* isn't one of those programs designed for your typical gal; it's a program designed to build up curves where there weren't curves before.

First, let's define what we're talking about: When we talk about building curves, we aren't talking about plumping up your love handles, acquiring cankles or bulking up your belly (unless you're pregnant, in which case we'll count that as a nice healthy curve). We're talking about the *bodacious* curves—the round, strong, hot, healthy and *functional* curves. Let me explain:

A strong round tush

Most of us have butts that have learned to turn themselves off—the muscles don’t fire properly when you try to engage them—creating a flat and poorly padded platform for us to sit on all day. Your ass is quite likely lazy—literally. Unfortunately, this butt problem is as big as your ass is small. See, your butt is supposed to be the most powerful and curvaceous muscle you’ve got, and not just because a rad tush looks amazing! It’s also because when your glutes start lazing around, your whole body falls into compensation patterns. Instead of functioning optimally, your other muscles need to pick up the slack.

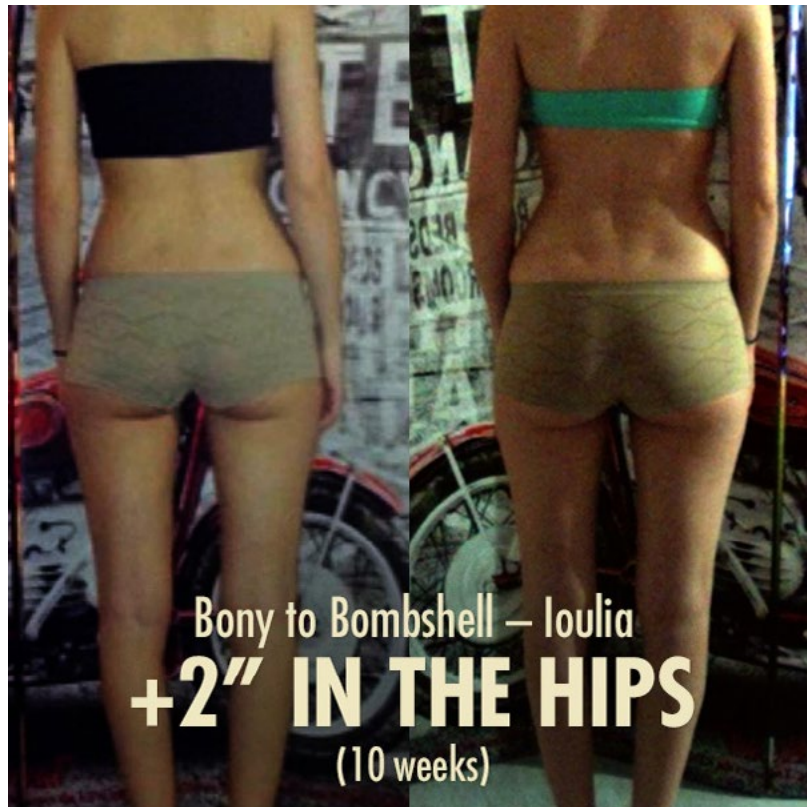
Since those other muscles aren’t designed to handle that extra load, weird things start to happen. You wind up with bigger muscles in odd places, like your lower back. Your posture may start falling apart. Maybe your toes start pointing a little further outwards and your knees start caving in a little further. Maybe the top of your hip tilts forward, making it look like you’ve got a skinny-gal pot belly. This portfolio of postural problems can make it a whole lot harder to become strong, graceful and feminine.

The obvious assumption to make at this point is that since this is fundamentally a postural/flexibility issue, we should turn to stretching and yoga, etc., but it’s actually, and rather controversially, not really a postural issue; it’s a weakness issue. More specifically, it’s a weak butt issue ([study](#), [study](#)). The best way to fix and prevent lower back pain, for example, is by building up glute strength ([study](#)). Bomb glutes will add power to your stride, straighten out your hips, allow you to stand straighter, and let you carry around a little more sex appeal in your back pockets.

You can honestly tell your friends that you’re building up a badass backside to help improve your posture, prevent back pain, improve spinal stability, increase your sprint speed, and hold your pants up without a belt... and you can rest assured that your hard work won’t go unnoticed. As your butt grows bigger and stronger, you’ll grow ever more attractive ([study](#)). People’s heartstrings can be very consistently tugged by great posture, strong musculature, a lean-ish waist and a

powerful buttocks ([study](#), [study](#)). These traits work well together, too. The leaner you are in the waist, the more your booty will pop, and building up a muscular ass and strong thighs will visually make your waist appear smaller.

So while I recommend that you do this program for your own long-term wellbeing, you can certainly expect a lot more jaws to drop as you walk down the sidewalk.



A strong round everything

Your butt is just one example of bigger and stronger muscles bringing along a whole host of advantages, and the same benefits are true (albeit to a slightly smaller degree) with all of your muscles. If you learn how to lift well through the fundamental movement patterns, not only will you be more mobile, more flexible and more graceful, you'll also learn to use your body in the way that it's meant to be used. You'll build up aesthetic, athletic and attractive muscle in all the right places. This can have some cool effects. For example, if you build up a bigger and stronger chest, it will push your breasts up and out, sort of like a pushup bra.

Even just a little muscle can make you look and feel a whole hell of a lot stronger, healthier and more vibrant. Check it out:



To maximize your sex appeal, you can develop the often neglected top half of the coveted hourglass physique. Building more upper body strength will increase

the breadth and depth of your shoulders and upper back, which will make your waist appear smaller. As mentioned earlier, you can reduce the size of your waist by getting leaner, but you can also reduce your waist size by strengthening your transverse abdominis. You can use your core muscles to naturally cinch your waist, like a corset or belt would. Most popular core training does the opposite. For example, just like bicep curls make your biceps bigger, crunches make your waist bigger. (By teaching you to bend in the wrong place they can also make it harder to develop proper posture.) Check out Randi's 5-week progress:



Picturesque Posture

While strength is definitively important, that's not to say that posture isn't crucially important as well. It is. Poor posture can mess with your mood and confidence, cause fatigue, make you appear older, and impair your strength. It also doesn't look all too elegant or confident.

Posture can be fairly tricky to fix, as you've probably already realized. In order to keep your head from jutting forward you need to fix your pelvic tilt. In order to stop your pelvis from tilting forward you need a strong core and a powerful set of glutes. In order to stop your shoulders from caving in you need flexibility in your chest and a strong back to hold them in place... otherwise they'll just slump back forward. It will take patience, but great posture is achievable, and this program is designed to help you gradually improve it over the coming months:



Mobility & Movement

If flexibility is how far you can stretch, then mobility is how far you can stretch while also being in total control of that movement. Mobility is about giving all of your joints the optimal range of motion... and then learning to lift heavy weights through that range of motion. You should be able to leap like a leopard, drop it like it's hot (from the hips, not the lower back), press weight overhead without placing too much stress on your spine, and be able to get yourself into all sorts of positions of questionable wholesomeness with a natural grace and athleticism.

Brainpower, Energy, Mood, Youth and a Healthy Glow

Exercise in general is absolutely fantastic for you. It improves blood flow to your brain; it makes you more intelligent; it increases your attention span and improves cognition (by increasing basal ganglia and hippocampal volume); it also reduces anxiety and depression, increases energy levels, increases lifespan, and wards off numerous diseases and health issues ([study](#), [study](#)).

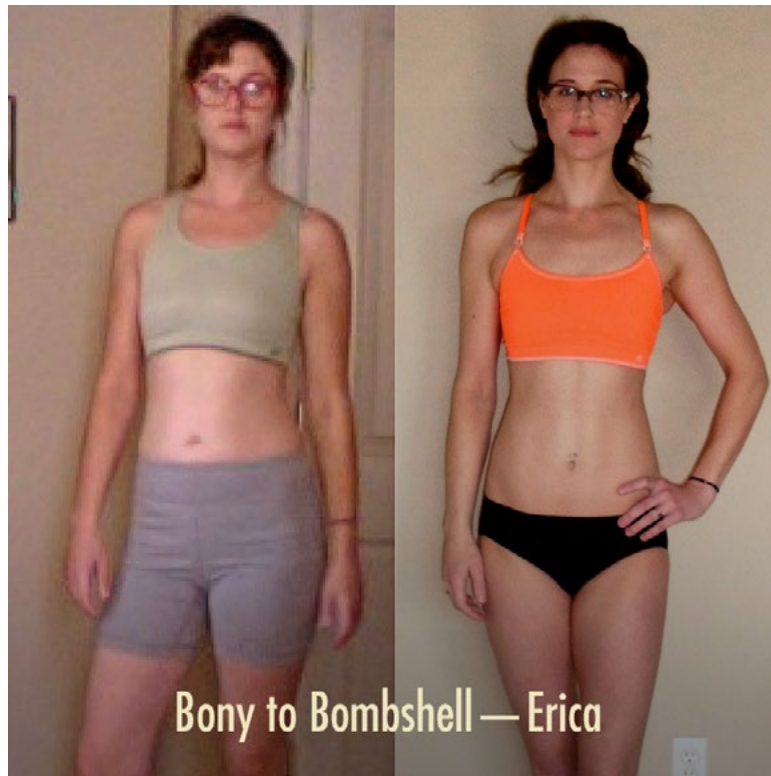
However, we aren't just about logging your cardio hours to get the generic health benefits of exercise. Those benefits are great, but there's a lot more to take advantage of. Building muscle comes with benefits that go beyond posture, performance and sexiness. Developing and maintaining fearsome strength is the "fountain of youth" when it comes to training. Getting stronger makes it easier to get and stay lean; it counteracts the effects of aging; it increases your lifespan; it improves your quality of life and it improves bone density ([study](#), [study](#), [study](#), [study](#), [study](#), [study](#), [study](#)).

Strength training also comes with its own arsenal of mental advantages. Strenuous physical activity (the intense and heavy stuff) stresses the brain and promotes further adaptation and growth. It can improve your memory, concentration, willpower, and ability to learn ([study](#)). Like cardio, it also boosts energy levels and mood while reducing depression and anxiety ([study](#)).

Not all training programs do this equally. Some of the more intense training programs train you too hard, reducing your energy levels and weakening your immune system. You shouldn't be waking up in the morning feeling like you got trampled by a stampede of bodybuilders. You should have more energy, not less.

(And your period and sex drive should certainly stick around.)

You can even see the effects of nutrition and exercise in your complexion and skin tone. Your skin begins to glow a little redder and a little yellower when you're a genuinely strong, fit and healthy gal. ([study](#), [study](#))



The Freedom to Choose Your Own Goals

There are many healthy and attractive bone structures and body types. You might want to look slender and lithe, or voluptuously curvaceous. You might desperately want abs; you might not. Some girls want strong thighs and glutes, like a sprinter; some girls want *slender* thighs and a popped booty, like a bikini model. There are many great types of physiques, and many of them are equally healthy, equally attractive and equally functional.

One benefit that weightlifting can offer is the ability to build the physique that lines up with your own version of beauty, strengths, weaknesses and goals. When you learn how to move your body and your muscles well, you can control where you build your curves and where you don't. Same deal with nutrition: once you understand how to eat well and get results out of it, you'll have the freedom to build the type of physique that you're looking for.

This program is optimized to give you the best possible shot at accomplishing a myriad of health, hotness, fitness and health goals in as efficient and wholesome a way as possible, and with plenty of room for flexibility. Fitness, health and strength are conditions, not looks. Even when it comes to physical attractiveness there's a lot of wiggle room.

This program is designed to make you strong, graceful, athletic, slender, curvaceous, and bootyful. Exactly what that looks like is up to you, and we're here to help you work towards your own individual goals.

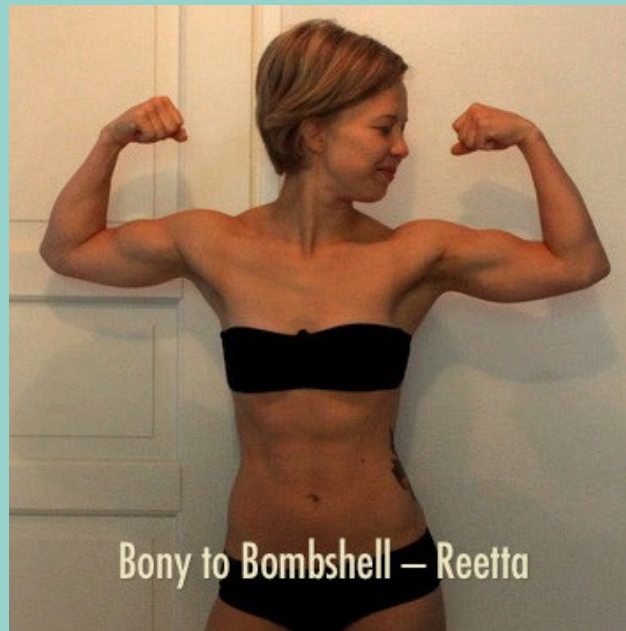
This is rather decidedly a weight *gain* program. So long as you aren't medically obese, we're the last people to tell you that you should lose weight. But when we're talking about building muscle and gaining weight you can rest assured that we're talking about building just muscle. Even when you're gaining weight you may find yourself getting more and more toned, as your muscle definition will be showing more and more.

If you do want to lose weight though, luckily the training for both strength and slenderness is pretty much identical. Lifting heavy things through compound movements, mastering the fundamental movement patterns, getting your heart rate up, stressing your nervous system, encouraging your body to use nutrients to build muscle instead of storing fat—these are all things that can help you achieve either a more curvaceous *or* more slender physique.

The difference between losing fat and building muscle is largely a nutritional one. Once you have a solid grasp of the fundamentals of nutrition, you'll be able to easily alternate between losing fat while maintaining muscle, and building muscle while staying lean. [Here's](#) our guide for transforming this program into one that burns fat instead of building muscle.



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