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Welcome to Strong Curves! This is a subreddit for those who are contemplating, currently doing, or have completed Strong Curves by Bret Contreras and Kellie Davis.

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Post questions about the program, show off your results, or comment about your experience.

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inducing glute hypertrophy and lower body strength. Do I need lifting experience to start Strong Curves? No. Strong Curves has different variations, including "Bootyful Beginnings," which was designed for beginners. The book explains how to do all exercises

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(with pictures too!). Beginners welcome! Is Strong Curves only for beginners? Nope!

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What is Strong Curves? Strong Curves (SC) is an exercise and

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nutrition program developed by
Bret Contreras . SC places
significantly emphasis on the
gluteal muscles, and is
considered a great introduction
for women into lifting weights.

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Just to give you a hint on the rest of the book, Strong Curves is a complete guide for improving a woman's physique, strength, and lifestyle: Chapters 1-9 teach you the key components when building a woman's physique, provide the science behind

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muscle building, provide you a practical guide for nutrition, and discuss proper movement patterns.

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Strong Curves is aimed and

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marketed at women predominantly, but there is no questioning that it is also a great training resource for men (who just as commonly suffer from underdeveloped glutes). The book can definitely benefit both genders in a relationship -

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meaning that as a guy, you can also follow the program alongside your female partner if you want to provide a bit of support and encouragement!

~~Strong Curves Review: A Must-Have Reference Guide for ...~~

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