

# MOVE BY *Melissa*

## MELISSAS TIPS

### GAINS

**If you are trying to build a bigger booty you need to LIFT HEAVY and EAT!!**

I purposely didn't show the weight I was using in my videos as I want you to do what is best for you and your body. Make a log in the notes section so you can be sure you are lifting enough without compromising your form. The last couple of reps should be difficult to finish but still maintaining proper form. Push through your heels in most exercises this will help focus on your glutes. Don't forget to keep your core tight through each exercise this will protect your back and help burn extra calories!

Lifting is a connection you have with your mind and muscles. It's about focusing on activating your muscles through the entire range of motion. In this case it's your GLUTES! Make sure you can feel the engagement of your glutes throughout each exercise to get the most benefit.

Never lift on an empty stomach. I always eat a small meal 30 minutes to an hour before working out to make sure I have enough energy and I am getting the most out of my workouts. It's really important to fuel your body with protein right after your workout as well. It is recommended to have a protein shake and/or meal (if your trying to get them extra GAINS) within 20-30 minutes after your workout.

Make sure you are getting enough calories and protein to build and repair your muscles. This is going to be key in growing that POWER BOOTY!!

I would recommend minimal cardio if your goal is to build muscle and a bigger booty.

### TONE & SCULPT

If your goal is to lose fat while toning your booty - I would recommend 20-30 minutes of cardio after each workout as well as on rest days depending on your weight loss goals. I love the stair climber! It's low impact and the only type of cardio where I really work up a sweat and see results.

It's important to maintain your diet whether your goal is to build or tone and sculpt. Below are some essentials sources of protein, vegetables and carbohydrates.

## NUTRITION

### LEAN PROTEINS:

- Chicken
- Turkey
- Fish
- Eggs

### GREEN VEGETABLES

- Green Beans
- Broccoli
- Snap Peas
- Asparagus
- Spinach
- Kale

### CARBOHYDRATES:

- Sweet Potatoes
- Brown Rice
- Oatmeal
- Whole-Grains

Stay away from processed foods, fast food, soft drinks, and any fruits that contain a lot of **sugar**.

### SUPPLEMENTS

- Branch Chain Amino Acids (BCAAs)
- Conjugated Linoleic Acid (CLA)
- Fish Oil
- Whey Protein
- Multivitamins

### GOALS

You will only get out what you put into this. It's mind over matter and how bad you want it. Do you see the body you want? You really have to see it...visualize your dream body - the best version of you and believe that you can accomplish anything you put your mind to! Yes, you will have days when you feel like not going to the gym. Don't make excuses!! We all have busy lives. Figure out how to make your workouts a priority and do it! TAKE PHOTOS! It's easier to stay on track when you start seeing results. Take progress photos every few weeks. Make sure you hashtag #movebymelissa #powerbooty so I can see your progress!! You got this!! I believe in you!!



LOVE MELISSA xoxo