

# MOVE BY *Melissa*

## MELISSA'S TIPS

The focus of my training program is a connection 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. Butt first...let's talk about tips and tricks to build that Power Booty.

*A complete listing of Melissa's tips, nutrition and supplement are available when you purchase the Power Booty Program.*

