

The background features a light gray circular frame containing various fitness-related icons: a heart with a pulse line, a dumbbell, a running shoe, a barbell, a kettlebell, and a pair of scissors. The word "FOUNDATIONS" is written in large, bold, light gray capital letters across the center of the image.

Grow Bigger Glutes!

The only 4 steps you need to grow glutes, anywhere, at your own convince...even if you've never trained a day in your life.

EVER HEARD OF TIME UNDER TENSION?

In my experience, the average women doesn't workout this way. Typically, women go through movements quickly.

This will make you sweat, but it won't grow your glutes.

Think of it this way.

Imagine you have a big, strong rubber band. When the rubber band is stretched, it has to work really hard to stay stretched.

The longer you keep it stretched, the more it has to work.

In a similar way, when we lift something heavy, our muscles have to work to move the weight.

The time under tension is how long our muscles have to work during each exercise. The more they work, the bigger they grow!

Combine this understanding with these 4 steps, and you have the capability to grow your glutes practically as big as you want.

**THE ONLY 4 STEPS YOU
NEED TO GROW HUGE
GLUTES THAT TURN HEADS
AND ARE FUNCTIONAL**



1

RECRUITMENT

Not all movements are created equal. Some use more glutes than others. Add Dumbbell bulgarian splits squats, landmine rdl's, barbell hip thrusts w/band abduction, dumbbell step ups, and dumbbell reverse lunge with knee drive -3x per week, for the next 90 days. 3 sets, 10 reps on each exercise.

TEMPO

2

Use this tempo: 2-1-2. (For example: Squats: 2 seconds down, hold at bottom for 1 second, 2 seconds on the way up, repeat. This tempo can be used on any movement.) The will force your muscles to work hard throughout the entire movement, causing enough tension to grow.

FOUNDATIONS.

3

PROGRESSIVE

A Lack of growth is often due to workouts not being challenging enough. Your body adapts to the same stimulus. Adding 5-15lbs each week ensure you continually grow.

RECOVERY

4

Consume your bodyweight in protein to give your body what it needs to recover so you have the fuel to keep growing.

The background is a solid green color with various white line-art icons scattered across it. These icons include a heart with a pulse line, a dumbbell, a running shoe, a pair of scissors, a bicycle, a jump rope, and a barbell.

IT'S THAT SIMPLE.

If you do these 4 things, 3 times per week, for the next 4 weeks you will easily add 1-3 inches to your glutes and legs.

BEFORE YOU GO, HERE'S SOMETHING THAT WILL HELP

Imagine not needing to remember any of the above information. Imagine having all of the hard work done for you so all you have to do is show up to the gym, workout, and see the results you want month by month.

If that's you, here's something you may like.

Growing big glutes and legs is something we specialize in. In fact, so much so we created a class called Peachy. Hundreds of people would show up to peachy every week.

It was such a hit that we took the very best movements from Peachy and put it all in one online Program.

With this Pdf, you'll get free access to Peachy.

This program comes with our mobile app complete with videos so you now what to do and how to do it.

And since it's an app, you can do this anywhere, anytime, at your own convenience.

Foundations X-30 Peachy can help you...

Add 1-3 Inches to Your Glutes Within 30 Days

Reaching your fitness goals can be difficult. At Foundations, we make reaching your fitness goals simple by providing you with everything you need to look, move, and feel the way you want so you can live the story you desire.





FOUNDATIONS.

ABOUT US

Foundations was created to by TJ Gipson. Tj has rapidly become known for his ability to help his clients get amazing results.

Foundations exists to help you solve your fitness problems. Because of the success of our clients, and our proprietary workout system the X-30 Method, we've quickly become the most after Fitness brands in Oklahoma.

WHAT COMES WITH PEACHY.

- 4 week peachy program.
- Free access to app.
- Workouts you can do at your own convince
- Access to our scheduling app.



HOW PEACHY WORKS

1

DOWNLOAD

Download the fitness app

2

FOLLOW

Follow each step in the Peachy Program

3

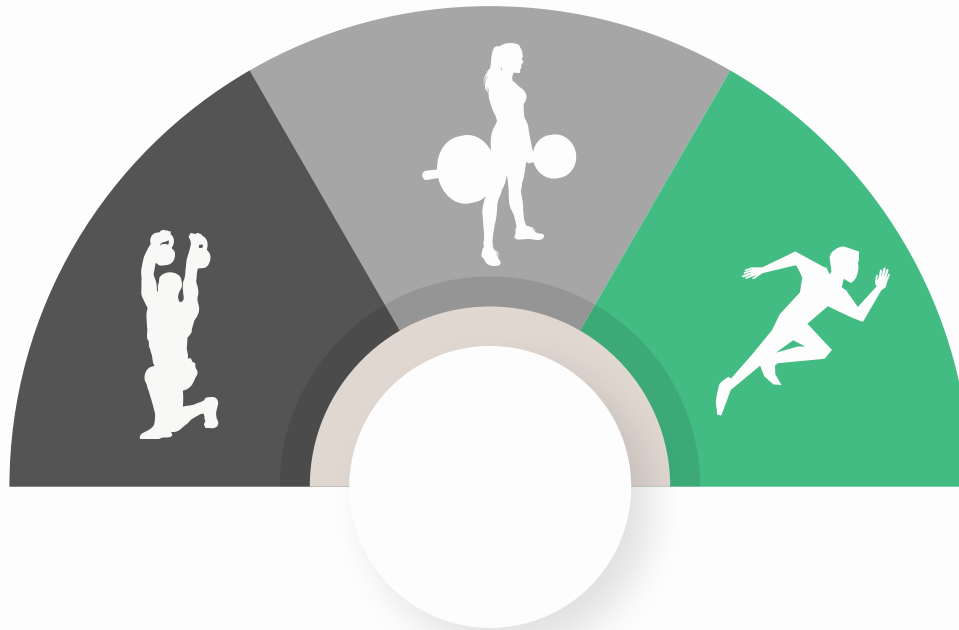
RESULTS

Watch your body change.

ONCE DOWNLOADED,
PLEASE ALLOW 24
HOURS FOR SET UP.

WHAT IS X-30

X-30 is our proprietary method that combines power, strength, and conditioning and combining them all in one workout. By combining these different modalities, you get an amazing results while only working out 30 minutes at a time.



01 PHASE 1 POWER

Enhances speed and improve your overall fitness performance.

02 PHASE 2 HYPERTROPHY

Enhance your strength confidence while reducing injuries & stress.

03 PHASE 3 CONDITIONING

Burn a tons of calories (and fat) in a short amount of time.

WHAT YOU CAN EXPECT

- WORKOUTS YOU CAN DO AT YOUR OWN CONVENIENCE.
- SHORT SESSIONS (ONLY 30 TO 45 MINUTES LONG.)
- THE OPTION TO HAVE A COACH AVAILABLE VIA TEXT DURING YOUR SESSION IN CASE YOU NEED ANY HELP.
- END OF THE WEEK CHECK INS TO ENSURE YOU'RE DOING EVERYTHING RIGHT!

DELIVERABLES

Everything you need to complete
X-30 Peachy.

Online Fitness App
invite.everfit.io/NNJVLUZALC

03

NUMBER TO TEXT DURING SESSIONS
580-207-4652

02

SCHEDULING APP ACUITY SCHEUDLING

All sessions must be used within the month.
Any sessions that aren't used will be lost.

01

**GET
CONNECTED
WITH US**

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click icons