

Jeans-Rippin' Gym Finishers



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4. INDIVIDUAL RESULTS AND TESTIMONIALS: RESULTS VARY SIGNIFICANTLY AMONG INDIVIDUALS DUE TO DIFFERENCES IN GENETICS, LIFESTYLE, FITNESS HISTORY, AND DEDICATION. TESTIMONIALS AND TRANSFORMATIONS SHARED ON SOCIAL MEDIA, ON THIS WEBSITE OR IN PROGRAM MATERIALS ARE REAL BUT DO NOT REPRESENT TYPICAL RESULTS. YOUR RESULTS MAY DIFFER BASED ON YOUR PERSONAL COMMITMENT AND CIRCUMSTANCES.

5. ASSUMPTION OF RISKS IN EXERCISE AND DIETARY PROGRAMS: ENGAGING IN PHYSICAL ACTIVITIES OR DIETARY CHANGES INVOLVES INHERENT RISKS, INCLUDING INJURY, ADVERSE HEALTH EFFECTS, AND OTHER COMPLICATIONS. YOU ASSUME FULL RESPONSIBILITY FOR YOUR HEALTH AND SAFETY AND VOLUNTARILY ACCEPT ALL RISKS. IF YOU EXPERIENCE DISCOMFORT, STOP IMMEDIATELY AND CONSULT A HEALTHCARE PROVIDER.

6. SAFETY AND RESPONSIBILITY: TO ENSURE SAFETY, PRIORITIZE PROPER FORM, TECHNIQUE, AND MODERATION. IF YOU EXPERIENCE PAIN, DISCOMFORT, OR UNUSUAL SYMPTOMS AT ANY TIME, STOP AND SEEK MEDICAL ADVICE. PARTICIPATION IN THESE PROGRAMS IS VOLUNTARY, AND YOU BEAR FULL RESPONSIBILITY FOR ANY INJURIES OR HEALTH ISSUES THAT MAY ARISE FROM FOLLOWING THE PROGRAM'S RECOMMENDATIONS.

7. LISTEN TO YOUR BODY: EXERCISE CAUTION AND BE MINDFUL OF YOUR BODY'S SIGNALS. SYMPTOMS SUCH AS DIZZINESS, NAUSEA, OR DISCOMFORT INDICATE A NEED TO STOP AND REST. SUDDEN DIETARY CHANGES OR OVERTRAINING CAN LEAD TO SERIOUS HEALTH ISSUES, INCLUDING INJURY AND ILLNESS. PERSISTENT SYMPTOMS SHOULD BE ADDRESSED BY A HEALTHCARE PROVIDER.

8. GRADUAL PROGRESSION AND SUSTAINABLE PRACTICES: START AT A LEVEL SUITABLE FOR YOUR CURRENT FITNESS AND GRADUALLY INCREASE ACTIVITY OR DIETARY CHANGES OVER TIME. RAPID ESCALATION OR EXTREME DIETING CAN RESULT IN ADVERSE HEALTH OUTCOMES. GRADUAL PROGRESSION HELPS REDUCE RISKS ASSOCIATED WITH SUDDEN CHANGES IN EXERCISE AND DIET.

9. NUTRITION AND DIETARY RECOMMENDATIONS: WE RECOMMEND CONSULTING A REGISTERED DIETITIAN OR NUTRITIONIST BEFORE IMPLEMENTING ANY DIETARY CHANGES SUGGESTED IN THESE PROGRAMS. NUTRITIONAL NEEDS ARE HIGHLY INDIVIDUAL, ESPECIALLY FOR SPECIFIC GOALS LIKE WEIGHT LOSS OR MUSCLE GAIN. AVOID RESTRICTIVE DIETS OR EXTREME MEASURES, WHICH MAY NOT BE HEALTHY OR SUSTAINABLE.

10. AGE AND FITNESS LEVEL CONSIDERATIONS: THESE PROGRAMS MAY NOT BE APPROPRIATE FOR ALL AGES OR FITNESS LEVELS. CONSIDER YOUR AGE, HEALTH STATUS, AND PHYSICAL ABILITIES. INDIVIDUALS WITH SPECIFIC AGE-RELATED OR HEALTH LIMITATIONS SHOULD CONSULT A HEALTHCARE PROVIDER TO DETERMINE SUITABILITY AND MAKE MODIFICATIONS AS NEEDED.

11. PROFESSIONAL GUIDANCE FOR NEW PARTICIPANTS: IF YOU ARE NEW TO FITNESS OR NUTRITION PLANNING, SEEK GUIDANCE FROM A CERTIFIED TRAINER OR DIETITIAN. THESE DOWNLOADABLE PROGRAMS ARE INTENDED AS INTRODUCTORY GUIDES AND DO NOT REPLACE PERSONALIZED PLANS CREATED BY PROFESSIONALS.

12. SPECIAL HEALTH CONSIDERATIONS: INDIVIDUALS WITH CONDITIONS SUCH AS HEART DISEASE, DIABETES, ORTHOPEDIC ISSUES, OR DIETARY RESTRICTIONS SHOULD CONSULT THEIR HEALTHCARE PROVIDER BEFORE BEGINNING THESE PROGRAMS. ADDITIONAL RISKS MAY EXIST FOR CERTAIN MEDICAL CONDITIONS, MAKING PROFESSIONAL ADVICE ESSENTIAL.

13. ASSUMPTION OF RISK AND LIABILITY: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU VOLUNTARILY ACCEPT ALL RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES. DR.GLUTES BV AND ITS AFFILIATES DISCLAIM LIABILITY FOR ANY INJURIES, HEALTH PROBLEMS, OR ADVERSE OUTCOMES. ANY RELIANCE ON INFORMATION PROVIDED THROUGH THESE PROGRAMS IS AT YOUR OWN RISK.

14. ADULTS ONLY: THESE PROGRAMS ARE INTENDED FOR INDIVIDUALS AGED 18 AND OLDER. PARTICIPATION BY MINORS SHOULD OCCUR ONLY WITH DIRECT SUPERVISION AND APPROPRIATE PROFESSIONAL GUIDANCE.

15. PROGRESS PICTURE SUBMISSIONS: ONLY INDIVIDUALS AGED 18 OR OLDER MAY SUBMIT PROGRESS PICTURES OR OTHER MEDIA DOCUMENTING THEIR FITNESS JOURNEY. BY SUBMITTING CONTENT, YOU CONFIRM THAT YOU ARE AT LEAST 18 YEARS OLD. SUBMISSIONS FROM THOSE UNDER 18 WILL NOT BE ACCEPTED AND WILL BE DELETED.

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FINAL REMINDER: BEGINNING ANY FITNESS OR NUTRITION PROGRAM IS A PERSONAL CHOICE THAT REQUIRES CAREFUL CONSIDERATION OF YOUR HEALTH, GOALS, AND OVERALL WELL-BEING. WE ENCOURAGE SEEKING PROFESSIONAL GUIDANCE TO ENSURE YOUR JOURNEY IS SAFE, EFFECTIVE, AND TAILORED TO YOUR INDIVIDUAL NEEDS.

Want to feel your glutes light up – fast?

These 3 finishers are quick, savage, and will have your jeans begging for mercy.

Most women never feel their glutes fully engage – and they never know why. These 3 finishers are designed to fix that in under 5 minutes.

They're pulled straight from the Dr.Glutes App.
Plug them after your workout and make those cheeks burn!

Finisher 1: **Elf On A Shelf**

- ▶ [Watch on YouTube](#)

Finisher 2: **Bouncing Betty**

- ▶ [Watch on YouTube](#)

Finisher 3: **Lunge And Launch**

- ▶ [Watch on YouTube](#)

Bonus: **Quad burner ladder**

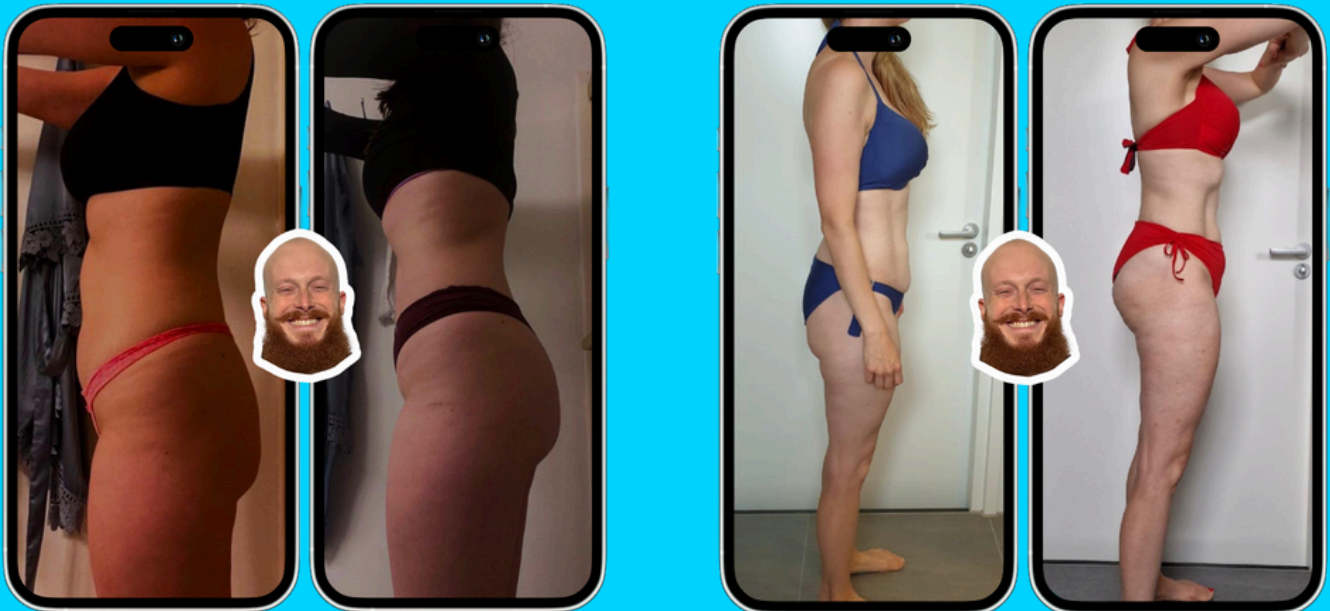
- ▶ [Watch on YouTube](#)



hi, ive been going the gym for 2 years and found that my work out wasnt working out for me as i couldnt see no difference in my results. this is when i decided to switch it up and start using your program and boy it did not disappoint



P.S. - want to grow your glutes and shrink your waist for summer?



The 8-Week Summer Cheeks Challenge is now live in the Dr.Glutes App.

Inside you'll find:

- ✓ 60-minute follow-along sessions
- ✓ Weekly rotating glute finishers
- ✓ Snatched waist core workouts
- ✓ Stretch routines
- ✓ Private community + coaching
- ✓ 400+ exercise demos



If I could give 6/5 I would. This delicious app has been a life saver for me when I travel. Easy to follow, challenging (entertaining) workouts that keep me on track. Working toward getting my cake cheeked up like a corgi. Everyone should get this app. Cheers!

👉 Start your free trial now and join hundreds of women already inside by tapping **this** or DM me “summer” and I’ll send you the full access link.



Tap here.