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[Looksmx] [Butty-maxing 101 \(COMPLETE Guide to building a Slayer's ASS\)](#)

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[Looksmx] [Butty-maxing 101 \(COMPLETE Guide to building a Slayer's ASS\)](#)



[Legit Theory](#)

Irish-Italian



Posts: 6,392

Threads: 553

Joined: Dec 2015

Reputation: [7,064](#)

Tinder Matches: 5

Dates: Zero

Kisses: 100+

Slay Count: 50+ Slayer

Relationships: 14

[#1](#)

06-28-2016, 06:15 PM

Introduction:

A strong butt on a man denotes strength, sexual prowess, good virility and overall dominance. It's one of the most overlooked parts of the male physique, probably because of it's association with homosexuality, but regardless, women are still very attracted to a man's ass, here will be a short but sweet guide on how to build it, a few of my favorite/best exercises. I received a few PMs from users about what it's like to have a big booty and how women react to it, so by popular demand here is the complete bootymaxing 101 guide for the assless



Why women love ass on men

<http://positivemed.com/2015/07/13/10-sci...ice-butts/>

<http://elitedaily.com/women/18-reasons-g...t/1105435/>

INB4 someone says OP is fagmaxing



Imma keep this short and sweet and explain the parts it takes to building the ass, followed by some exercises and lastly a Q/A where I discuss rep ranges and such

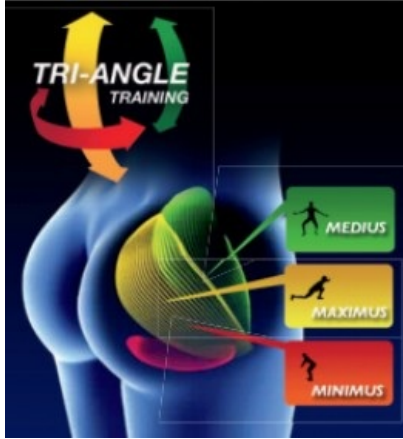
To get a slayer's ass, you need to build 2 parts, the outer and inner glute, both are equally important, and they both cannot be effectively trained at the same time. Below is an explanation

1.) Outer glute muscle: These are technically two muscles, the medius and minius, but since they are worked generally the same, I will refer to them both as "outer muscle". It's worked by doing just straight downward extension (squats, deadlifts, ect) These exercises will make up the bulk of the size you add to your ass, because the outer muscle is a lot bigger than the inner.

2.) Inner glute muscle: This is the outer part of the glutes and is worked by backward extension of the leg. This is referred to as the maximus. This muscle is fairly harder to train and most conventional bodybuilding exercises, particularly the popular compound movements don't build them.

3.) Pelvic alignment: Lastly you want to train the lower abs, pelvis and upper inner thigh to completely stabilize your lower body and really make that ass stand out from the crowd. I'll explain that in just a moment

HERE'S A SIMPLE OUTLINE OF YOUR ASS ANATOMY



Outer glute movements/exercises.

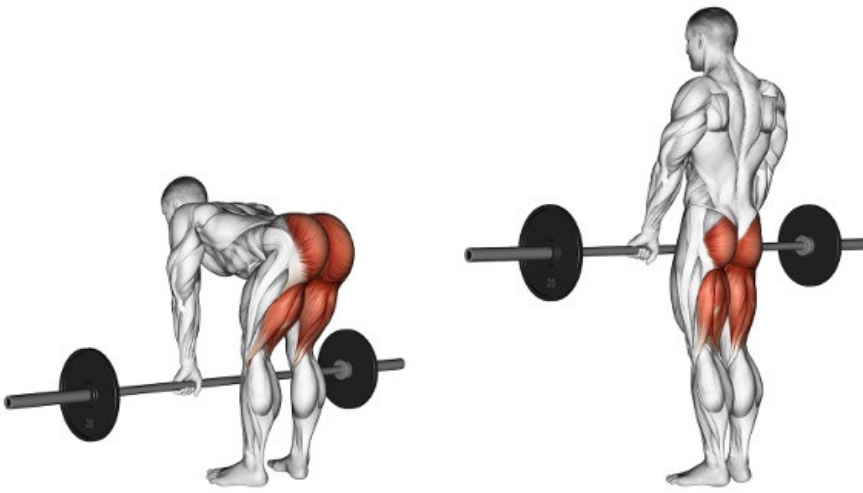
1.) Squats.

Because of the popularity of squats I will not delve too deep, there are also many variations of squats that work glutes. The concept is still the exact same; bend your legs until your butt is below your knees. This is referred to as **ATG, or ASS TO THE GRASS** HOWEVER, If you don't extend all the way, it will not work the full outer muscle group if you do not let your butt descend past your knees. Here is the proper ATG squat form. Depending on your fitness level you may want to increase weight



2.) Dead lift Variations

The deadlift is a great movement for building glutes. This is self explanatory, you pick up a weight and lift it to your side. The romanian deadlift is the best variation for glute gains IMO. It is outlined below.



Inner glutes movements/exercises.

Lunges:

With or weight added weight. Be sure to get a good stretch in your back leg



Glute Kick back:

This is my go to movement. Can increase resistance with ankle weights



Running:

It's a no brainer that running builds glutes. If you can, throw on a pair of ankle weights and do sprints as fast as you can, really getting a good extension in your legs.

Pelvis movement/exercise

Hip thrust.

This is my go to. You can do it with or with a weight depending on your strength lvl



Q/A session

Q: How do I get my booty to pop? I have ass, but it's still has very little shape

A: Work your outer glutes more. The outer glutes are responsible for the majority of pop and

Q: Is there anyway to work inner and outer glutes at the same time?

A: Not that I'm aware of. They essentially serve two different stabilizing purposes. I would say that lunges are probably the closest you would get but they are largely thigh + inner dominant.

Q: Why do baseball players have nice asses?

A: Running a lot builds the inner glute, which causes it to pop out more. Couple this with the fact that many professional athletes are using AAS and PEDs, it's no wonder many develop a slayer's ass just from running a lot.

Q: What would be ideal reps/sets and how often to train?

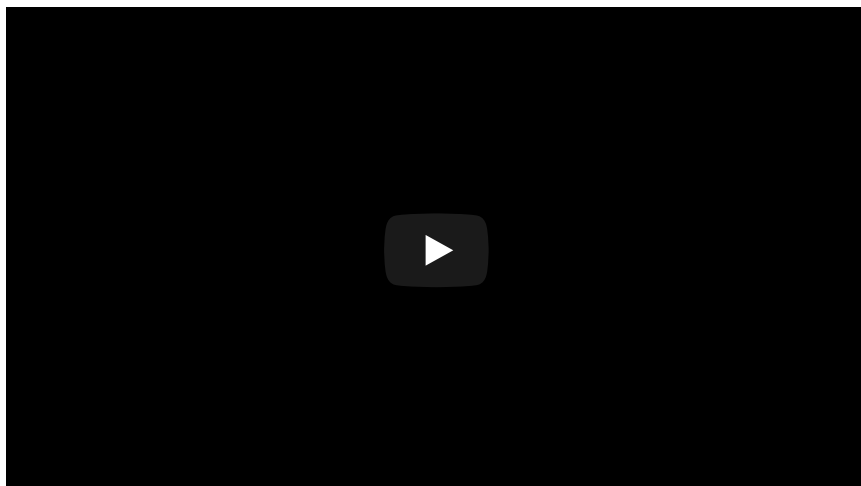
A: First time doing a glute exercise your ass is going to be inflamed with pain and you'll likely have some trouble walking for a few days and won't be able to perform sexually from the pain. I would say 10-15 reps for 3 sets, trained 2 times per week, using 4-5 different exercises.

Q: Do women grab your ass OP?

A: Yes, I literally cannot go out to a club in my booty pants without a girl catcalling and sometimes slapping and grabbing my ass. srs.

Fellow big booty slayers, post more tips ITT

TL;DR version



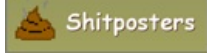
Watch this youtube video, it shows how to work all 3 parts.

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[ThePolygamist](#)



Posts: 4,180

Threads: 1,395

Joined: Jul 2015

Reputation: **3,760**

[#2](#)

06-28-2016, 06:15 PM (This post was last modified: 06-28-2016, 06:16 PM by [ThePolygamist](#).)

all you have to do is heavy squats and deads
none of that stupid lunging, leg kickback, glute bridge shit

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[Legit Theory](#)

Irish-Italian



Posts: 6,392

Threads: 553

Joined: Dec 2015

Reputation: **7,064**

Tinder Matches: 5

Dates: Zero

Kisses: 100+

Slay Count: 50+ Slayer

Relationships: 14

[#3](#)

06-28-2016, 06:19 PM

(06-28-2016, 06:15 PM)ThePolygamist Wrote: all you have to do is heavy squats and deads
none of that stupid lunging, leg kickback, glute bridge shit

Was waiting for someone to post some shit like this. Just lol if you think you can get a nice popping butt without working the inner portion, i.e by doing backwards extension of the leg. Squats work the best for size, but they will not give you the round bubble shape. You need to kickback/running/lunges

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[Anakind](#)

researcher



Posts: 12,523

Threads: 936

Joined: Jul 2015

Reputation: **6,006**

[#4](#)

06-28-2016, 06:19 PM

Anatomy determines to a large degree whether you will get a great ass or not. My ectomorph ass shape sucks even after years of squats and deadlifts.

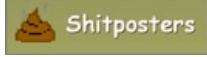


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[ThePolygamist](#)



Posts: 4,180


Threads: 1,395

Joined: Jul 2015

Reputation: [3,760](#)


[#5](#)

06-28-2016, 06:21 PM (This post was last modified: 06-28-2016, 06:23 PM by [ThePolygamist](#).)

(06-28-2016, 06:19 PM)Anakind Wrote: Anatomy determines to a large degree whether you will get a great ass or not. My ectomorph ass shape sucks even after years of squats and deadlifts. 

yep

i have insane glute insertions

they were always huge relative to my body even when i was 6'0 115lbs 

girls liked to cop a feel now and then

(06-28-2016, 06:19 PM)Legit Theory Wrote:

(06-28-2016, 06:15 PM)ThePolygamist Wrote: all you have to do is heavy squats and deads none of that stupid lunging, leg kickback, glute bridge shit

Was waiting for someone to post some shit like this. Just lol if you think you can get a nice popping butt without working the inner portion, i.e by doing backwards extension of the leg. Squats work the best for size, but they will not give you the round bubble shape. You need to kickback/running/lunges

i had a huge round butt before doing any lifting

all this isolation shit is cope

look at any sprinter, football player, athlete

they have huge asses and dont do any of this leg kickback shit

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[Harper](#)

Princess of Lookism



Posts: 2,787

Threads: 311

Joined: Feb 2016

Reputation: [-1,557](#)

Relationships: 1

[#6](#)

06-28-2016, 06:25 PM

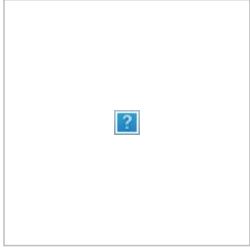
(06-28-2016, 06:19 PM)Legit Theory Wrote:

(06-28-2016, 06:15 PM)ThePolygamist Wrote: all you have to do is heavy squats and deads none of that stupid lunging, leg kickback, glute bridge shit

Was waiting for someone to post some shit like this. Just lol if you think you can get a nice popping butt without working the inner portion, i.e by doing backwards extension of the leg. Squats work the best for size, but they will not give you the round bubble shape. You need to kickback/running/lunges

You can't shape a muscle. Building weights and building muscle is like filling up a balloon. You're just making it bigger.

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[ThePolygamist](#)



Shitposters

Posts: 4,180
Threads: 1,395
Joined: Jul 2015
Reputation: [3,760](#)

[#7](#)

06-28-2016, 06:26 PM

(06-28-2016, 06:25 PM)Harper Wrote:

(06-28-2016, 06:19 PM)Legit Theory Wrote: Was waiting for someone to post some shit like this. Just lol if you think you can get a nice popping butt without working the inner portion, i.e by doing backwards extension of the leg. Squats work the best for size, but they will not give you the round bubble shape. You need to kickback/running/lunges

You can't shape a muscle. Building weights and building muscle is like filling up a balloon. You're just making it bigger.

'just a few more years of cable flies and my chest will be like zyzz '



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[Anakind](#)

researcher



Posts: 12,523
Threads: 936
Joined: Jul 2015
Reputation: [6,006](#)

[#8](#)

06-28-2016, 06:27 PM

(06-28-2016, 06:21 PM)ThePolygamist Wrote: look at any sprinter, football player, athlete they have huge asses and dont do any of this leg kickback shit




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Harper ●
Princess of Lookism
★★★★★
Posts: 2,787
Threads: 311
Joined: Feb 2016
Reputation: [-1,557](#)
Relationships: 1
[#9](#)
06-28-2016, 06:28 PM

(06-28-2016, 06:26 PM)ThePolygamist Wrote:

(06-28-2016, 06:25 PM)Harper Wrote: You can't shape a muscle. Building weights and building muscle is like filling up a balloon. You're just making it bigger.

'just a few more years of cable flies and my chest will be like zzzz  '



One single movement, bench press. People make this shit complicated.

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[rugby1233](#)

high iq



Posts: 4,122

Threads: 986

Joined: Jul 2015

Reputation: [2,985](#)

[#10](#)

06-28-2016, 06:31 PM

Legit, this guys was liked a lot on DirtyDaddies:



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[Legit Theory](#)

Irish-Italian



Posts: 6,392

Threads: 553

Joined: Dec 2015

Reputation: [7,064](#)

Tinder Matches: 5

Dates: Zero

Kisses: 100+

Slay Count: 50+ Slayer

Relationships: 14

[#11](#)

06-28-2016, 06:31 PM

(06-28-2016, 06:25 PM)Harper Wrote:

(06-28-2016, 06:19 PM)Legit Theory Wrote: Was waiting for someone to post some shit like this. Just lol if you think you can get a nice popping butt without working the inner portion, i.e by doing backwards extension of the leg. Squats work the best for size, but they will not give you the round bubble shape. You need to kickback/running/lunges

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Yeah I know and squats alone do not provide enough hypertrophy to the inner portion, if you aren't building mass in the inner portion it will not look round and pop out no matter what. (Unless you have insane medius insertions)

Backwards extension is just as important, that's like saying you can build your triceps with curls. Yeah a tiny tiny tiny bit, but no where near as much as going with tricep extensions

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Legit Theory

Irish-Italian



Posts: 6,392

Threads: 553

Joined: Dec 2015

Reputation: **7,064**

Tinder Matches: 5

Dates: Zero

Kisses: 100+

Slay Count: 50+ Slayer

Relationships: 14

[#12](#)

06-28-2016, 06:35 PM

(06-28-2016, 06:27 PM)Anakind Wrote:

(06-28-2016, 06:21 PM)ThePolygamist Wrote: look at any sprinter, football player, athlete they have huge asses and dont do any of this leg kickback shit



I've literally trained hundreds of people and got them to squat booty status, and people still doubt my fitness knowledge. I put running in the same category as lunges because they both require extension at the leg, even if it's just a little bit.

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[Face only a Mother could Love](#)

Mega Super Poster



Posts: 3,501

Threads: 317

Joined: Jun 2016

Reputation: [1,422](#)

[#13](#)

06-28-2016, 06:35 PM

Women's opinion on ass has not been decided.

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[Harper](#)

Princess of Lookism



Posts: 2,787

Threads: 311

Joined: Feb 2016

Reputation: [-1,557](#)

Relationships: 1

[#14](#)

06-28-2016, 06:37 PM (This post was last modified: 06-28-2016, 06:38 PM by [Harper](#).)

(06-28-2016, 06:31 PM)Legit Theory Wrote:

(06-28-2016, 06:25 PM)Harper Wrote: You can't shape a muscle. Building weights and building muscle is like filling up a balloon. You're just making it bigger.

Yeah I know and squats alone do not provide enough hypertrophy to the inner portion, if you aren't building mass in the inner portion it will not look round and pop out no matter what. (Unless you have insane medius insertions)

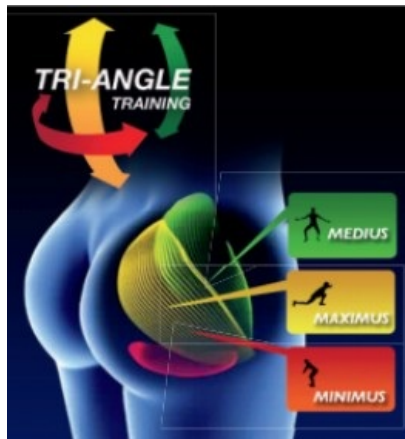
Backwards extension is just as important, that's like saying you can build your triceps with curls. Yeah a tiny tiny tiny bit, but no where near as much as going with tricep extensions

Yeah I know and squats alone do not provide enough hypertrophy to the inner portion, if you aren't building mass in the inner portion it will not look round and pop out no matter what. (Unless you have insane medius insertions)

Which part are you on about?

Backwards extension is just as important, that's like saying you can build your triceps with curls. Yeah a tiny tiny tiny bit, but no where near as much as going with tricep extensions

What is a backward extension? No, you cannot create enough stimuli in the tricep to activate hypertrophy by doing a curl.



All of them get worked with a squat.

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Mega Super Poster



Posts: 3,501

Threads: 317

Joined: Jun 2016

Reputation: [1,422](#)

[#15](#)

06-28-2016, 06:41 PM

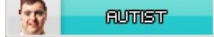
My ass always hurts after leg presses? OP?!

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[New Boyo](#)

Super Poster



Posts: 1,011

Threads: 72

Joined: May 2016

Reputation: [519](#)

[#16](#)

06-28-2016, 06:46 PM

can confirm that women like great asses on men

source: experience



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[Legit Theory](#)

Irish-Italian



Posts: 6,392

Threads: 553

Joined: Dec 2015

Reputation: [7,064](#)

Tinder Matches: 5

Dates: Zero

Kisses: 100+

Slay Count: 50+ Slayer

Relationships: 14

[#17](#)

06-28-2016, 06:56 PM

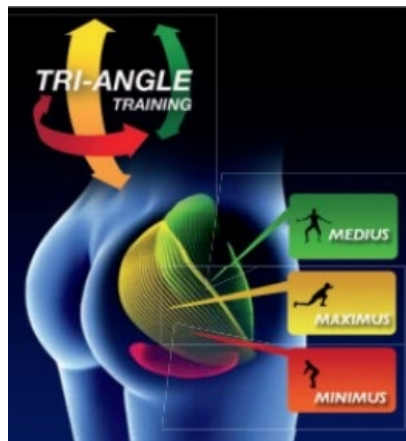
(06-28-2016, 06:37 PM)Harper Wrote: **Yeah I know and squats alone do not provide enough hypertrophy to the inner portion, if you aren't building mass in the inner portion it will not look round and pop out no matter what. (Unless you have insane medius**

insertions)

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All of them get worked with a squat.

There is an antagonist muscle and agonist muscle both in your butt. Typically all of our joints have them, one is associated with backwards extension and the other forward. Think about the movement of a squat. You bend your knees and activate the glute. Your knees bend forward, activating primarily in the outer portion. With kickback movements, you bend your knees backwards, activating primarily in the inner portion.

<http://healthyliving.azcentral.com/antag...-3726.html>

Since your ass is round and not completely vertical like your arm you get a bit of hypertrophy in all parts with most movements like you said, but that doesn't mean that it's growing at an ideal rate. Tons of people squat to hell but ass is still flat because the inner portion isn't trained, as such it looks blocking and flat

(06-28-2016, 06:41 PM)Face only a Mother could Love Wrote: My ass always hurts after leg presses? OP?!

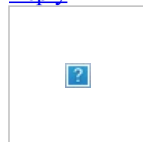
Leg press does pretty much the exact same thing as squats, so yes they do work just as good.

(06-28-2016, 06:35 PM)MulattoFuck Wrote: OP one thing, what's your ass circumference?

No homo

Never measured brah

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Harper ●
Princess of Lookism
★★★★★
Posts: 2,787
Threads: 311
Joined: Feb 2016
Reputation: **-1,557**
Relationships: 1

[#18](#)
06-28-2016, 06:59 PM

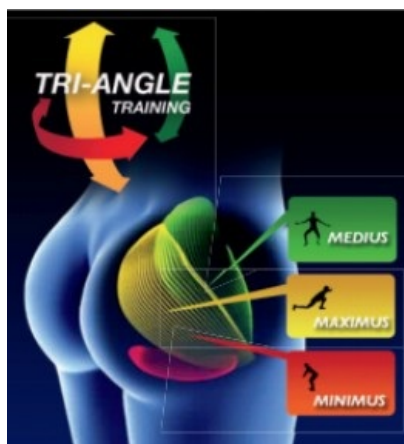
(06-28-2016, 06:56 PM)Legit Theory Wrote:

(06-28-2016, 06:37 PM)Harper Wrote: Yeah I know and squats alone do not provide enough hypertrophy to the inner portion, if you aren't building mass in the inner portion it will not look round and pop out no matter what. (Unless you have insane medius insertions)

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Why are you making it complicated? Just squat

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monsterclock

Senior Member



Posts: 386

Threads: 51

Joined: Jul 2015

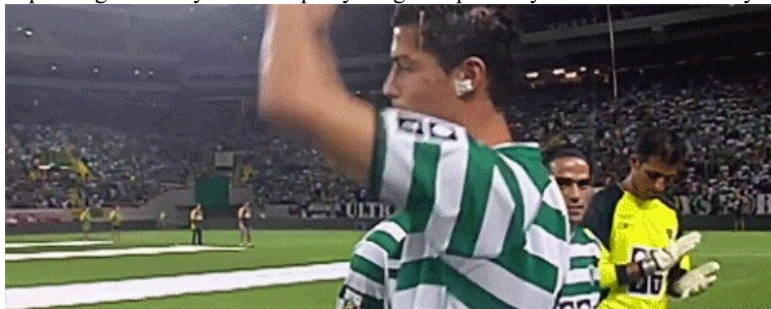
Reputation: **111**

[#19](#)

06-28-2016, 07:00 PM

glute activation is very underrated. most people can not activate their glutes well within athletic movements. while top level athletes have very well developed glutes because they act as stabilizing muscles and are essential for sports.

depending on how you developed your glutes probably do not fire well and you need to work on glute activation.



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[Youwontevenknowme](#) ●

Mega Super Poster



Posts: 3,607

Threads: 700


Joined: Jan 2016

Reputation: [1,191](#)

[#20](#)

06-28-2016, 07:02 PM

Gayest thread all of year, as if women go around looking at dudes bums.

Hair doesn't matter guys, just be confident! 



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[Legit Theory](#) ●

Irish-Italian



Posts: 6,392

Threads: 553

Joined: Dec 2015

Reputation: [7,064](#)

Tinder Matches: 5

Dates: Zero

Kisses: 100+

Slay Count: 50+ Slayer

Relationships: 14

[#21](#)

06-30-2016, 06:54 PM



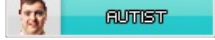
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[Ascent II](#) ●

Bhaijaan Bacteria Killer



Posts: 6,972

Threads: 261

Joined: Jul 2016

Reputation: [10,120](#)

[#22](#)

07-19-2016, 02:45 PM

(06-28-2016, 06:59 PM)Harper Wrote: Why are you making it complicated? Just squat

Shut the fuck up you fat sub4 whore.

@[Legit Theory](#)

Awesome post man. Defo gonna glute-max. My glutes look nice from profile but from the back they don't look particularly good. Is this due to the development of a particular muscle but not others? See attached pic.



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[Dark latino](#) ●

Ultra Super Poster



Posts: 4,910

Threads: 844

Joined: Aug 2015

Reputation: [345](#)

[#23](#)

07-19-2016, 03:28 PM

If you don't have big upper body you will end up looking like a woman if you train your ass too much

"Change the mind and you change the brain" study

<https://lookism.net/Thread-Red-Pill-Chan...rain-study>



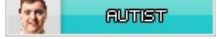
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[ItWontBeMe](#)

6'3" 9.95/10 incel



Posts: 6,802

Threads: 1,097

Joined: Nov 2015

Reputation: **-43**

Tinder Matches: Zero

Dates: Zero

Kisses: Zero

Slay Count: Virgin

Relationships: Zero

[#24](#)

07-19-2016, 04:24 PM

(07-19-2016, 02:45 PM)Ascent_II Wrote:

(06-28-2016, 06:59 PM)Harper Wrote: Why are you making it complicated? Just squat

Shut the fuck up you fat sub4 whore.

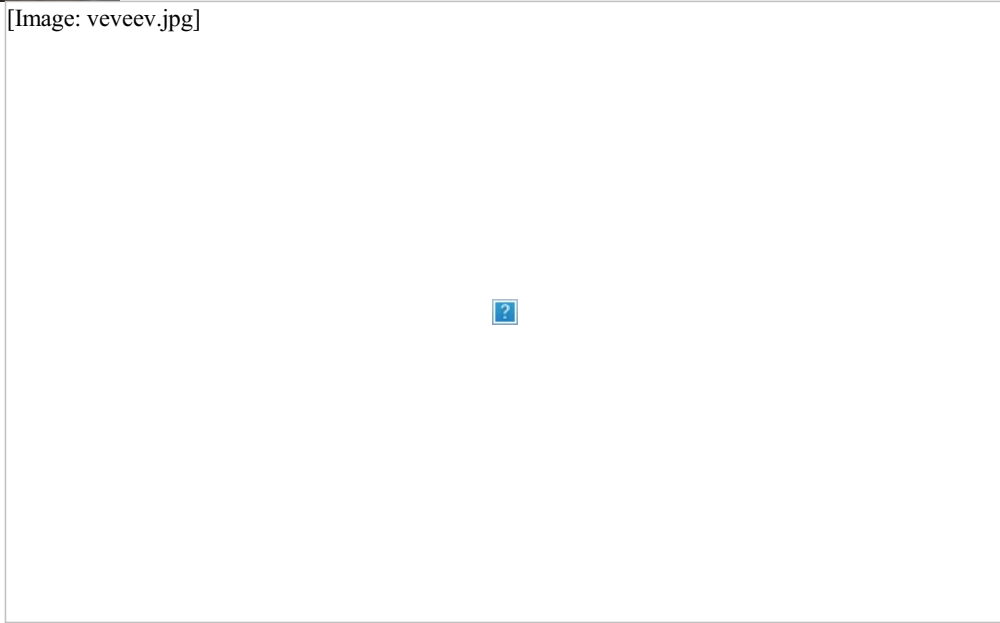
@[Legit Theory](#)

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 [Spoiler](#)



[Image: veveev.jpg]



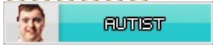


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Bhaijaan Bacteria Killer



Posts: 6,972

Threads: 261

Joined: Jul 2016

Reputation: [10,120](#)

[#25](#)

07-19-2016, 04:27 PM

(07-19-2016, 04:24 PM)ItWontBeMe Wrote:

(07-19-2016, 02:45 PM)Ascent_II Wrote: Shut the fuck up you fat sub4 whore.

@[Legit Theory](#)

Awesome post man. Defo gonna glute-max. My glutes look nice from profile but from the back they don't look particularly good. Is this due to the development of a particular muscle but not others? See attached pic.

 [Spoiler](#)



Hahahahaha.



Srs tho. Only looks big from the side. Any idea why? I want it to look full when I wear trousers too; only looks good in boxers.

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07-19-2016, 04:30 PM

do this and youre going to attract more men than women



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[#27](#)

05-21-2018, 03:39 PM



Good thread NGL

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