

THE ULTIMATE BOOTY PROGRAM

BY ESTRO PHYSIQUES COACHING



6 WEEK TRAINING BLOCK

T.U.B.P is full of my favorite exercises that helped me rebuild my glutes after having the girls, and they've made a real difference for hundreds of women I've coached too.

4 GYM BASED WORKOUTS

T.U.B.P. gives you four gym-based workouts a week to make sure you're targeting all the glute muscles and really getting those babies to grow!

JUICY RESULTS

Join hundreds of women in growing the peaches of your dreams, plus get full access to our Estro-Physiques App, recipe ebooks, educational content, and our Facebook community.

ESTRO-PHYSIQUES
Coaching

Build A Booty Program

SJ Ball



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Build A Booty Program Introduction

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web may 11 2020 on monday 11th may the eve of international nurses day icn who and nursing now are encouraging people to take part in a moment of reflection to honour the memory of nurses and health workers who have tragically died

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web oct 9 2023 i wish you a beautiful nurse s day and that all the good things in life come your way you are an excellent professional and an even better person never change i hope that you can get some rest today because you have been working more than ever thanks for everything you do and have a happy nurse s day

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web on may 12th 2020 international nurses day and the 200th anniversary of florence nightingale s birth we thank our

nursing colleagues and hope they stay safe and strong christine hancock was general secretary royal college of nursing 1989 2001 and president of international council of nurses 2001 2005

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web may 12 2009 i am honoured to help mark international nurses day which is tomorrow and to celebrate the people who are part of the backbone of our health system nursing has been a profession with high standards and a strong sense of

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web 2 minute speech on nurses day ladies and gentlemen i take immense pleasure in addressing you all today on the occasion of international nurses day this day holds great significance as it is dedicated to the unsung heroes of the healthcare world the nurses each year on the 12th of may we commemorate the birth anniversary of florence

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