
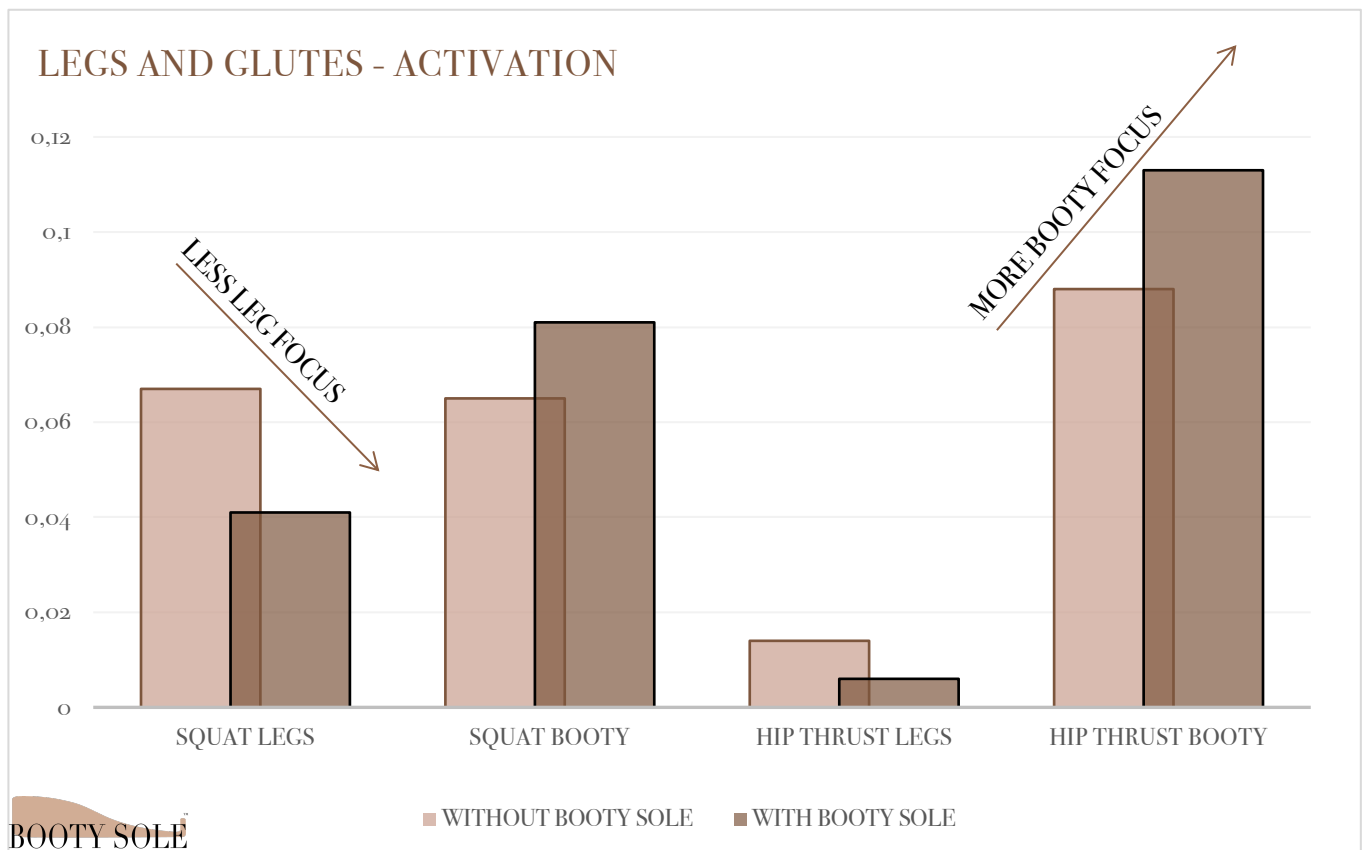
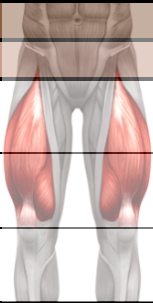


Booty Sole is tested product for faster booty growth. The tests were made with EMG electrodes which have shown the difference in activation (calculated from the force) of the glutes and legs between doing exercise with or without Booty Sole. We've placed electrodes on 4 different spots: m. vastus lateralis, m. gluteus maximus, m. biceps femoris and m. tibialis anterior. We've done 4 different isometric exercises: Squat, Hip Thrust, „Good morning“ and Curtsy lunges. From raw numbers we've made clear tables and graphs. **Results show how glute activation increases up to 30% meanwhile leg involment decreases up to 55%.** Booty Sole is international protected as a utility model and also trademark.

EXERCISE	HAMSTRINGS (biceps femoris)	GLUTES (gluteus maximus)	QUADRICEPS (VASTUS LATERALIS)
SQUAT 90° WITHOUT BOOTY SOLE	 0,054	0,065	 0,067
SQUAT 90° WITH BOOTY SOLE	0,034	0,081	0,041
DIFFERENCE IN %	-37% LESS HAM FOCUS	+25% MORE BOOTY FOCUS	-39% LESS QUAD FOCUS
HIP THRUST WITHOUT BOOTY SOLE	0,045	 0,088	0,014
HIP THRUST WITH BOOTY SOLE	0,038	0,113	0,006
DIFFERENCE IN %	-16% LESS HAM FOCUS	+29% MORE BOOTY FOCUS	-55% LESS QUAD FOCUS



BOOTY SOLE TESTS - RESULTS – GRAPHS,

QUADRICEPS (VASTUS LATERALIS)		
EXERCISE		ACTIVATION
GOOD MORNING WITHOUT BOOTY SOLE		0,314
GOOD MORNING WITH BOOTY SOLE		0,184
DIFFERENCE IN %		-41% LESS LEG FOCUS
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CURTSY LUNGES WITHOUT BOOTY SOLE		0,555
CURTSY LUNGES WITH BOOTY SOLE		0,412
DIFFERENCE IN % BOOTY SOLE		-26% LESS LEG FOCUS

