

6 Week Glute Programme



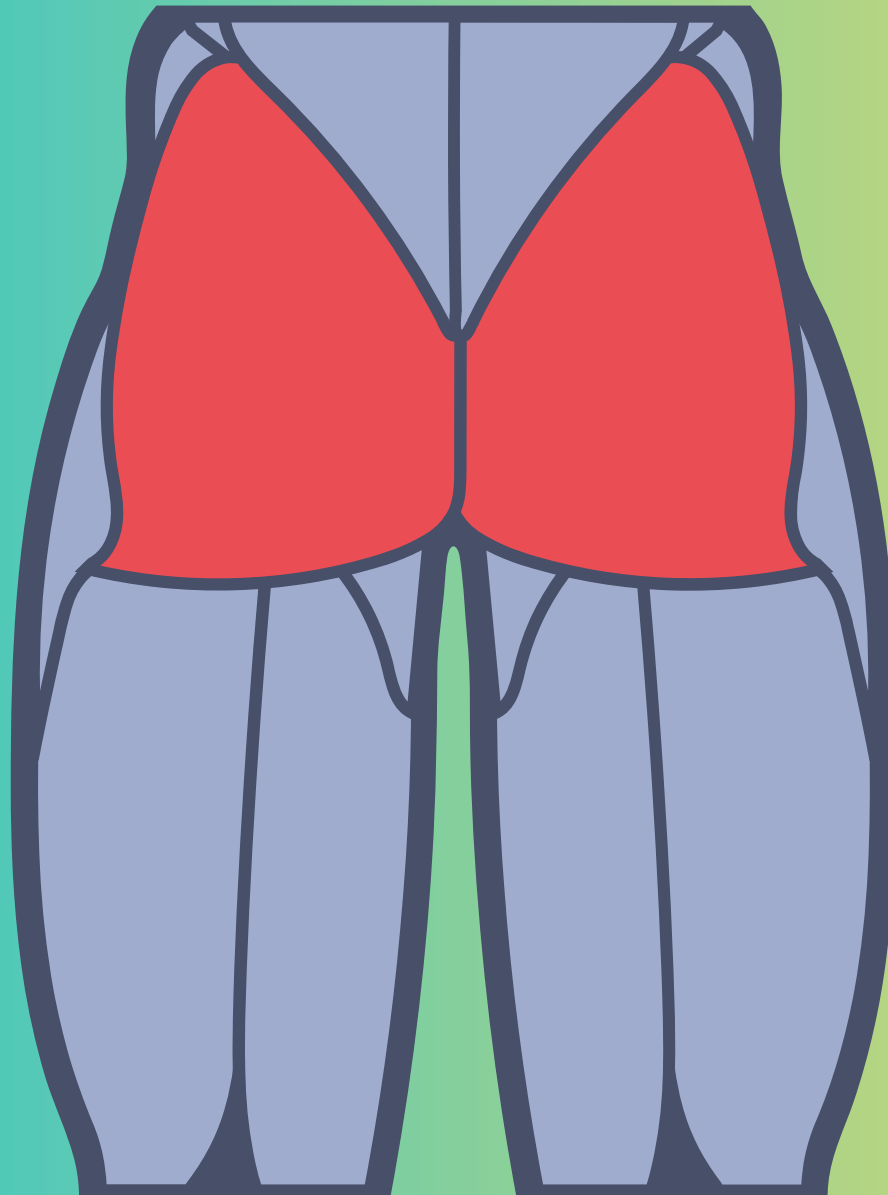
Booty Strengthening Routine

Order	Exercise	Reps	Sets	Tempo	Alternative Exercise	Rest
A	Barbell Hip Thrust	5-6	4	5-1-1-0	Smith Machine Hip Thrust	90-120s
B	Romanian Deadlift	5-6	4	4-1-1-1	Dumbbell RDL	90-120s
C	Bulgarian Split Squat	5-6	3	2-1-1-0	Step-Up With Dumbbells	90-120s
D	Glute Kickback (Cable)	12-15	3	2-1-1-0	Resistance Band Kickback	45s
E	Seated Abduction Machine	15-20	3	2-1-1-0	Banded Lateral Walks	45s

Glute Burnout & Volume						
Order	Exercise	Reps	Sets	Tempo	Alternative Exercise	Rest
1	Barbell Hip Thrust	10-15	4	3-1-1-0	Smith Machine Hip Thrust	60s
2	Glute Bridge (Weighted)	12-15	4	2-1-1-0	Bodyweight Glute Bridge	45s
3	Dumbbell Step-Up	12-15	3	2-1-1-0	Bulgarian Split Squat	45s
4	Cable Pull-Through	15-20	3	2-1-1-0	Kettlebell Swing	45s
5	Glute Kickbacks (Band)	15-20	3	2-1-1-0	Donkey Kicks	45s

Glute & Hamstring Power						
Order	Exercise	Reps	Sets	Tempo	Alternative Exercise	Rest
A	Sumo Deadlift	6-8	4	3-1-1-0	Trap Bar Deadlift	90s
B	Weighted Bulgarian Split Squat	8-10	3	2-1-1-0	Reverse Lunge	60s
C	Hip Thrust (Feet Elevated)	10-12	3	5-1-1-0	Barbell Hip Thrust	60s
D	Step-Up (Weighted)	10-12	3	2-1-1-0	Bulgarian Split Squat	45s
E	Banded Frog Pumps	15-20	3	2-1-1-0	Glute Bridge Pulses	45s

Glute Finishers



Feel free to add one of these quick finishers at the end of your leg or lower body workout to really target and grow those glutes! 🍑🔥

Glute Finishers 1

100-Rep Banded Burnout

Exercise	Reps	Sets	Rest
Glute Bridges (Banded)	50	1	0s
Banded Kickbacks	25 (each leg)	1	0s
Banded Side Walks	25	1	0s

Glute Finishers 2

5-15 Minute Glute Killer

Exercise	Reps	Sets	Rest
Bodyweight Hip Thrusts	10	1	0s
Jump Squats	10	1	0s
Step-Ups (Each Leg)	10	1	0s

Glute Finishers 3

Drop Set

Exercise	Reps	Sets	Rest
Glute Bridge Hold	30 sec	1	0s
Hip Thrusts (Heavy)	15	1	0s
Hip Thrusts (Bodyweight)	15	1	0s
Glute Bridge Pulses	15	1	0s