



8 Week Plan

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YOUR JOURNEY. YOUR TRANSFORMATION

THE 8 WEEK BOOTY BUILDER

- Glute Growth Tips & Tricks
- Pre & Post Workout Nutrition
- Meal Ideas & Grocery Lists
- Best Booty Burnout Finishers
- Recovery & Hydration Tips

By Laura Milford

DISCLAIMER

The information in this 8 week booty builder guide is for educational and informational purposes only. This guide provides general recommendations on exercise, nutrition, and recovery but is not a substitute for professional medical, fitness, or nutritional advice.

Before beginning any new workout program, especially one involving resistance training and advanced techniques, consult with a qualified healthcare provider, personal trainer, or medical professional, particularly if you have any pre-existing medical conditions, injuries, or concerns.

While every effort has been made to ensure the accuracy and effectiveness of the content, results will vary based on individual factors such as genetics, consistency, and lifestyle. The author and publisher assume no responsibility for any injuries, health issues, or undesired outcomes resulting from following this plan. By choosing to participate in this program, you acknowledge that you are engaging at your own risk and take full responsibility for your health and well-being.

This program is designed to help you **maximize glute growth, improve lower body strength, and boost overall fitness** through a carefully structured progression of workouts.



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WELCOME TO YOUR 8 WEEK BOOTY TRANSFORMATION

BUILD IN THE GYM OR AT HOME!

Welcome to the ultimate 8-week booty workout plan! Whether you want to lift, sculpt, or grow your glutes, this program is designed to help you achieve noticeable results in just two months.

Over the next 8 weeks, you'll be following a strategic mix of progressive overload, advanced training techniques, and glute activation to help you build muscle, increase strength, and improve overall body composition. We've also included essential tips on nutrition, recovery, and mindset to ensure you get the best results possible.

BY FOLLOWING THIS PLAN, YOU WILL:

- Build strong, shapely glutes that enhance your figure
- Reduce the risk of injury by strengthening your core and lower body
- Improve lower body strength, athletic performance, and posture
- Boost your confidence inside and outside of the gym



WHY STRONG GLUTES MATTER

Your glutes are one of the most powerful muscle groups in your body, but they are also commonly underdeveloped due to prolonged sitting and improper training. Strengthening your glutes provides benefits such as:

1

Aesthetic Appeal: A firm, rounded, and lifted look

2

Functional Strength: Better performance in squats, lunges, and deadlifts

3

Injury Prevention: Reduced strain on the lower back and knees

4

Improved Posture: Strong glutes help align the spine and pelvis



WHAT TO EXPECT OVER THE NEXT 8 WEEKS

This program consists of two phases:

WEEKS 1-4

(FOUNDATION PHASE):

Focus on glute activation, mobility, and strength building to establish a solid foundation.

WEEKS 5-8

(GROWTH & INTENSITY PHASE):

Increase training volume and intensity to maximize muscle growth and sculpt the glutes.

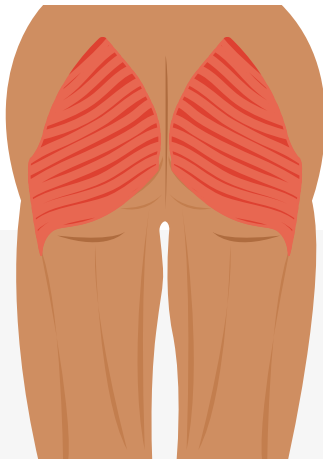
Each week will include a mix of compound lifts, isolation movements, activation exercises, and recovery strategies to ensure optimal muscle growth. By staying consistent and pushing yourself, you'll be amazed at the results!



GLUTE GROWTH 101

THE THREE GLUTE MUSCLES & THEIR FUNCTIONS

Your glutes are made up of three main muscles, each with a specific function:



Gluteus Maximus:

The largest and most powerful muscle responsible for hip extension, thrusting, and overall glute shape.

Top 3 Exercises:



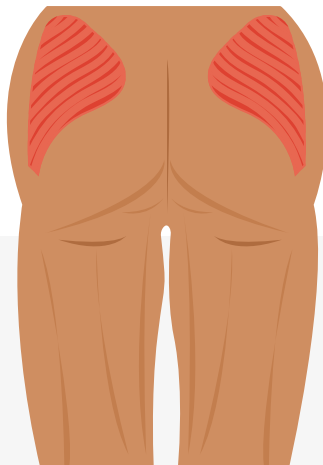
Barbell Hip Thrusts



Bulgarian Split Squats



Romanian Deadlifts



Gluteus Medius:

Located on the side of your hips, this muscle is crucial for hip stability, lateral movements, and balance.

Top 3 Exercises:



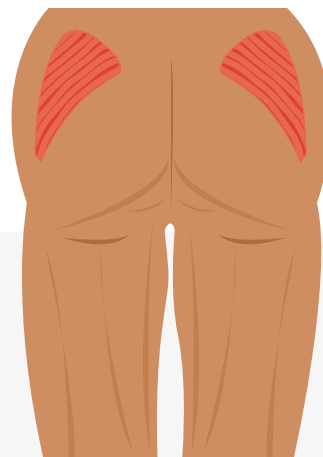
Lateral Band Walks



Hip Abductions



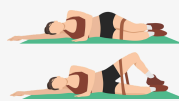
Curtsy Lunges



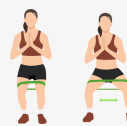
Gluteus Minimus:

The smallest of the three, assisting in hip stabilization and movement control.

Top 3 Exercises:



Clamshells



Banded Side Steps



Single-Leg Glute Bridges



WHY SOME PEOPLE STRUGGLE TO GROW THEIR GLUTES

Despite training, some people find it difficult to see glute growth. The main reasons include:

- **Lack of Activation:** Sitting for long periods can cause the glutes to become dormant, making it harder to engage them in workouts.
- **Inconsistent Training:** Glutes need frequent stimulation and progressive overload to grow.
- **Improper Form:** Poor technique can shift tension away from the glutes and onto other muscles like the lower back or quads.
- **Inadequate Nutrition:** Without proper fuel, your muscles won't have the necessary nutrients to recover and grow.

THE KEY TO SEEING REAL RESULTS

To achieve the best results, you must:



Prioritize glute activation before every workout to for maximum engagement.



Train with progressive overload by increasing weights or reps over time.



Follow a balanced nutrition plan that supports muscle growth and recovery.



Be consistent and commit to the full 8 weeks to see real changes.



SETTING YOURSELF UP FOR SUCCESS

HOW TO STAY MOTIVATED FOR 8 WEEKS

Staying on track with an **8-week program** requires **commitment**. Here are some strategies to keep you motivated:

1 SET CLEAR GOALS

Define what you want to achieve (e.g., lifting heavier, increasing glute size, improving shape).

2 TRACK YOUR PROGRESS

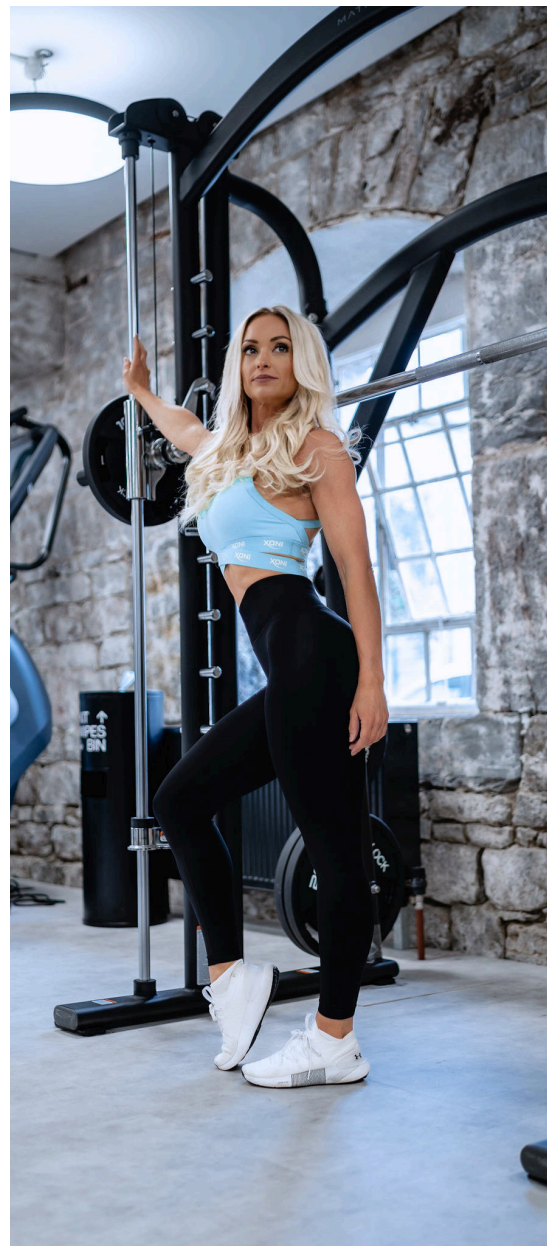
Keep a workout journal or use an app to record weights, reps, and overall performance.

3 FIND A WORKOUT BUDDY

Training with a friend can help keep you accountable and make workouts more fun.

4 CELEBRATE SMALL WINS

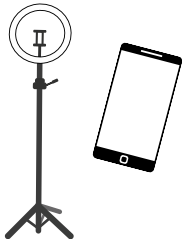
Recognize improvements along the way, such as lifting heavier weights or seeing visible muscle changes.



HOW TO TRACK YOUR PROGRESS

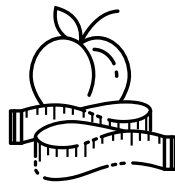
WHAT DO YOU MEASURE?

Measuring progress is essential for staying motivated and ensuring you're on the right track. **Here's how:**



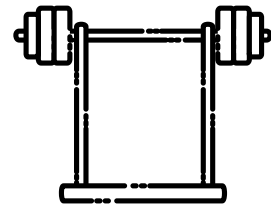
TAKE PROGRESS PHOTOS

Front, side, and back photos every two weeks to track visual changes.



MEASURE GLUTE CIRCUMFERENCE

Use a measuring tape to track changes in glute size.



TRACK STRENGTH GAINS

Monitor how much weight you can lift in key exercises like squats, hip thrusts, and deadlifts.



START

THE 8 WEEK BOOTY BUILDER

LAWZFIT
YOUR JOURNEY YOUR TRANSFORMATION

PRE-8 WEEK ASSESSMENT SHEET



TIP

Measure in the morning before eating or drinking.

Establish your baseline : Complete this assessment before starting the program. This will help track your progress and keep you motivated as you see real changes over the 8 eight weeks.

GLUTE CIRCUMFERENCE (CM)

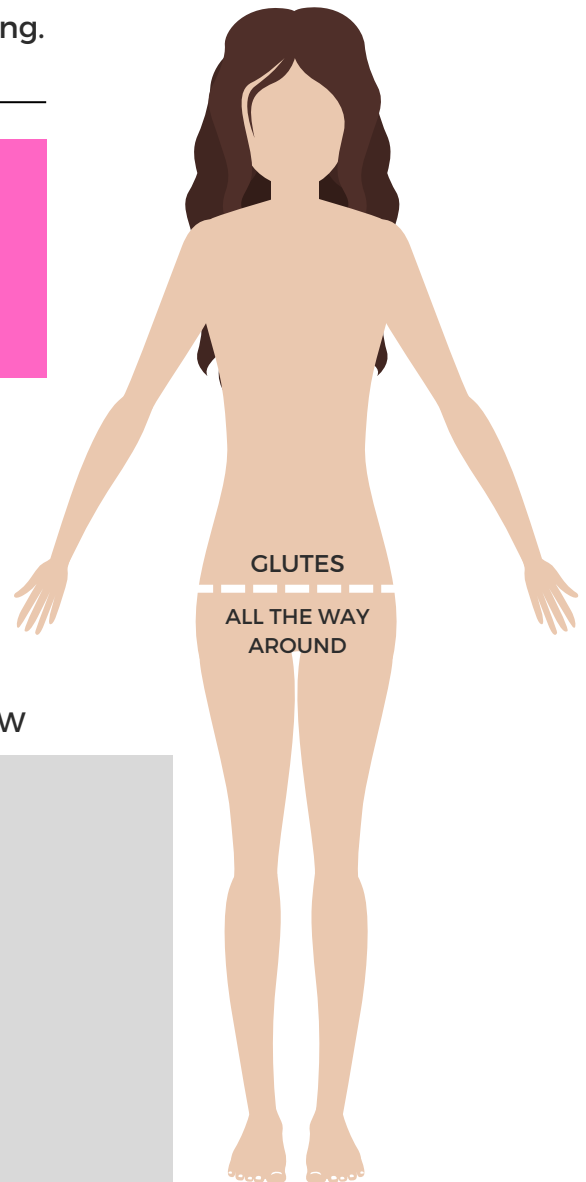
LARGEST PART

PHOTOS:

FRONT VIEW

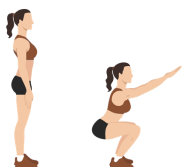
SIDE VIEW

BACK VIEW



STRENGTH

BODYWEIGHT SQUATS



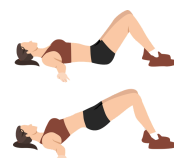
IN 30 SECS

SKI SIT



HOLDING
TIME

HIP THRUSTS



IN 30 SECS



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FINISH

8 WEEK BOOTY BUILDER

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YOUR JOURNEY YOUR TRANSFORMATION

POST-8 WEEK ASSESSMENT SHEET



TIP

Measure in the morning before eating or drinking.

Reflect on the journey : Now it's time to assess your progress. Compare your results with your Pre-8 Week Assessment Sheet to track visual improvements, measurements and strength.

GLUTE CIRCUMFERENCE (CM)

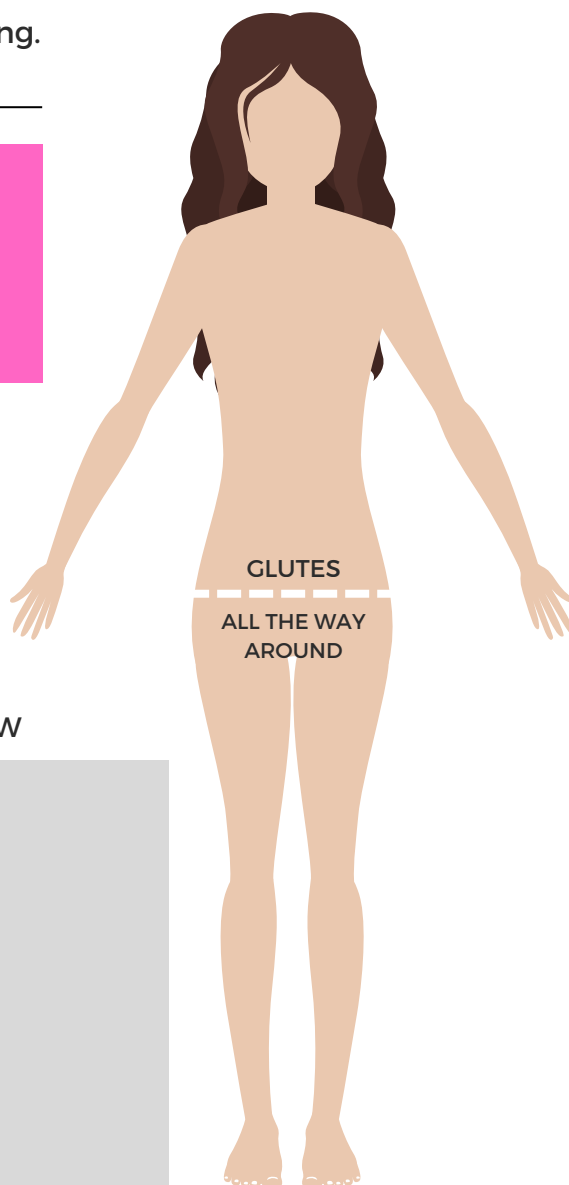
LARGEST PART

PHOTOS:

FRONT VIEW

SIDE VIEW

BACK VIEW



STRENGTH

BODYWEIGHT SQUATS



IN 30 SECS

SKI SIT



HOLDING
TIME

HIP THRUSTS



IN 30 SECS



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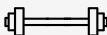
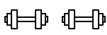
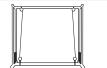
MUST-HAVE EQUIPMENT

You can complete this program at home or in the gym, depending on your preference and available equipment. Whether you're training at a fully equipped facility or in the comfort of your own home, you can achieve great results with the right tools and commitment.

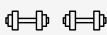
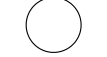
Here's what you need to maximize your workouts in each setting:

CHECK LIST

GYM WORKOUTS

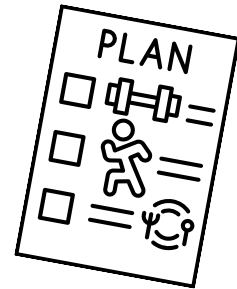
	☐ Barbells	☐
	☐ Dumbbells	☐
	☐ Resistance Bands	☐
	☐ Cable Machines	☐
	☐ Leg Press	☐
	☐ Hamstring Curl	☐

HOME WORKOUTS

	☐ Dumbbells	☐
	☐ Resistance Bands	☐
	☐ Ankle Weights	☐
	☐ Stability Ball (optional)	☐
	☐ Bench or Chair	☐



THE 8-WEEK BOOTY WORKOUT PLAN OVERVIEW



WEEKLY WORKOUT BREAKDOWN

This program includes **3-4 training sessions per week** to maximize glute growth.

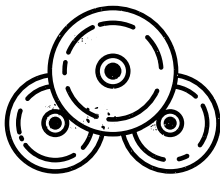
DAY	FOCUS	EXAMPLES
DAY 1	Heavy Glute Focus	Squats, Hip Thrusts, Deadlifts
DAY 2	Glute Activation + Lower Body Burnout	Banded Exercises, High-Reps
DAY 3	Rest or Active Recovery	Mobility, Stretching
DAY 4	Glute Hypertrophy	Lunges, Step-Ups, Resistance Band Work
DAY 5	Booty Burnout + Core	Finisher-style glute workouts
DAY 6-7	Rest or Low-Intensity Cardio	Walking, Yoga



HOW TO **PROGRESS** FOR MAXIMUM RESULTS

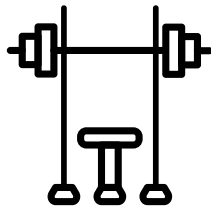
TIPS FOR CONSTANT PROGRESS:

1



Increase resistance every 1-2 weeks by adding weight or reps.

2



Focus on controlled movements and proper form to maximize muscle engagement.

3



Listen to your body and allow for proper recovery to avoid overtraining.



WARM-UP & GLUTE ACTIVATION

(NON-NEGOTIABLE!)

WHY GLUTE ACTIVATION IS THE SECRET TO GROWTH

Glute activation is essential to ensure your glutes are fully engaged during training. Without it, other muscles (quads, hamstrings, lower back) may take over, reducing effectiveness.

YOUR 5-MINUTE PRE-WORKOUT ROUTINE

COMPLETE THESE **BEFORE** EVERY WORKOUT TO PRIME YOUR GLUTES:

1



x 20



Banded Glute Bridges

20 reps (Engages glute max and core)

2



x 15



Banded Side Steps

15 reps per side (Activates glute medius and minimus)

3



x 15



Donkey Kicks

15 reps per leg (Strengthens glutes and stabilizes hips)

4



x 15



Fire Hydrants

15 reps per leg (Targets side glutes for rounder shape)

5



x 20



Bodyweight Squats

20 reps (Prepares muscles for heavy lifts)



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WEEKS 1 - 4

WORKOUT PLAN

BUILDING THE FOUNDATION



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WEEK 1 WORKOUT TRACKING

WEEK 1 - GLUTE ACTIVATION & STRENGTH BUILDING

In this first week, we will focus on activating the glutes properly and building a strong foundation with basic movements. The goal is to ensure your glutes are firing correctly before increasing intensity.



WEEKS 1 - 4
BUILDING THE FOUNDATION



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DAY 1

HEAVY GLUTE FOCUS

WEEK

1

2

3

4

5

6

7

8



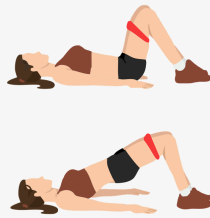
BARBELL OR DUMBBELL SQUATS

- Keep chest up, core tight
- Push through heels
- Break parallel for depth

set 1 set 2 set 3

SETS & REPS 3 X 8-10

REST: 60 SECS



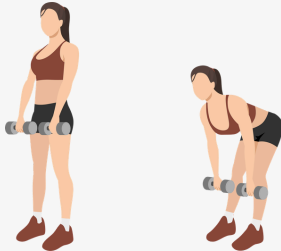
HIP THRUSTS

- Tuck chin, avoid overextending
- Drive through heels
- Squeeze glutes at top

set 1 set 2 set 3

SETS & REPS 3 X 10

REST: 60 SECS



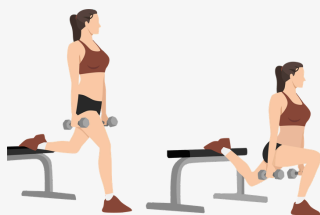
ROMANIAN DEADLIFTS

- Soft knees, hinge at hips
- Keep back straight
- Lower weights to mid-shin

set 1 set 2 set 3

SETS & REPS 3 X 10

REST: 60 SECS



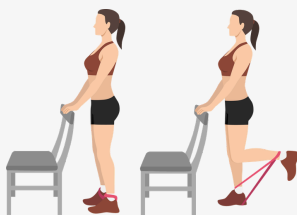
BULGARIAN SPLIT SQUATS

- Keep front knee stable
- Push through front heel
- Maintain upright torso

set 1 set 2 set 3

SETS & REPS 3 X 8/LEG

REST: 45 SECS



HAMSTRING CURL

- Keep tension - don't place foot on floor
- Squeeze glutes and hams
- Avoid back arch

set 1 set 2 set 3

SETS & REPS 3 X 12

REST: 45 SECS



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DAY 2

GLUTE ACTIVATION + LOWER BODY BURNOUT

WEEK

1

2

3

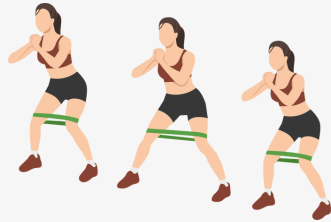
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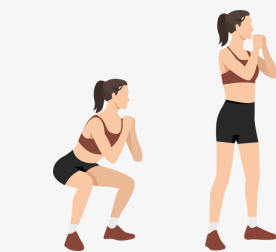
BANDED SIDE WALKS

- Keep knees slightly bent
- Maintain tension in band
- Move slowly, no bouncing

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/SIDE REST: 60 SECS


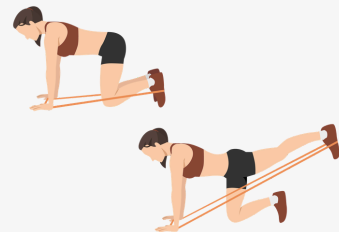
BODYWEIGHT SQUATS (TEMPO FOCUS)

- Lower for 3 seconds
- Knees track over toes
- Engage core throughout

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15 REST: 60 SECS


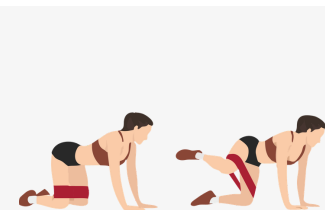
GLUTE KICKBACKS (BANDED OR CABLE)

- Keep back neutral
- Kick straight back, not up
- Squeeze glutes at top

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/LEG REST: 60 SECS


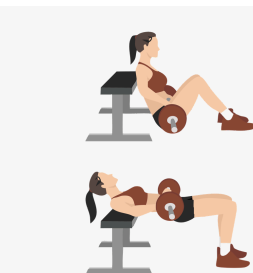
FIRE HYDRANTS (BANDED)

- Keep hips level
- Avoid leaning to opposite side
- Control movement

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/LEG REST: 45 SECS


HIP THRUST HOLD WITH PULSE

- Hold top position strong
- Pulse small, controlled movements
- Keep core braced

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 30 SEC REST: 45 SECS


DAY 3

ACTIVE REST DAY

WEEK

1

2

3

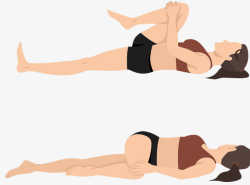
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OPTION 1: MOBILITY WORK

- Hip Flexors – Improves hip rotation and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

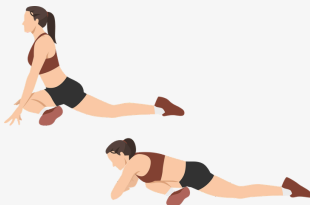
TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Downward Dog > Cobra Flow – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

1

2

3

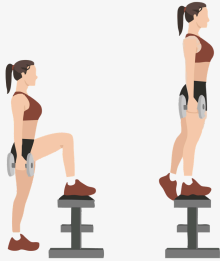
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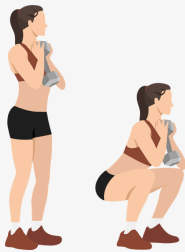
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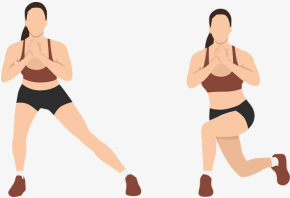
STEP-UPS (WEIGHTED OR BODYWEIGHT)

- Drive through front heel
- Control descent
- Keep knee aligned

set 1 set 2 set 3
SETS & REPS 3 X 10/LEG REST: 60 SECS


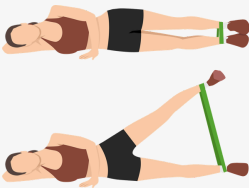
GOBLET SQUATS

- Hold weight close to chest
- Sit back into heels
- Engage core throughout

set 1 set 2 set 3
SETS & REPS 3 X 12 REST: 60 SECS


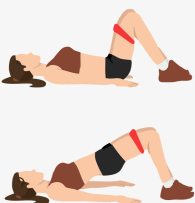
CURTSY LUNGES

- Keep chest lifted
- Step diagonally back
- Push through front heel

set 1 set 2 set 3
SETS & REPS 3 X 10/LEG REST: 60 SECS


SIDE-LYING HIP ABDUCTIONS

- Keep core tight
- Lead with heel
- Avoid rolling hips back

set 1 set 2 set 3
SETS & REPS 3 X 12/SIDE REST: 45 SECS


GLUTE BRIDGES WITH BAND

- Knees stay in line with feet
- Drive hips up with control
- Hold squeeze at top

set 1 set 2 set 3
SETS & REPS 3 X 15 REST: 45 SECS


DAY 5

BOOTY BURNOUT & CORE

WEEK

1

2

3

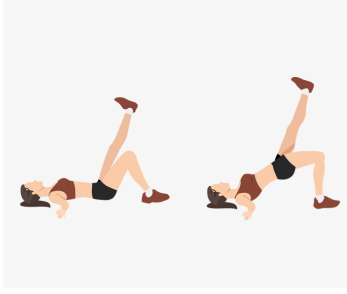
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SINGLE-LEG HIP THRUSTS

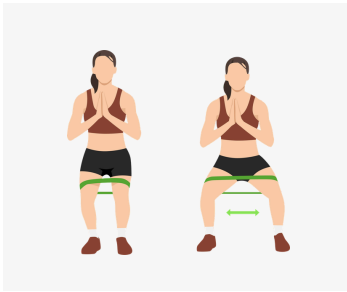
- Keep foot close to glutes
- Push through heel
- Keep hips level

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10/LEG REST: 60 SECS



BANDED LATERAL WALKS

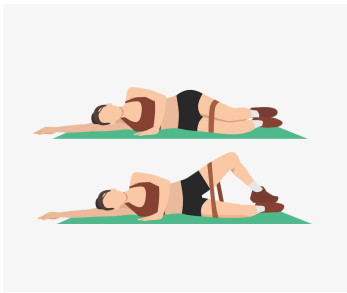
- Maintain slight squat
- Keep tension in band
- Step slow and controlled

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/SIDE REST: 60 SECS



CLAMSHELLS (WEIGHTED OR BANDED)

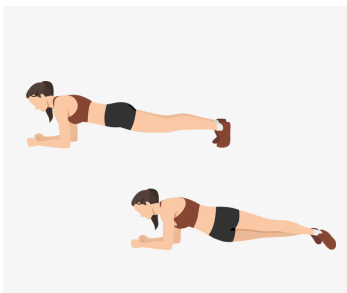
- Keep feet together
- Open knees without rotating hips
- Control movement

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/SIDE REST: 60 SECS



PLANK HIP DIPS

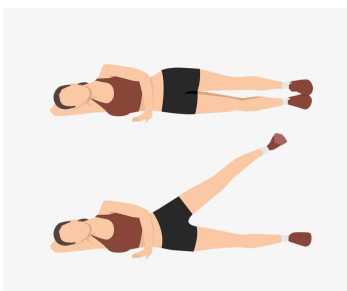
- Keep core engaged
- Move slowly
- Avoid excessive twisting

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15 REST: 45 SECS



SIDE-LYING LEG RAISES

- Keep movement controlled
- Lead with heel
- Keep core tight

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/SIDE REST: 45 SECS



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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

1

2

3

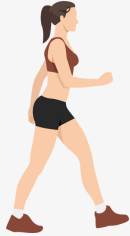
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Forward Bend – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

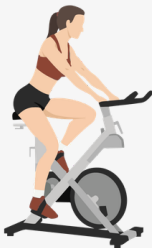
TIME (MINS) 15



OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Deep Lunge w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15



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WEEK 2 WORKOUT TRACKING

WEEK 2 - PROGRESSIVE OVERLOAD & FORM FOCUS

This week, we focus on adding light resistance while maintaining proper form. We will begin introducing small weight increments to build strength while reinforcing proper movement patterns.



WEEKS 1 - 4
BUILDING THE FOUNDATION



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DAY 1

HEAVY GLUTE FOCUS

WEEK

1

2

3

4

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7

8



SQUATS

- Keep chest up, core tight
- Push through heels
- Break parallel for depth

Increase weight slightly (+5-10 lbs)

SETS & REPS 3 X 8-10

REST: 60 SECS

set 1

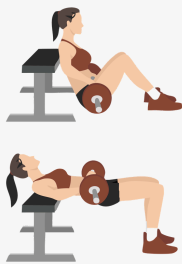
reps

set 2

reps

set 3

reps



HIP THRUSTS

- Tuck chin, avoid overextending
- Drive through heels
- Squeeze glutes at top

Increase weight slightly (+10 lbs if possible)

SETS & REPS 3 X 10

REST: 60 SECS

set 1

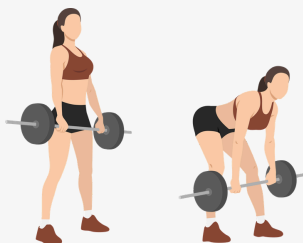
reps

set 2

reps

set 3

reps



ROMANIAN DEADLIFTS

- Soft knees, hinge at hips
- Keep back straight
- Lower weights to mid-shin

Increase dumbbell/barbell weight (+5 lbs)

SETS & REPS 3 X 10

REST: 60 SECS

set 1

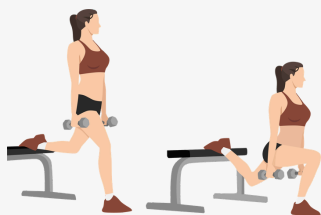
reps

set 2

reps

set 3

reps



BULGARIAN SPLIT SQUATS

- Keep front knee stable
- Push through front heel
- Maintain upright torso

SETS & REPS 3 X 8/LEG

REST: 45 SECS

set 1

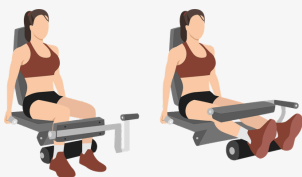
reps

set 2

reps

set 3

reps



HAMSTRING CURL

- Keep tension - hit feet at the bottom
- Squeeze glutes and hams
- Avoid back arch

SETS & REPS 3 X 12

REST: 45 SECS

set 1

reps

set 2

reps

set 3

reps



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DAY 2

GLUTE ACTIVATION + LOWER
BODY BURNOUT

WEEK

1

2

3

4

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8



BANDED SIDE WALKS

- Keep knees slightly bent
- Maintain tension in band
- Move slowly, no bouncing

Use a heavier band or add ankle weights

SETS & REPS 3 X 15/SIDE REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



BODYWEIGHT SQUATS (TEMPO FOCUS)

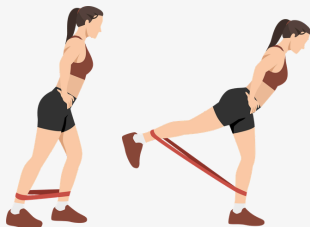
- Lower for 3 seconds
- Knees track over toes
- Engage core throughout

SETS & REPS 3 X 15 REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



GLUTE KICKBACKS (BANDED OR CABLE)

- Keep back neutral
- Kick straight back, not up
- Squeeze glutes at top

SETS & REPS 3 X 12/LEG REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



FIRE HYDRANTS (BANDED)

- Keep hips level
- Avoid leaning to opposite side
- Control movement

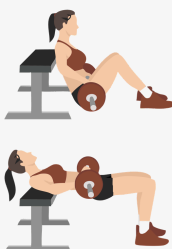
Use a heavier resistance band

SETS & REPS 3 X 12/LEG REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



HIP THRUST HOLD WITH PULSE

- Hold top position strong
- Pulse small, controlled movements
- Keep core braced

Add a light weight on hips

SETS & REPS 3 X 30 SEC REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



DAY 3

ACTIVE REST DAY

WEEK

1

2

3

4

5

6

7

8



OPTION 1: MOBILITY WORK

- Butterfly Stretch – Hip flexors, ankles and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Childs Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

1

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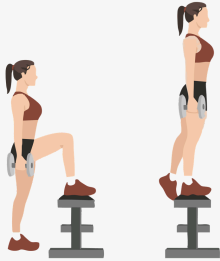
4

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STEP-UPS (WEIGHTED OR BODYWEIGHT)

- Drive through front heel
- Control descent
- Keep knee aligned

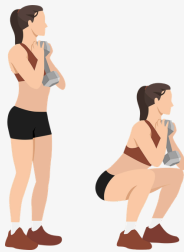
Add +5 lbs or increase step height

SETS & REPS 3 X 10/LEG **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



GOBLET SQUATS

- Hold weight close to chest
- Sit back into heels
- Engage core throughout

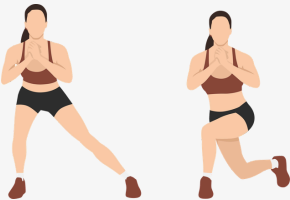
Increase dumbbell weight +5 lbs

SETS & REPS 3 X 12 **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



CURTSY LUNGES

- Keep chest lifted
- Step diagonally back
- Push through front heel

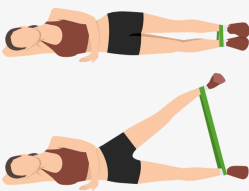
Add weights or increase by +5 lbs

SETS & REPS 3 X 10/LEG **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



SIDE-LYING HIP ABDUCTIONS

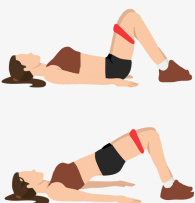
- Keep core tight
- Lead with heel
- Avoid rolling hips back

SETS & REPS 3 X 12/SIDE **REST:** 45 SECS

set 1 reps

set 2 reps

set 3 reps



GLUTE BRIDGES WITH BAND

- Knees stay in line with feet
- Drive hips up with control
- Hold squeeze at top

SETS & REPS 3 X 15 **REST:** 45 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 5

BOOTY BURNOUT & CORE

WEEK

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4

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8



SINGLE-LEG HIP THRUSTS

- Keep foot close to glutes
- Push through heel
- Keep hips level

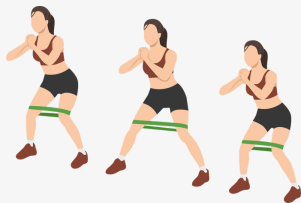
Add light weight or heavier band

SETS & REPS 3 X 10/LEG REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



BANDED LATERAL WALKS

- Maintain slight squat
- Keep tension in band
- Step slow and controlled

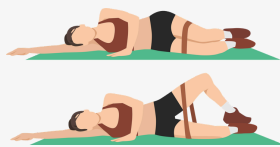
Use a stronger resistance band

SETS & REPS 3 X 12/SIDE REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



CLAMSHELLS (WEIGHTED OR BANDED)

- Keep feet together
- Open knees without rotating hips
- Control movement

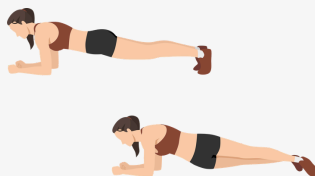
Use a heavier band or add ankle weights

SETS & REPS 3 X 15/SIDE REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



PLANK HIP DIPS

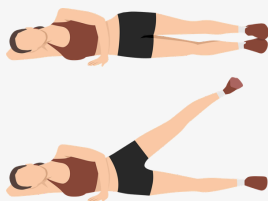
- Keep core engaged
- Move slowly
- Avoid excessive twisting

SETS & REPS 3 X 15 REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



SIDE-LYING LEG RAISES

- Keep movement controlled
- Lead with heel
- Keep core tight

SETS & REPS 3 X 12/SIDE REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

1

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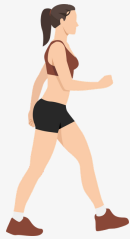
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30

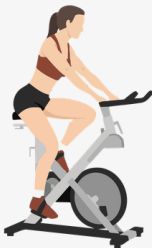

OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Forward Bend – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 15


OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Deep Lunge w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15


OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15


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WEEK 3 WORKOUT TRACKING

WEEK 3 - INCREASING INTENSITY & STRENGTH

In Week 3, we will continue progressive overload by increasing weight on key lifts while maintaining proper form. Focus on slow, controlled movements and increasing time under tension.



WEEKS 1 - 4
BUILDING THE FOUNDATION



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DAY 1

HEAVY GLUTE FOCUS

WEEK

1

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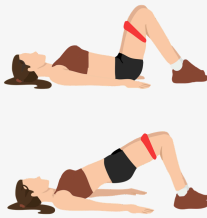
SQUATS

- Keep chest up, core tight
- Push through heels
- Break parallel for depth

Increase by +5-10 lbs

SETS & REPS 3 X 8-10

REST: 60 SECS

set 1 set 2 set 3 

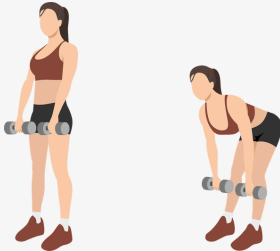
HIP THRUSTS

- Tuck chin, avoid overextending
- Drive through heels
- Squeeze glutes at top

Increase by +10 lbs

SETS & REPS 3 X 10

REST: 60 SECS

set 1 set 2 set 3 

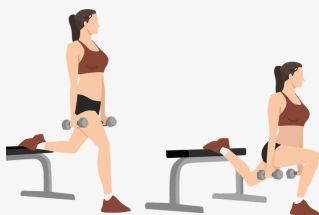
ROMANIAN DEADLIFTS

- Soft knees, hinge at hips
- Keep back straight
- Lower weights to mid-shin

Increase by +5-10 lbs

SETS & REPS 3 X 10

REST: 60 SECS

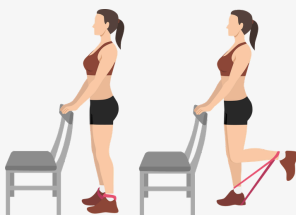
set 1 set 2 set 3 

BULGARIAN SPLIT SQUATS

- Keep front knee stable
- Push through front heel
- Maintain upright torso

SETS & REPS 3 X 8/LEG

REST: 45 SECS

set 1 set 2 set 3 

HAMSTRING CURL

- Keep tension - don't place foot on floor
- Squeeze glutes and hams
- Avoid back arch

SETS & REPS 3 X 12

REST: 45 SECS

set 1 set 2 set 3 

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DAY 2

GLUTE ACTIVATION + LOWER BODY BURNOUT

WEEK

1

2

3

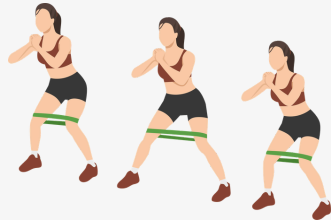
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BANDED SIDE WALKS

- Keep knees slightly bent
- Maintain tension in band
- Move slowly, no bouncing

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/SIDE REST: 60 SECS



BODYWEIGHT SQUATS (TEMPO FOCUS)

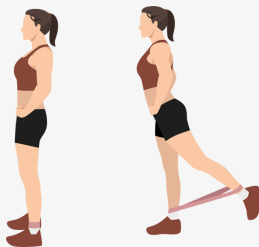
- Lower for 3 seconds
- Knees track over toes
- Engage core throughout

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15 REST: 60 SECS



GLUTE KICKBACKS (BANDED OR CABLE)

- Keep back neutral
- Kick straight back, not up
- Squeeze glutes at top

Use a stronger band or increase cable weight

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/LEG REST: 60 SECS



FIRE HYDRANTS (BANDED)

- Keep hips level
- Avoid leaning to opposite side
- Control movement

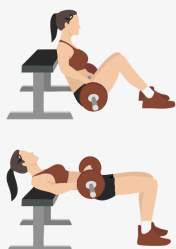
Use a stronger resistance band

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/LEG REST: 45 SECS



HIP THRUST HOLD WITH PULSE

- Hold top position strong
- Pulse small, controlled movements
- Keep core braced

Add a heavier weight on hips

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 30 SEC REST: 45 SECS



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DAY 3

ACTIVE REST DAY

WEEK

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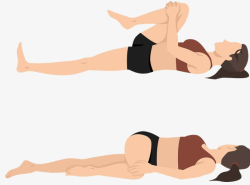
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OPTION 1: MOBILITY WORK

- Hip Flexors – Improves hip rotation and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

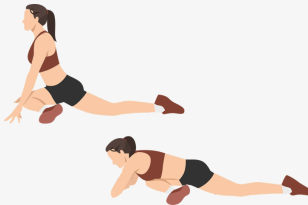
TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Downward Dog > Cobra Flow – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

1

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3

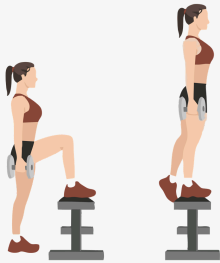
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STEP-UPS (WEIGHTED OR BODYWEIGHT)

- Drive through front heel
- Control descent
- Keep knee aligned

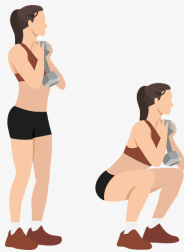
Use heavier dumbbells or increase by +5 lbs

SETS & REPS 3 X 10/LEG REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



GOBLET SQUATS

- Hold weight close to chest
- Sit back into heels
- Engage core throughout

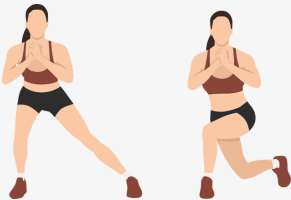
Increase dumbbell weight +5-10 lbs

SETS & REPS 3 X 12 REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



CURTSY LUNGES

- Keep chest lifted
- Step diagonally back
- Push through front heel

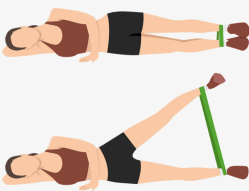
Add weights or increase by +5-10 lbs

SETS & REPS 3 X 10/LEG REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



SIDE-LYING HIP ABDUCTIONS

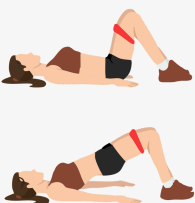
- Keep core tight
- Lead with heel
- Avoid rolling hips back

SETS & REPS 3 X 12/SIDE REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



GLUTE BRIDGES WITH BAND

- Knees stay in line with feet
- Drive hips up with control
- Hold squeeze at top

SETS & REPS 3 X 15 REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 5

BOOTY BURNOUT & CORE

WEEK

1

2

3

4

5

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8



SINGLE-LEG HIP THRUSTS

- Keep foot close to glutes
- Push through heel
- Keep hips level

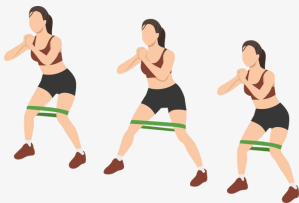
Add more weight or heavier band

SETS & REPS 3 X 10/LEG **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



BANDED LATERAL WALKS

- Maintain slight squat
- Keep tension in band
- Step slow and controlled

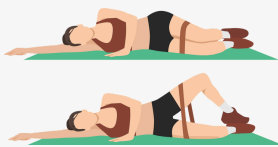
Use a stronger resistance band

SETS & REPS 3 X 12/SIDE **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



CLAMSHELLS (WEIGHTED OR BANDED)

- Keep feet together
- Open knees without rotating hips
- Control movement

Use a heavier band and/or heavier ankle weights

SETS & REPS 3 X 15 /SIDE **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



PLANK HIP DIPS

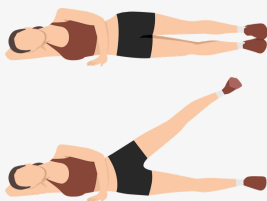
- Keep core engaged
- Move slowly
- Avoid excessive twisting

SETS & REPS 3 X 15 **REST:** 45 SECS

set 1 reps

set 2 reps

set 3 reps



SIDE-LYING LEG RAISES

- Keep movement controlled
- Lead with heel
- Keep core tight

SETS & REPS 3 X 12/SIDE **REST:** 45 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

1

2

3

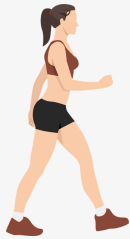
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Cobra Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 15



OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Hamstring Stretch – Stretch Hamstrings for mobility.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15



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WEEK 4 WORKOUT TRACKING

WEEK 4 - PEAK STRENGTH & ENDURANCE

Week 4 marks the final stage of the Foundation Phase. This week will push endurance and strength by increasing rep ranges and adding time-under-tension techniques like pauses and slow eccentrics.

WEEKS 1 - 4
BUILDING THE FOUNDATION



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DAY 1

HEAVY GLUTE FOCUS

WEEK

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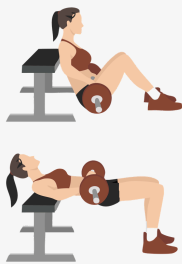
SQUATS

- Keep chest up, core tight
- Push through heels
- Break parallel for depth

Maintain weight, slow eccentric (3s down)

SETS & REPS 3 X 8-10

REST: 60 SECS

set 1 set 2 set 3 

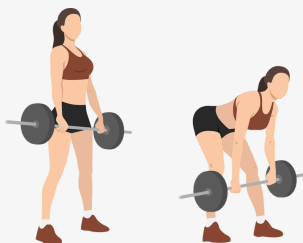
HIP THRUSTS

- Tuck chin, avoid overextending
- Drive through heels
- Squeeze glutes at top

Hold top position for 3 seconds per rep

SETS & REPS 3 X 10

REST: 60 SECS

set 1 set 2 set 3 

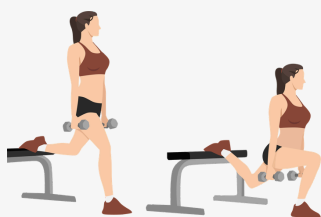
ROMANIAN DEADLIFTS

- Soft knees, hinge at hips
- Keep back straight
- Lower weights to mid-shin

Maintain weight, slow eccentric (3s down)

SETS & REPS 3 X 10

REST: 60 SECS

set 1 set 2 set 3 

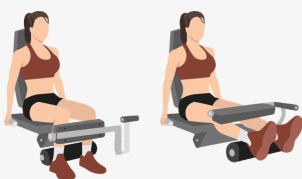
BULGARIAN SPLIT SQUATS

- Keep front knee stable
- Push through front heel
- Maintain upright torso

Maintain weight, slow eccentric (3s down)

SETS & REPS 3 X 8/LEG

REST: 45 SECS

set 1 set 2 set 3 

HAMSTRING CURL

- Keep tension - hit feet at the bottom
- Squeeze glutes and hams
- Avoid back arch

SETS & REPS 3 X 12

REST: 45 SECS

set 1 set 2 set 3 

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DAY 2

GLUTE ACTIVATION + LOWER BODY BURNOUT

WEEK

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BANDED SIDE WALKS

- Keep knees slightly bent
- Maintain tension in band
- Move slowly, no bouncing

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/SIDE REST: 60 SECS


BODYWEIGHT SQUATS (TEMPO FOCUS)

- Lower for 3 seconds
- Knees track over toes
- Engage core throughout

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15 REST: 60 SECS


GLUTE KICKBACKS (BANDED OR CABLE)

- Keep back neutral
- Kick straight back, not up
- Squeeze glutes at top

Increase reps to 15 per leg

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/LEG REST: 60 SECS


FIRE HYDRANTS (BANDED)

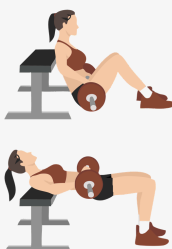
- Keep hips level
- Avoid leaning to opposite side
- Control movement

Increase reps to 15 per leg

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/LEG REST: 45 SECS


HIP THRUST HOLD WITH PULSE

- Hold top position strong
- Pulse small, controlled movements
- Keep core braced

Increase duration to 45 seconds

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 45 SEC REST: 45 SECS


DAY 3

ACTIVE REST DAY

WEEK

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OPTION 1: MOBILITY WORK

- Butterfly Stretch – Hip flexors, ankles and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Childs Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

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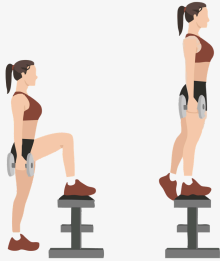
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STEP-UPS (WEIGHTED OR BODYWEIGHT)

- Drive through front heel
- Control descent
- Keep knee aligned

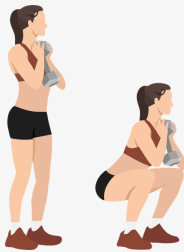
Increase reps to 12 per leg, heavier dumbbells

SETS & REPS 3 X 12/LEG REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



GOBLET SQUATS

- Hold weight close to chest
- Sit back into heels
- Engage core throughout

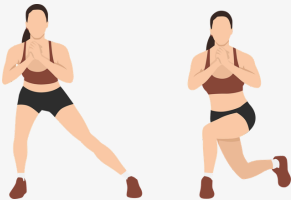
Increase weight +5 lbs, reps to 15

SETS & REPS 3 X 15 REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



CURTSY LUNGES

- Keep chest lifted
- Step diagonally back
- Push through front heel

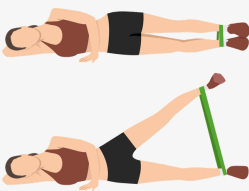
Increase reps to 12 per legs

SETS & REPS 3 X 12/LEG REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



SIDE-LYING HIP ABDUCTIONS

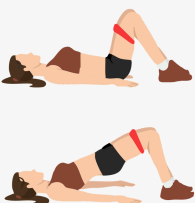
- Keep core tight
- Lead with heel
- Avoid rolling hips back

SETS & REPS 3 X 12/SIDE REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



GLUTE BRIDGES WITH BAND

- Knees stay in line with feet
- Drive hips up with control
- Hold squeeze at top

Use heavier band

SETS & REPS 3 X 15 REST: 45 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 5

BOOTY BURNOUT & CORE

WEEK

1

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SINGLE-LEG HIP THRUSTS

- Keep foot close to glutes
- Push through heel
- Keep hips level

Add a 3s hold at top

SETS & REPS 3 X 10/LEG **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



BANDED LATERAL WALKS

- Maintain slight squat
- Keep tension in band
- Step slow and controlled

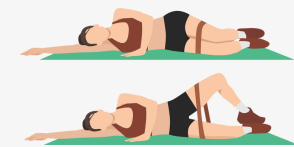
Increase steps to 20 each side

SETS & REPS 3 X 20/SIDE **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



CLAMSHELLS (WEIGHTED OR BANDED)

- Keep feet together
- Open knees without rotating hips
- Control movement

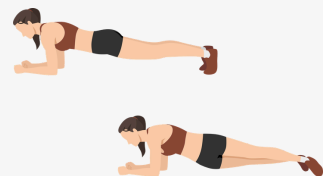
Increase reps to 20 per side, heavier band

SETS & REPS 3 X 20/SIDE **REST:** 60 SECS

set 1 reps

set 2 reps

set 3 reps



PLANK HIP DIPS

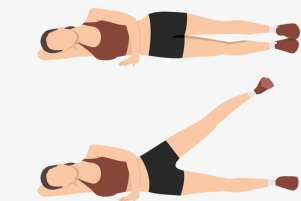
- Keep core engaged
- Move slowly
- Avoid excessive twisting

SETS & REPS 3 X 15 **REST:** 45 SECS

set 1 reps

set 2 reps

set 3 reps



SIDE-LYING LEG RAISES

- Keep movement controlled
- Lead with heel
- Keep core tight

SETS & REPS 3 X 12/SIDE **REST:** 45 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

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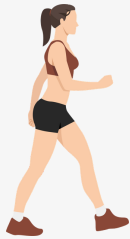
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30


OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Cobra Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 15


OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Hamstring Stretch – Stretch Hamstrings for mobility.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15


OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15


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WORKOUT PLAN

WEEKS 5 - 8

**GROWTH &
INTENSITY PHASE**



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WEEK 5 WORKOUT TRACKING

WEEK 5 - ADVANCED TECHNIQUES INTRODUCTION

Week 5 kicks off the Growth & Intensity Phase, introducing advanced techniques such as drop sets. This week is all about ramping up the intensity to push your glutes to new limits.

WEEKS 5 - 8
GROWTH & INTENSITY PHASE



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DAY 1

HEAVY GLUTE FOCUS

WEEK

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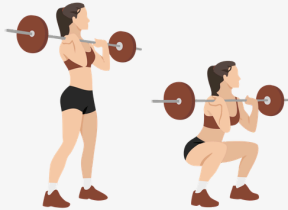
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FRONT SQUATS OR LEG PRESS

- (Final set: Drop Set)
- Keep chest up and core tight.
- Drive through heels to stand.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10

REST: 60 SECS



HIP THRUSTS

- (Pause for 2 seconds at the top)
- Drive through heels for max engagement.
- Squeeze glutes at the top.

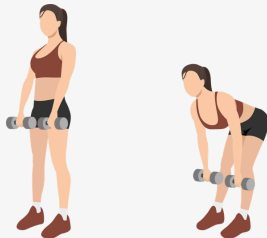
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10

REST: 60 SECS



ROMANIAN DEADLIFTS

- (Slow 3-second eccentric phase)
- Keep a slight knee bend.
- Hinge at the hips, not the lower back.

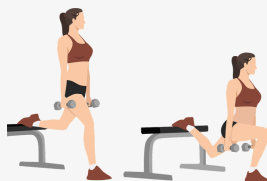
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10

REST: 45 SECS



BULGARIAN SPLIT SQUATS

- (Pause at the bottom for 2 seconds)
- Keep torso upright.
- Press through the front heel.

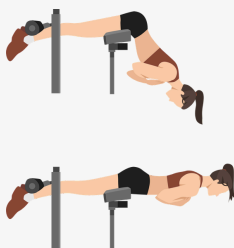
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 8/LEG

REST: 60 SECS



GLUTE RAISES (CAN USE BENCH/CHAIR)

- (Final set: Isometric hold at top for 10 sec)
- Control the movement down.
- Engage glutes, not lower back.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12

REST: 60 SECS



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DAY 2

GLUTE ACTIVATION + LOWER BODY BURNOUT

WEEK

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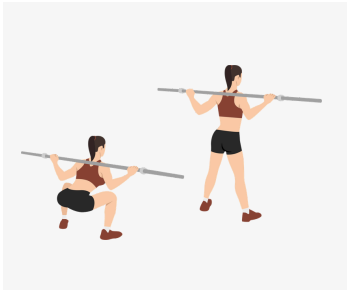
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SUMO SQUATS

- (Slow, controlled movement)
- Push knees outward.
- Keep weight on heels.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15**REST: 45 SECS**

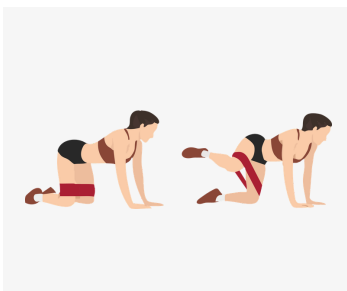
GLUTE KICKBACKS (BANDED OR CABLE)

- (Hold at top for 2 seconds)
- Squeeze glutes at the top.
- Keep spine neutral.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15**REST: 60 SECS**

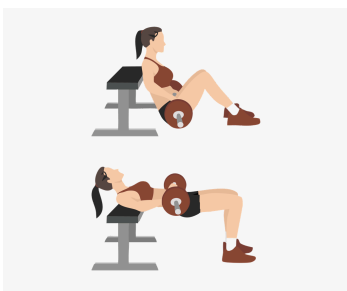
FIRE HYDRANTS (BANDED)

- (Final set: Isometric hold for 10 sec)
- Keep core engaged.
- Control the leg raise.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/LEG**REST: 45 SECS**

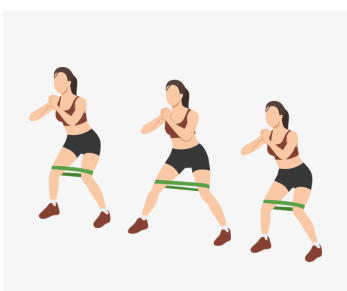
HIP THRUST HOLD WITH PULSE

- (Small pulses at top)
- Maintain tension throughout.
- Don't let hips drop.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 45 SEC**REST: 60 SECS**

LATERAL BAND WALKS

- (Slow, controlled steps)
- Keep knees slightly bent.
- Maintain tension on the band.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20/SIDE**REST: 60 SECS**

DAY 3

ACTIVE REST DAY

WEEK

1

2

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OPTION 1: MOBILITY WORK

- Butterfly Stretch – Hip flexors, ankles and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Childs Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

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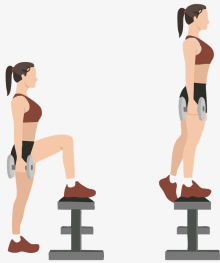
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STEP-UPS (WEIGHTED OR BODYWEIGHT)

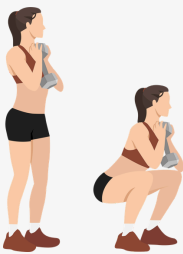
- (Pause at top for 1 sec)
- Drive through the heel.
- Keep movements controlled.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10/LEG REST: 60 SECS



GOBLET SQUATS

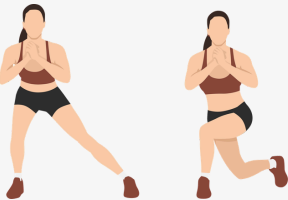
- (Final set: Drop Set)
- Keep chest up.
- Push knees outward.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12 REST: 60 SECS



CURTSY LUNGES

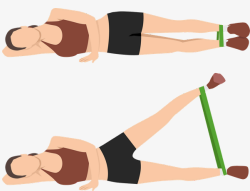
- (Slow eccentric phase)
- Keep torso upright.
- Step back at an angle.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/LEG REST: 45 SECS



SIDE-LYING HIP ABDUCTIONS

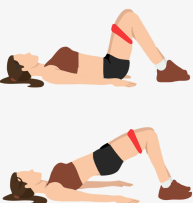
- (Final set: Isometric hold for 10 sec)
- Keep foot flexed.
- Control the movement up and down.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/SIDE REST: 45 SECS



GLUTE BRIDGES WITH BAND

- (Hold at top for 3 sec on last rep)
- Press knees outward.
- Engage core throughout.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15 REST: 60 SECS



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DAY 5

BOOTY BURNOUT & CORE

WEEK

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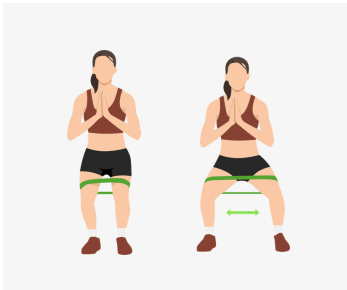
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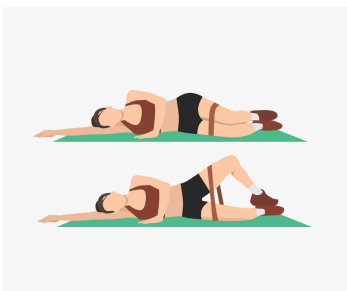
WALKING LUNGES

- (Final set: Drop Set)
- Keep strides controlled.
- Drive through front heel.

set 1 set 2 set 3
SETS & REPS 3 X 12/LEG REST: 60 SECS


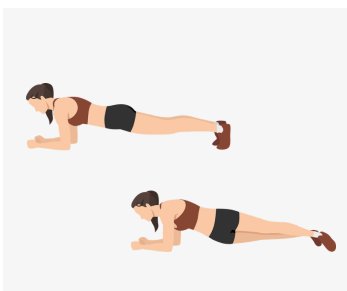
BANDED LATERAL WALKS

- (Slow tempo, extra resistance)
- Stay low.
- Keep band tight.

set 1 set 2 set 3
SETS & REPS 3 X 15/SIDE REST: 60 SECS


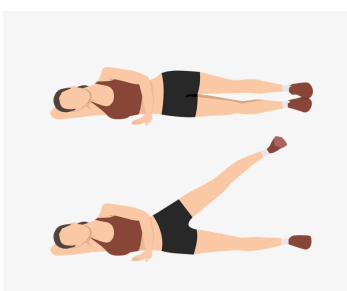
CLAMSHELLS (WEIGHTED OR BANDED)

- (Final set: Isometric hold for 10 sec)
- Keep feet together.
- Open knees slowly.

set 1 set 2 set 3
SETS & REPS 3 X 20/SIDE REST: 60 SECS


PLANK HIP DIPS

- (Slow, controlled movements)
- Keep core engaged.
- Control the twist.

set 1 set 2 set 3
SETS & REPS 3 X 15 REST: 30 SECS


SIDE-LYING LEG RAISES

- (Final set: Pause for 2 sec at top)
- Keep leg straight.
- Avoid swinging.

set 1 set 2 set 3
SETS & REPS 3 X 15/SIDE REST: 30 SECS


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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

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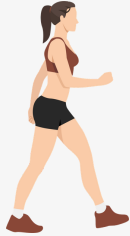
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Cobra Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 15



OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Hamstring Stretch – Stretch Hamstrings for mobility.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15



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WEEK 6 WORKOUT TRACKING

WEEK 6 - INCREASED INTENSITY & TIME UNDER TENSION

In Week 6, the intensity gets even higher. With slight increases in weight for all compound movements, you'll focus on time under tension, adding longer pauses and slower eccentric movements to each rep. This week aims to build endurance and continue challenging your glutes by increasing volume.

WEEKS 5 - 8
GROWTH & INTENSITY PHASE



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DAY 1

HEAVY GLUTE FOCUS

WEEK

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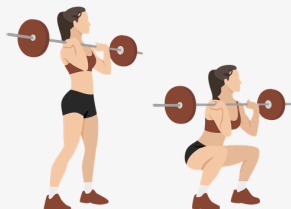
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FRONT SQUATS OR LEG PRESS

- (Final set: Drop Set)
- Increase weight by 5-10 lbs. Focus on slow, controlled movements and a longer pause at the bottom (2-3 seconds).

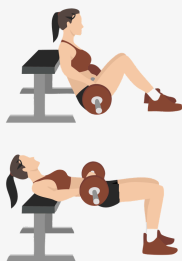
SETS & REPS 3 X 10

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



HIP THRUSTS

- Increase weight by 5-10 lbs. Add a 3-second hold at the top of the thrust to enhance contraction.

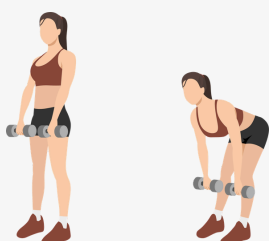
SETS & REPS 3 X 10

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



ROMANIAN DEADLIFTS

- Increase weight by 5 lbs. Incorporate a 4-second eccentric phase on the way down.

SETS & REPS 3 X 10

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



BULGARIAN SPLIT SQUATS

- (Pause at the bottom for 2 seconds)
- Keep torso upright.
- Press through the front heel.

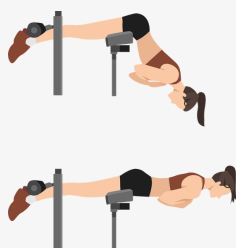
SETS & REPS 3 X 8/LEG

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



GLUTE RAISES (CAN USE BENCH/CHAIR)

- (Final set: Isometric hold at top for 10 sec)
- Control the movement down.
- Engage glutes, not lower back.

SETS & REPS 3 X 12

REST: 30 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 2

GLUTE ACTIVATION + LOWER BODY BURNOUT

WEEK

1

2

3

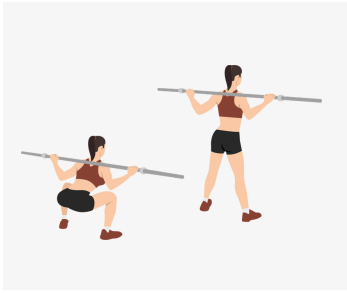
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SUMO SQUATS

- (Slow, controlled movement)
- Push knees outward.
- Keep weight on heels.

set 1 set 2 set 3

SETS & REPS 3 X 15

REST: 60 SECS



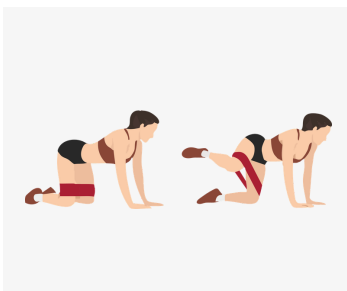
GLUTE KICKBACKS (BANDED OR CABLE)

- (Hold at top for 2 seconds)
- Add a heavier resistance band or ankle weights. Increase reps to 18-20 per set.

set 1 set 2 set 3

SETS & REPS 3 X 20

REST: 30 SECS



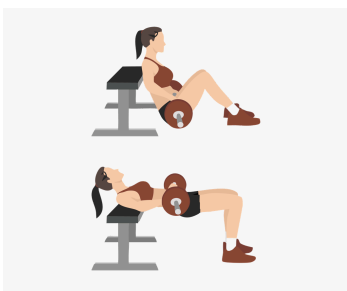
FIRE HYDRANTS (BANDED)

- (Final set: Isometric hold for 10 sec)
- Add a heavier resistance band and aim for 18 reps per side.

set 1 set 2 set 3

SETS & REPS 3 X 18/LEG

REST: 30 SECS



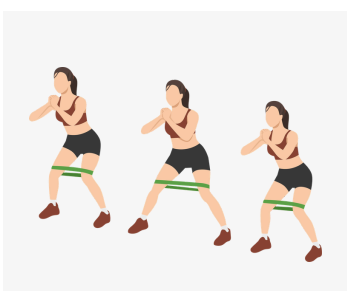
HIP THRUST HOLD WITH PULSE

- (Small pulses at top)
- Increase the weight slightly, and hold the pulse at the top for 2 seconds.

set 1 set 2 set 3

SETS & REPS 3 X 45 SEC

REST: 60 SECS



LATERAL BAND WALKS

- (Slow, controlled steps)
- Keep knees slightly bent.
- Maintain tension on the band.

set 1 set 2 set 3

SETS & REPS 3 X 20/SIDE

REST: 60 SECS



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DAY 3

ACTIVE REST DAY

WEEK

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3

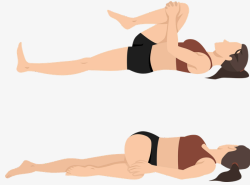
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OPTION 1: MOBILITY WORK

- Hip Flexors – Improves hip rotation and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

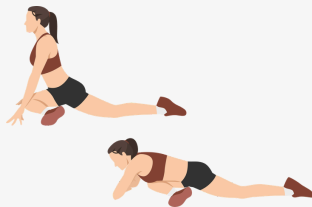
TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Downward Dog > Cobra Flow – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

1

2

3

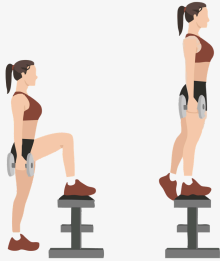
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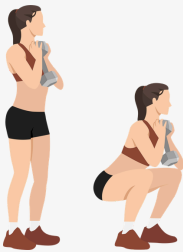
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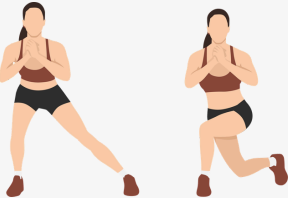
STEP-UPS (WEIGHTED OR BODYWEIGHT)

- (Pause at top for 1 sec)
- **Increase weight by 5 lbs per hand or use a higher step. Perform 12-15 reps each leg.**

set 1 set 2 set 3
SETS & REPS 3 X 15/LEG REST: 60 SECS


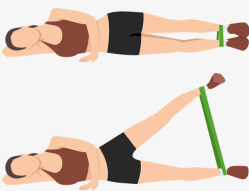
GOBLET SQUATS

- (Final set: Drop Set)
- **Increase weight by 5 lbs. Focus on a 3-second descent and a quick, explosive ascent.**

set 1 set 2 set 3
SETS & REPS 3 X 12 REST: 60 SECS


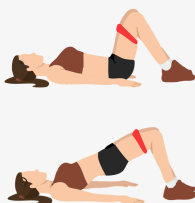
CURTSY LUNGES

- (Slow eccentric phase)
- **Add 5-10 lbs or use a higher rep range (15-20 reps). Add a pause at the bottom of each lunge for 2 seconds**

set 1 set 2 set 3
SETS & REPS 3 X 20/LEG REST: 30 SECS


SIDE-LYING HIP ABDUCTIONS

- (Final set: Isometric hold for 10 sec)
- Keep foot flexed.
- Control the movement up and down.

set 1 set 2 set 3
SETS & REPS 3 X 15/SIDE REST: 60 SECS


GLUTE BRIDGES WITH BAND

- (Hold at top for 3 sec on last rep)
- Press knees outward.
- Engage core throughout.

set 1 set 2 set 3
SETS & REPS 3 X 15 REST: 60 SECS


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DAY 5

BOOTY BURNOUT & CORE

WEEK

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4

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WALKING LUNGES

- (Final set: Drop Set)
- **Increase weight slightly or add extra rounds to increase volume. Aim for 12-15 reps per leg.**

SETS & REPS 3 X 15/LEG REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



BANDED LATERAL WALKS

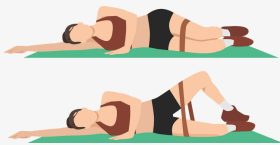
- (Slow tempo, extra resistance)
- **Use a stronger resistance band. Perform 20-25 steps per direction.**

SETS & REPS 3 X 25/SIDE REST: 30 SECS

set 1 reps

set 2 reps

set 3 reps



CLAMSHELLS (WEIGHTED OR BANDED)

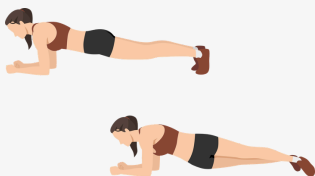
- (Final set: Isometric hold for 10 sec)
- **Add a heavier resistance band or ankle weights. Perform 25 reps per side.**

SETS & REPS 3 X 25/SIDE REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



PLANK HIP DIPS

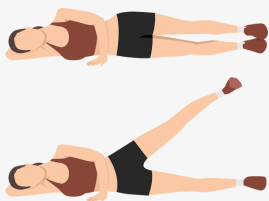
- (Slow, controlled movements)
- Keep core engaged.
- Control the twist.

SETS & REPS 3 X 15 REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



SIDE-LYING LEG RAISES

- (Final set: Pause for 2 sec at top)
- Keep leg straight.
- Avoid swinging.

SETS & REPS 3 X 15/SIDE REST: 30 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

1

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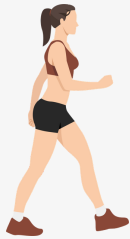
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Forward Bend – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 15



OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Deep Lunge w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15



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WEEK 7 WORKOUT TRACKING

WEEK 7 - PEAK INTENSITY & ADVANCED TECHNIQUES

Week 7 marks the peak of the Growth & Intensity Phase. This week, you'll continue to push your limits with the highest level of intensity yet. Incorporating advanced techniques like supersets, you will focus on maximizing muscle fatigue to stimulate growth.

The goal is to increase volume and challenge the muscles in new ways, ensuring the glutes are fully engaged. Expect longer rest periods for recovery, but also higher intensity reps, especially for compound movements and burnouts. This week prepares you for the final push, optimizing muscle recruitment and pushing the glutes into overdrive.

WEEKS 5 - 8
GROWTH & INTENSITY PHASE



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DAY 1

HEAVY GLUTE FOCUS

WEEK

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2

3

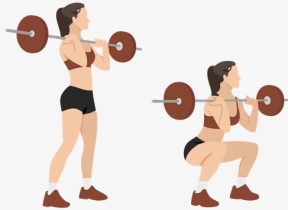
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FRONT SQUATS OR LEG PRESS

- (Final set: Drop Set)
- Increase weight by 5-10 lbs. Incorporate lowering the weight by 20% only for drop set.

SETS & REPS 3 X 10

REST: 75 SECS

set 1 reps

set 2 reps

set 3 reps



HIP THRUSTS

- Add a drop set at the end of the sets, (set 4) lowering the weight by 10-15%.

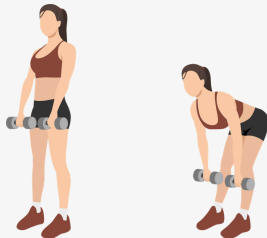
SETS & REPS 3 X 10

REST: 75 SECS

set 1 reps

set 2 reps

set 3 reps



ROMANIAN DEADLIFTS

- Add pause reps at the bottom of each rep (2-3 seconds).

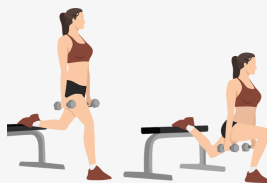
SETS & REPS 3 X 10

REST: 75 SECS

set 1 reps

set 2 reps

set 3 reps



BULGARIAN SPLIT SQUATS

- (Pause at the bottom for 2 seconds)
- Keep torso upright.
- Press through the front heel.
- Increase weight

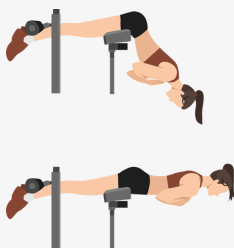
SETS & REPS 3 X 8/LEG

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



GLUTE RAISES (CAN USE BENCH/CHAIR)

- (Final set: Isometric hold at top for 10 sec)
- Control the movement down.
- Engage glutes, not lower back.

SETS & REPS 3 X 12

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 2

GLUTE ACTIVATION + LOWER BODY BURNOUT

WEEK

1

2

3

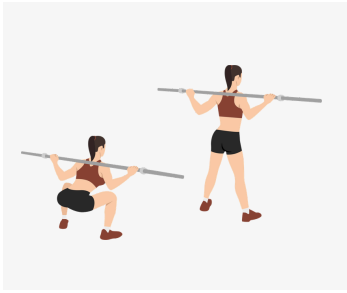
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SUMO SQUATS

- (Slow, controlled movement)
- Push knees outward.
- Keep weight on heels.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15

REST: 60 SECS



GLUTE KICKBACKS (BANDED OR CABLE)

- (Hold at top for 2 seconds)
- Add drop sets after your first two sets.

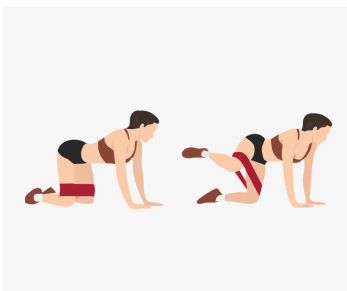
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20

REST: 75 SECS



FIRE HYDRANTS (BANDED)

- (Final set: Isometric hold for 10 sec)
- Perform supersets with clamshells (10-12 reps each, back-to-back).

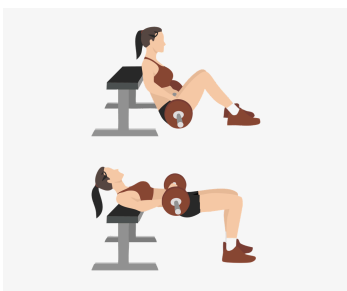
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12/LEG

REST: 60 SECS



HIP THRUST HOLD WITH PULSE

- (Small pulses at top)
- Increase weight and do pulse holds at the top of the rep (hold for 3 seconds, then pulse for 2).

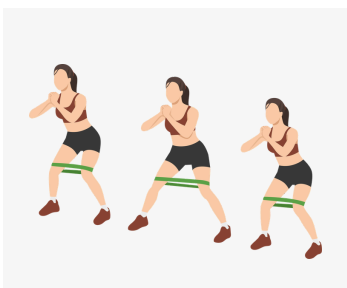
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 45 SEC

REST: 75 SECS



LATERAL BAND WALKS

- (Slow, controlled steps)
- Keep knees slightly bent.
- Maintain tension on the band.
- Use a heavier band

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20/SIDE

REST: 60 SECS



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DAY 3

ACTIVE REST DAY

WEEK

1

2

3

4

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6

7

8



OPTION 1: MOBILITY WORK

- Butterfly Stretch – Hip flexors, ankles and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Childs Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

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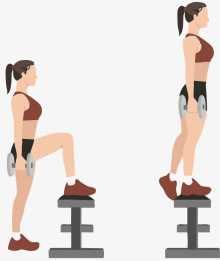
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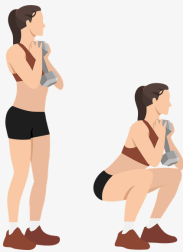
STEP-UPS (WEIGHTED OR BODYWEIGHT)

- (Pause at top for 1 sec)
- **Add drop sets on the last set, dropping the weight by 10%.**

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/LEG REST: 75 SECS

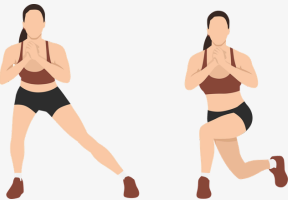
GOBLET SQUATS

- (Final set: Drop Set)
- **Increase the weight, and superset with walking lunges for 15 reps per leg.**

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15 REST: 60 SECS

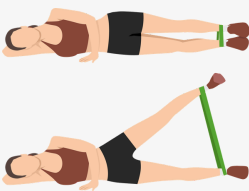
CURTSY LUNGES

- (Slow eccentric phase)
- **Perform supersets with bulgarian split squats (10-12 reps each side).**

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10/LEG REST: 60 SECS

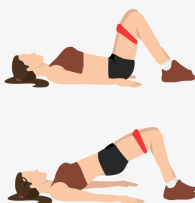
SIDE-LYING HIP ABDUCTIONS

- (Final set: Isometric hold for 10 sec)
- Keep foot flexed.
- Control the movement up and down.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15/SIDE REST: 30 SECS

GLUTE BRIDGES WITH BAND

- (Hold at top for 3 sec on last rep)
- Press knees outward.
- Engage core throughout.
- **Use a heavier band and increase reps**

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20 REST: 30 SECS

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DAY 5

BOOTY BURNOUT & CORE

WEEK

1

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WALKING LUNGES

- (Final set: Drop Set)
- **Add a higher weight or extra rounds.**
Superset with glute bridges for 15-20 reps.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20/LEG REST: 75 SECS

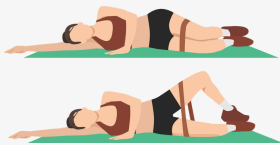
BANDED LATERAL WALKS

- (Slow tempo, extra resistance)
- **Increase resistance**

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 25/SIDE REST: 60 SECS

CLAMSHELLS (WEIGHTED OR BANDED)

- (Final set: Isometric hold for 10 sec)
- **Use a heavier resistance band and ankle weights.**

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 25/SIDE REST: 30 SECS

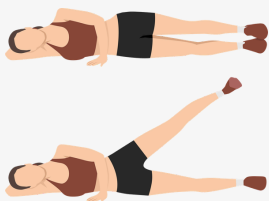
PLANK HIP DIPS

- (Slow, controlled movements)
- Keep core engaged.
- Control the twist.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 15 REST: 30 SECS

SIDE-LYING LEG RAISES

- (Final set: Pause for 2 sec at top)
- Keep leg straight.
- Avoid swinging.
- **Increase rep range**

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20/SIDE REST: 30 SECS

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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

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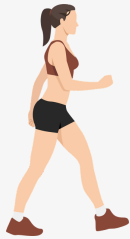
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Cobra Pose – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 15



OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Hamstring Stretch – Stretch Hamstrings for mobility.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15



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WEEK 8 WORKOUT TRACKING

WEEK 8 - FINAL PUSH & MASTERY OF INTENSITY

Week 8 represents the culmination of all the hard work from the past 7 weeks. This week, the focus shifts to maximizing intensity and ensuring proper muscle activation. The emphasis will be on perfecting form while continuing to challenge the glutes with increased volume, heavy lifts, and advanced techniques. Focus on maximal effort for each rep, prioritizing muscle contraction over speed. This week serves as a preparation for maintaining and sustaining progress post-program while mastering all the techniques learned throughout the plan.

WEEKS 5 - 8
GROWTH & INTENSITY PHASE



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DAY 1

HEAVY GLUTE FOCUS

WEEK

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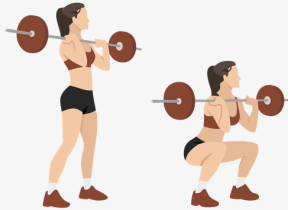
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FRONT SQUATS OR LEG PRESS

- (Final set: Drop Set)
- Continue with heavy loads and perform supersets with hip thrusts (8-10 reps each).

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 8

REST: 90 SECS



HIP THRUSTS

- Superset with above, Add pause reps for 5 seconds at the top of each thrust.

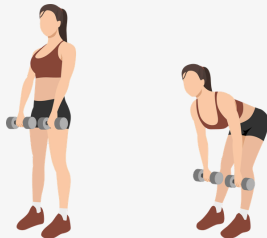
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10

REST: 60 SECS



ROMANIAN DEADLIFTS

- Perform a giant set (3 exercises back-to-back) targeting hamstrings and glutes.
- RDLs, good mornings, single leg RDL

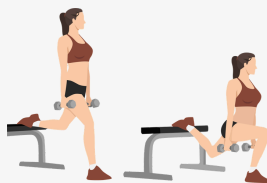
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10

REST: 60 SECS



BULGARIAN SPLIT SQUATS

- (Pause at the bottom for 2 seconds)
- Keep torso upright.
- Press through the front heel.
- Increase rep range

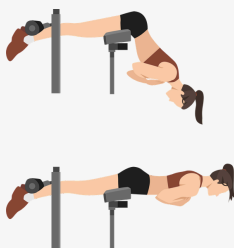
set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 10/LEG

REST: 90 SECS



GLUTE RAISES (CAN USE BENCH/CHAIR)

- (Final set: Isometric hold at top for 10 sec)
- Control the movement down.
- Engage glutes, not lower back.
- Increase rep range

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 12

REST: 60 SECS



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DAY 2

GLUTE ACTIVATION + LOWER BODY BURNOUT

WEEK

1

2

3

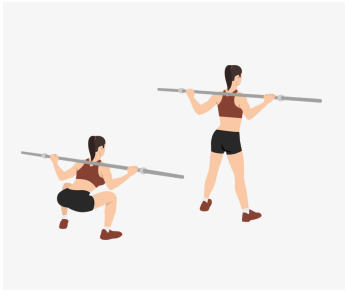
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SUMO SQUATS

- (Slow, controlled movement)
- Push knees outward.
- Keep weight on heels.
- **increase weight and volume**

SETS & REPS 3 X 20

REST: 90 SECS

set 1 reps

set 2 reps

set 3 reps



GLUTE KICKBACKS (BANDED OR CABLE)

- (Hold at top for 2 seconds)
- Add drop sets after your first two sets.

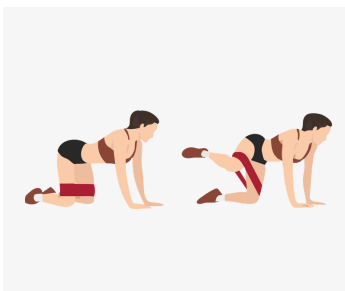
SETS & REPS 3 X 20

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



FIRE HYDRANTS (BANDED)

- (Final set: Isometric hold for 10 sec)
- **Continue with high resistance bands, increasing volume to 25 reps per side.**

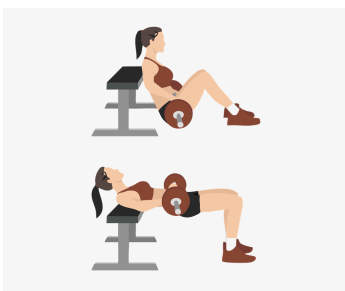
SETS & REPS 3 X 25/LEG

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



HIP THRUST HOLD WITH PULSE

- (Small pulses at top)
- **Add extra rounds to push endurance.**

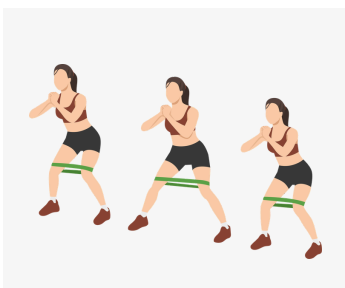
SETS & REPS 3 X 45 SEC

REST: 90 SECS

set 1 reps

set 2 reps

set 3 reps



LATERAL BAND WALKS

- (Slow, controlled steps)
- Keep knees slightly bent.
- Maintain tension on the band.
- **Use a heavier band**

SETS & REPS 3 X 20/SIDE

REST: 60 SECS

set 1 reps

set 2 reps

set 3 reps



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DAY 3

ACTIVE REST DAY

WEEK

1

2

3

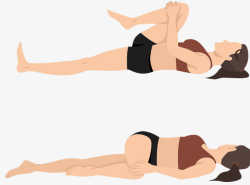
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OPTION 1: MOBILITY WORK

- Hip Flexors – Improves hip rotation and flexibility.
- World's Greatest Stretch – Targets hips, hamstrings, and spine.
- Banded Lateral Walks – Activates glutes and strengthens stabilizers.

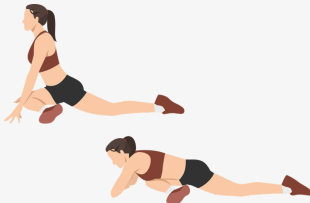
TIME (MINS) 15



OPTION 2: DYNAMIC STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Bodyweight Deep Squats w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15



OPTION 3: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Downward Dog > Cobra Flow – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 30



OPTION 4: WALKING

- Incline Treadmill Walk (3-5% incline) – Engages glutes and hamstrings.
- Outdoor Trail Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30



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DAY 4

GLUTE HYPERTROPHY

WEEK

1

2

3

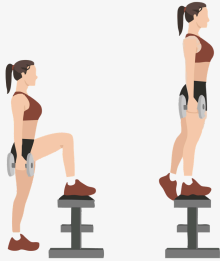
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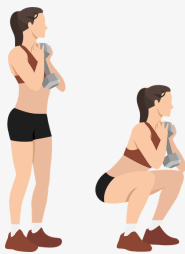


STEP-UPS (WEIGHTED OR BODYWEIGHT)

- (Pause at top for 1 sec)
- Perform supersets with leg press or walking lunges for 12 reps each.

set 1 set 2 set 3

SETS & REPS 3 X 12/LEG REST: 90 SECS

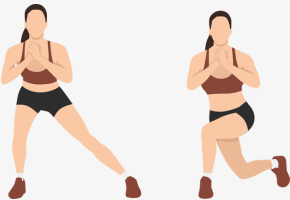


GOBLET SQUATS

- (Final set: Drop Set)
- Continue with heavier weights and drop sets for increased muscle burn.

set 1 set 2 set 3

SETS & REPS 3 X 15 REST: 90 SECS

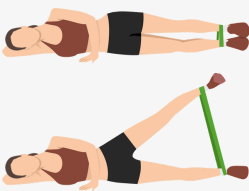


CURTSY LUNGES

- (Slow eccentric phase)
- Perform supersets with bulgarian split squats (10-12 reps each side).
- Add pauses at the bottom for a 2-3 second

set 1 set 2 set 3

SETS & REPS 3 X 10/LEG REST: 60 SECS

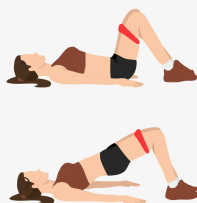


SIDE-LYING HIP ABDUCTIONS

- (Final set: Isometric hold for 10 sec)
- Keep foot flexed.
- Control the movement up and down.

set 1 set 2 set 3

SETS & REPS 3 X 15/SIDE REST: 60 SECS



GLUTE BRIDGES WITH BAND

- (Hold at top for 3 sec on last rep)
- Press knees outward.
- Engage core throughout.

set 1 set 2 set 3

SETS & REPS 3 X 20 REST: 60 SECS



DAY 5

BOOTY BURNOUT & CORE

WEEK

1

2

3

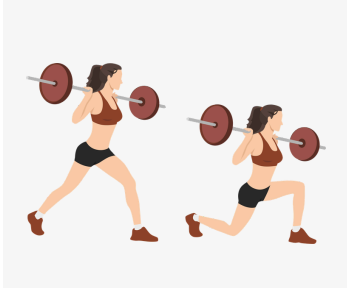
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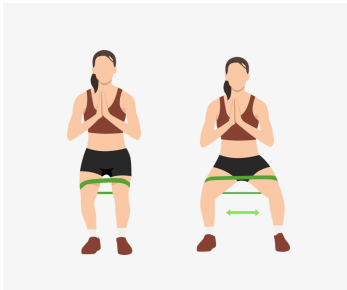
WALKING LUNGES

- (Final set: Drop Set)
- Add a higher weight or extra rounds.
Superset with glute bridges for 15-20 reps.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20/LEG REST: 90 SECS


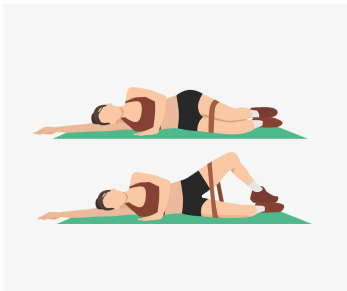
BANDED LATERAL WALKS

- (Slow tempo, extra resistance)
- Perform with a heavier resistance band and longer distances.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 30/SIDE REST: 60 SECS


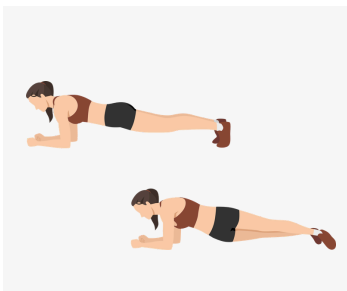
CLAMSHELLS (WEIGHTED OR BANDED)

- (Final set: Isometric hold for 10 sec)
- Use a heavier resistance band and ankle weights.

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 25/SIDE REST: 60 SECS


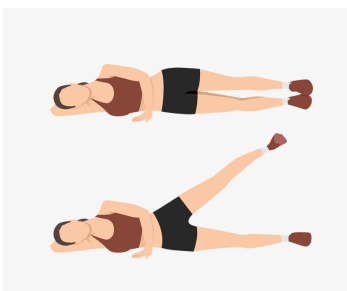
PLANK HIP DIPS

- (Slow, controlled movements)
- Keep core engaged.
- Control the twist.
- super set with side-lying leg raises below

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20 REST: 60 SECS


SIDE-LYING LEG RAISES

- (Final set: Pause for 2 sec at top)
- Keep leg straight.
- Avoid swinging.
- Increase rep range

set 1 reps

set 2 reps

set 3 reps

SETS & REPS 3 X 20/SIDE REST: 60 SECS


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DAY 6 & 7

REST OR LOW-INTENSITY CARDIO

WEEK

1

2

3

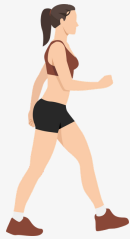
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OPTION 1: WALKING

- Treadmill Walk (3-5% incline) – Engages all-over legs
- Outdoor Walks – Natural terrain challenges stabilizer muscles.
- Lunging Walks (Every 10 Steps) – Adds strength and mobility benefits.

TIME (MINS) 30


OPTION 2: YOGA

- Pigeon Pose – Deep glute and hip stretch.
- Forward Bend – Stretches spine/posterior chain.
- Warrior II to Side Angle – Strengthens legs and improves flexibility.

TIME (MINS) 15


OPTION 3: STRETCHING

- Leg Swings (Front-to-Back & Side-to-Side) – Enhances hip mobility.
- Deep Lunge w/ Hold – Opens up hips and ankles.
- High Knees to Butt Kicks – Warms up glutes and hamstrings.

TIME (MINS) 15


OPTION 4: SHORT CYCLE

- Stationary Bike– Engages all-over legs
- Outdoor Cycle – Natural terrain challenges stabilizer muscles.

TIME (MINS) 15


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THE BEST **BOOTY** **BURNOUT FINISHERS**

WHY BURNOUTS = FASTER GLUTE GROWTH

Burnout finishers are the secret weapon to maximizing glute engagement and muscle fatigue, leading to increased muscle growth. By pushing your glutes to their limits at the end of a workout, you activate more muscle fibers, forcing them to adapt and grow stronger.

Benefits of Booty Burnouts:



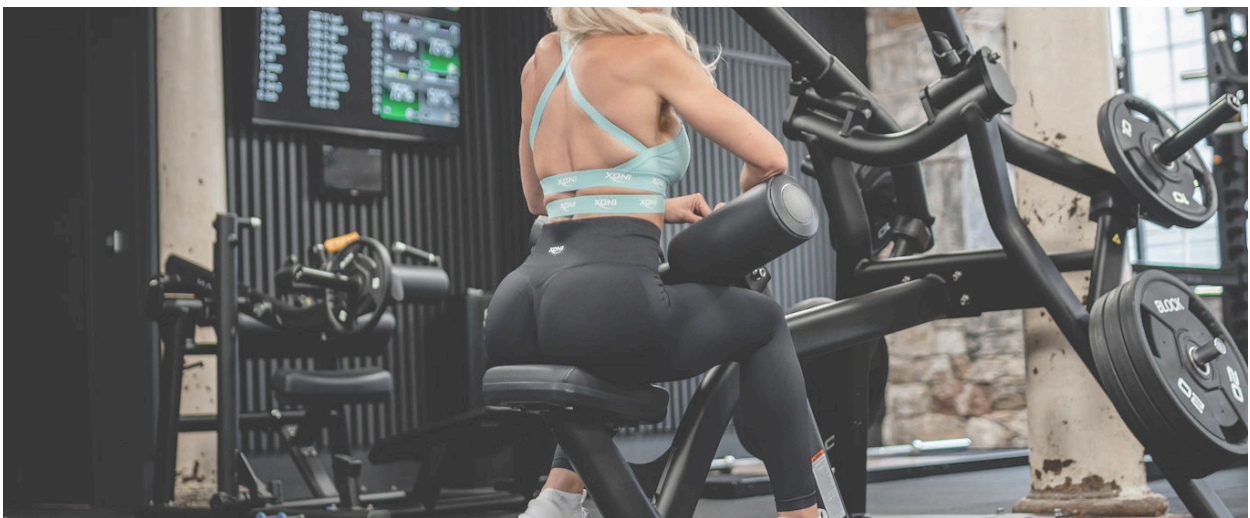
Helps break through plateaus and maximize growth.



Increases glute endurance and activation.

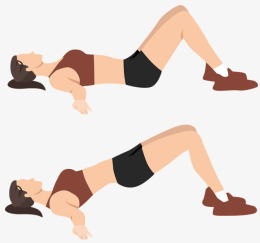


Creates a serious glute burn that ensures full fatigue.



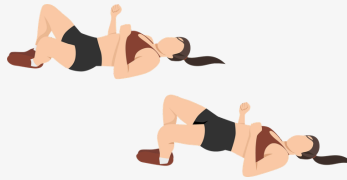
BODYWEIGHT, BAND & WEIGHTED BURNOUT ROUTINES

BODYWEIGHT BURNOUT:

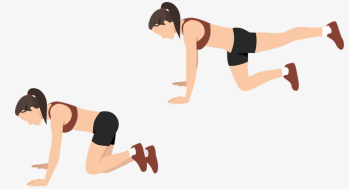


**GLUTE BRIDGES
X 30**

(HOLD LAST REP FOR 10 SEC)



**FROG PUMPS
X 25**

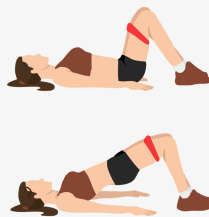


**DONKEY KICKS X
15/LEG**

RESISTANCE BAND BURNOUT:



**BANDED LATERAL
WALKS X 20
STEPS EACH WAY**



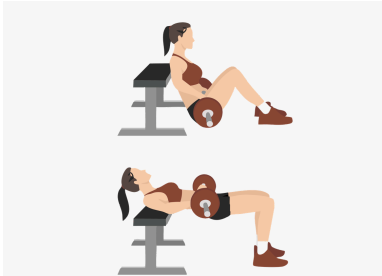
**BANDED HIP
THRUSTS X 25**



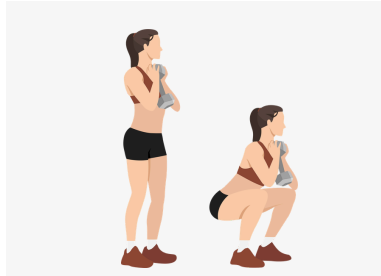
**STANDING
KICKBACKS X
15/LEG**



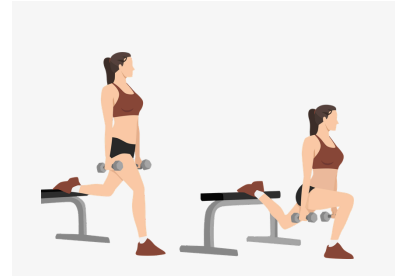
WEIGHTED BURNOUT:



**HIP THRUST
DROPSET X 10
REPS PER SET**
(HEAVY TO BODYWEIGHT)



**GOBLET SQUATS
X 15**



**BULGARIAN SPLIT
SQUATS X 12/LEG**

HOW TO ADD BURNOUTS TO YOUR WORKOUTS

1

**Perform 1
burnout set** at
the end of each
glute-focused
workout.

2

Focus on slow,
controlled
movements to
maintain tension.

3

Keep **rest time
minimal** to
increase intensity.



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THE NUTRITION GUIDE FOR A **STRONGER, ROUNDER BOOTY**

EATING FOR GLUTE GROWTH (MACRONUTRIENTS EXPLAINED)

To grow your glutes, you need the right fuel. Muscle growth happens when you eat enough protein, carbs, and healthy fats to support recovery and strength gains.

■ **Protein:** Supports muscle repair and growth (chicken, eggs, Greek yogurt, tofu).

■ **Carbs:** Provides energy for workouts (oats, rice, sweet potatoes, fruits).

■ **Fats:** Essential for hormone production and recovery (avocado, nuts, olive oil).

THE BEST FOODS FOR BOOTY GAINS



Lean Proteins: Chicken, salmon, eggs, tofu.



Complex Carbs: Brown rice, quinoa, oats.



Healthy Fats: Avocado, almonds, coconut oil.



Greens & Fiber: Spinach, broccoli, sweet potatoes.



PRE-WORKOUT NUTRITION



Oats + Protein (Whey or Plant-based)

Oats provide a slow-releasing source of carbohydrates for sustained energy throughout your workout. When paired with protein, it helps to support muscle function and recovery. This combination ensures that your body has both the energy and the building blocks it needs for strength and endurance.



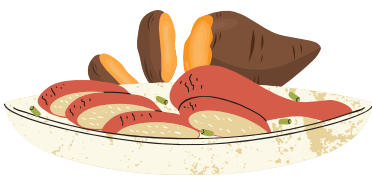
Banana + Almond Butter

Bananas are rich in simple carbohydrates and potassium, which help maintain muscle function during your workout. Almond butter provides healthy fats and a bit of protein to sustain energy and keep you feeling full. This combination is easily digestible and offers a quick boost of energy.



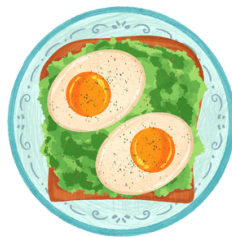
Greek Yogurt + Berries

Greek yogurt is high in protein, which helps with muscle repair, while the berries provide antioxidants and quick-digesting carbohydrates for energy. The natural sugars from the fruit give a quick burst of energy, and the protein in the yogurt will fuel your muscles during intense activity.



Sweet Potato + Chicken or Turkey

Sweet potatoes are a great source of complex carbohydrates, providing long-lasting energy. The lean protein from chicken or turkey helps with muscle repair and growth, making it an excellent choice for a more substantial pre-workout meal.



Whole Wheat Toast + Avocado + Egg

Whole wheat toast gives you complex carbs for sustained energy. Avocado is a healthy fat that supports sustained energy, while eggs provide protein for muscle repair. This combination of healthy fats, carbs, and protein will fuel both your workout and your muscles.



Coffee + Protein Shake

Coffee is a well-known stimulant that can help improve focus and endurance during your workout. Pairing it with a protein shake ensures that your muscles have the amino acids they need for repair and recovery. It's a quick and effective option for an early morning workout.



POST-WORKOUT NUTRITION



Protein Shake + Banana

After your workout, protein is essential for muscle recovery, and a shake provides a quick source of protein. The banana replenishes glycogen stores with simple carbohydrates and potassium, helping reduce muscle cramps and replenishing lost energy.



Grilled Chicken + Quinoa + Vegetables

This meal offers lean protein (chicken) to repair muscles, complex carbohydrates (quinoa) to replenish glycogen, and fiber-rich vegetables for nutrients and antioxidants. It's a balanced, nutrient-dense meal that supports overall recovery.



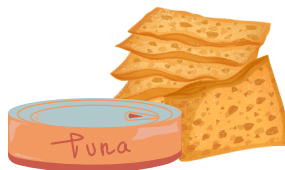
Cottage Cheese + Pineapple

Cottage cheese is high in casein protein, which digests slowly, providing a steady release of amino acids for muscle repair. Pineapple is rich in bromelain, which has anti-inflammatory properties that can aid in post-workout recovery and reduce soreness.



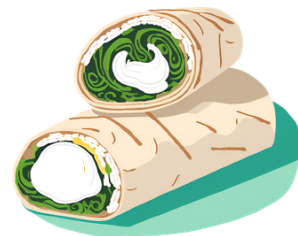
Salmon + Sweet Potato

Salmon provides healthy omega-3 fatty acids that reduce inflammation and promote muscle recovery. The sweet potato offers complex carbohydrates to replenish glycogen stores, making this a great post-workout option for reducing muscle soreness and boosting recovery.



Tuna + Whole Grain Crackers

Tuna is a lean source of protein that aids in muscle repair. The whole grain crackers provide carbohydrates that replenish glycogen stores, helping you recover your energy levels. This combo is convenient and packed with nutrients.



Egg Whites + Spinach + Whole Wheat Wrap

Egg whites are rich in high-quality protein, helping muscle recovery. Spinach is loaded with vitamins and minerals that aid recovery, and the whole wheat wrap provides fiber and carbohydrates to restock glycogen. This meal is easy to digest and balances protein, carbs, and healthy fats.



SAMPLE MEAL IDEAS & SNACK

1



BREAKFAST

Scrambled eggs with whole wheat toast & avocado.

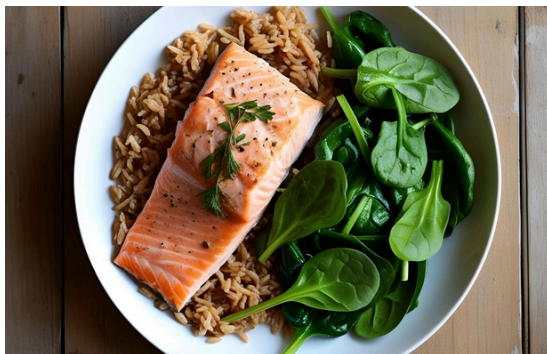
2



LUNCH

Grilled chicken, quinoa, and roasted veggies.

3



DINNER

Salmon with brown rice and spinach.

4



SNACKS

Greek yogurt with berries, almonds & dark chocolate.



REST, RECOVERY & INJURY PREVENTION

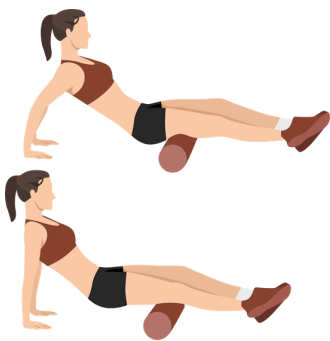
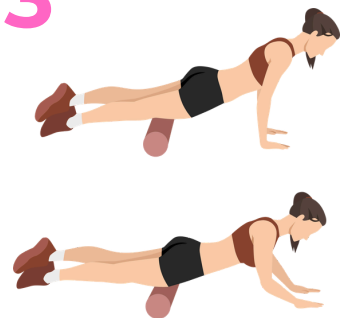
WHY REST DAYS ARE JUST AS IMPORTANT AS WORKOUTS

Muscle growth happens when you rest, not just when you train. Your glutes need time to recover and rebuild stronger. Overtraining can lead to fatigue, injuries, and stalled progress.

- Take at least **2 rest days** per week.
- **Prioritize sleep** (7-9 hours per night).
- **Hydrate** and eat well for faster recovery.

FOAM ROLLING & STRETCHING FOR HEALTHY GLUTES

Foam rolling helps reduce muscle tightness and improve circulation.

1**2****3**

PREVENTING COMMON INJURIES

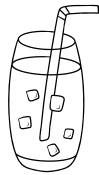
(Knees, Lower Back, Hips)

- Engage your **core** to protect your lower back.
- Ensure **knee alignment** during squats and lunges.
- **Warm up** properly before lifting heavy.



SIMPLE WAYS TO STAY HYDRATED

Water is one of the most underrated tools for muscle growth. It plays a crucial role in digestion, metabolism, energy levels, and overall health. Yet, many people walk around dehydrated without even realizing it! **Here are some tips to stay hydrated:**



Start your morning with a glass of water before coffee.



Carry a water bottle wherever you go.



Eat more high-water foods (watermelon, cucumber, oranges).



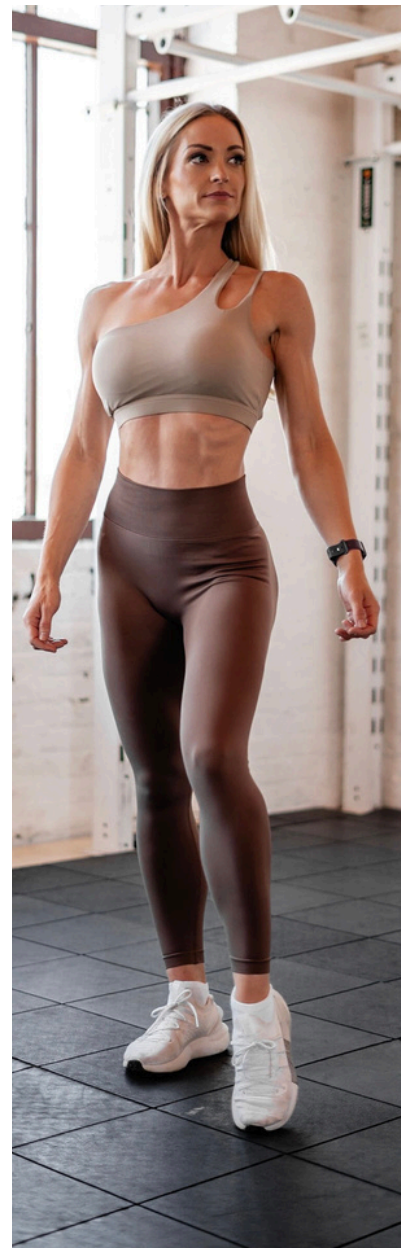
Set reminders on your phone to drink every hour.



Flavor it! Add lemon, lime, cucumber, or mint.



Use a Large Water Bottle & Mark It with Time Goals



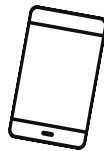
SIMPLE WAYS FOR BETTER SLEEP

Sleep plays a critical role in muscle recovery, and overall well-being. Poor sleep negatively affects metabolism and increases cravings for unhealthy foods.

Here's how to optimize your sleep:



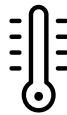
Set a sleep schedule – go to bed/wake up at the same time daily.



Limit screens 30-60 mins before bed – blue light disrupts melatonin.



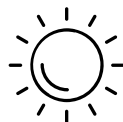
Avoid caffeine after 2-3 PM – it stays in your system for 6+ hours.



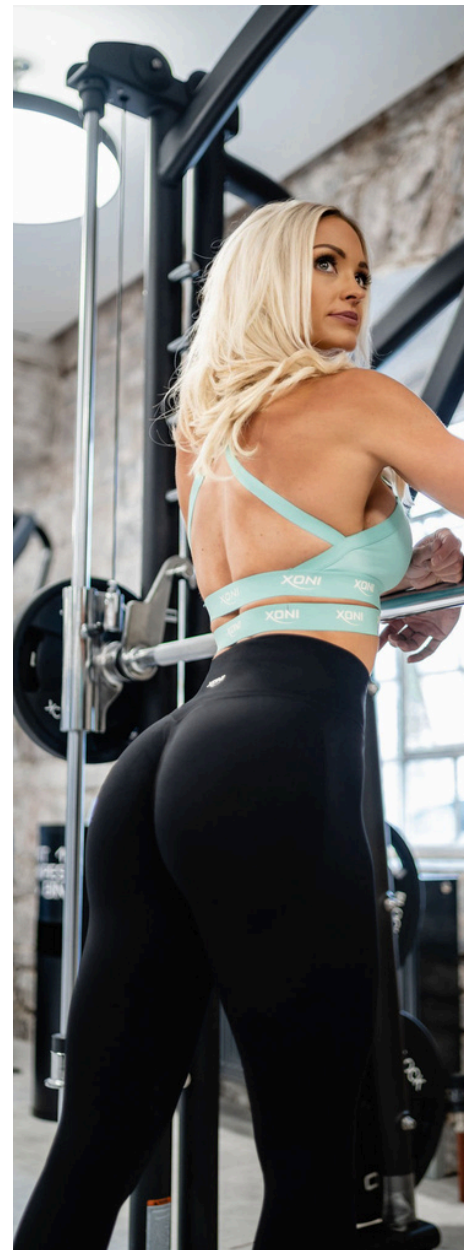
Keep your bedroom cool & dark – ideal sleep temperature: 16-20°C (60-68°F).



Do a relaxing bedtime routine – stretch, read, or meditate before bed.



Get morning sunlight – it helps regulate your sleep cycle for better rest!



GLUTE GROWTH GROCERY LIST

To help get your nutrition on track, choose some foods from the **grocery list** to get in your next shop to fuel your workouts and glute growth!

Macronutrient	Food Options
Protein Sources	Chicken, Salmon, Eggs, Tofu, Greek Yogurt, Cottage Cheese, Lean Beef, Turkey, Lentils, Protein Powder
Carbs for Energy	Brown Rice, Quinoa, Oats, Sweet Potatoes, Whole Wheat Bread, Beans, Bananas, Apples, Berries, Chickpeas
Healthy Fats	Avocados, Almonds, Walnuts, Peanut Butter, Chia Seeds, Flaxseeds, Coconut Oil, Olive Oil, Dark Chocolate, Sunflower Seeds
Fiber & Micronutrients	Spinach, Broccoli, Kale, Asparagus, Carrots, Bell Peppers, Zucchini, Cucumbers, Mushrooms, Brussels Sprouts
Hydration & Electrolytes	Water, Coconut Water, Electrolyte Drinks, Herbal Teas, Cucumber-Infused Water, Lemon Water, Watermelon, Celery Juice, Green Tea, Bone Broth



FAQ (FREQUENTLY ASKED QUESTIONS)

QUESTION

WHY AREN'T MY GLUTES GROWING?



Answer:

- Ensure you're progressively overloading with heavier weights.
- Check your protein intake—aim for at least 1g per pound of body weight.
- Prioritize recovery—rest and proper sleep are crucial.

QUESTION

HOW DO I KNOW IF I'M EATING ENOUGH?



Answer:

- Track your calories and macronutrients.
- Watch for strength improvements and energy levels.
- If you're not seeing muscle growth, increase your intake gradually.

QUESTION

WHAT SHOULD I DO IF I MISS A WORKOUT?



Answer:

- If possible, make it up the next day.
- Focus on staying consistent rather than perfect.
- Don't stress—one missed session won't ruin your progress.



CONGRATULATIONS YOU MADE IT

Thank you for choosing this 8-Week Booty Workout Plan and trusting this program as part of your fitness journey.

Your dedication and commitment to self-improvement are what will drive your results and I'm excited for you to see the progress you're about to make!

Remember, consistency is key, and progress isn't just about physical changes - it's also about feeling stronger, more confident, and empowered in your body. Take your time, listen to your body, and celebrate every small victory along the way.

Need a personalised workout and nutrition plan? Message Laura on Instagram @lawzfit

**YOU'VE
GOT THIS!**



@lawzfit