

What Results to Expect

Consistency with this program can help you:

- Build stronger, more activated glutes
- Improve lower body strength and stability
- Increase muscle tone and shape
- Support better posture and overall movement

Remember that building muscle takes time. The goal of this program is consistent progress, not overnight results.

Most people begin to notice improvements in strength and muscle activation within 3–4 weeks of consistent training.

For best results:

- Train your glutes **3–5 times per week**
- Gradually **increase weight** when exercises feel easier
- Prioritize **protein** and **recovery**

Small improvements add up over time.

Stay consistent and keep challenging yourself.

Glute Training Tips

No matter where you're starting, remember—**progress comes from consistency and control, not speed.**

These workouts are made to meet you where you are and grow with you.

Progressive Overload

To build muscle, your glutes need to be challenged.

Gradually increase weight and time under tension as the workouts become easier. Glutes grow best when trained close to failure, so the last few reps of each set should feel challenging.

Increase difficulty by:

Adding weight

Increasing reps

Slowing down the movement

Increasing time under tension

Small improvements over time create real results.

Form Reminders

Squeeze your glutes at the top of each movement.

Keep your core engaged to support your lower back.

Move slowly and with control — avoid rushing through reps.

Drive through your heels to activate your glutes.

Fuel Your Muscles

Muscle growth requires proper nutrition.

Aim for roughly 0.7–1 gram of protein per pound of bodyweight per day

Workout 1 — Glute Activation

This workout focuses on **waking up your glutes** and **building mind-muscle connection**.

Move slowly and concentrate on squeezing your glutes at the top of each rep. Proper activation helps your glutes work harder in future workouts and reduces the chance of your quads or lower back taking over.

3 Rounds

15 Glute Bridges

12 Dumbbell Romanian Deadlifts

12 Banded Lateral Walks

20 Frog Pumps

Finisher

30–60 sec Glute Bridge Hold

Workout 2 — Glute Strength

This session targets **strength and muscle growth** using compound movements like hip thrusts and split squats. Use a weight that feels challenging by the final reps while maintaining good form. Focus on driving through your heels and controlling the lowering phase of each movement.

3 Rounds

12 Hip Thrusts
10 Bulgarian Split Squats Each Leg
12 Weighted Step Ups
12 Banded Kickbacks

Finisher
20 Frog Pump

Workout 3 — Booty Pump

This workout is designed to create a strong **glute pump and increase time under tension**.

Higher reps and continuous movement help bring blood flow to the muscles, which supports muscle growth and endurance. Keep the movements controlled and focus on squeezing your glutes throughout each exercise.

3 Rounds

20 Frog Pumps

15 Sumo Squats

12 Curtsy Lunges

20 Glute Bridge Pulses

Workout 4 — Glute Sculpt

This workout emphasizes **unilateral movements and stability**, helping strengthen each side of the body evenly. Slowing down the reps and maintaining control will help improve muscle engagement and shape. Focus on balance, control, and full range of motion.

3 Rounds

20 Romanian Deadlifts
15 Elevated Glute Bridges
12 Single Leg Hip Thrusts
20 Fire Hydrants

Workout 5 — Booty Burnout

This session finishes the week by **fully fatiguing the glutes and reinforcing strength** built throughout the program. Expect a strong burn here — that's the goal. Stay controlled, keep tension in the glutes, and push through the final reps to maximize muscle activation.

3 Rounds

15 Hip Thrusts

12 Reverse Lunges

20 Banded Abductions

30 Glute Bridge Hold