Glute Building Workout Plan PDF

Day 1: Lower Body Focus

Barbell Squats: 3 sets of 8-10 reps
Romanian Deadlifts: 3 sets of 8-10 reps
Walking Lunges: 3 - 4 sets of 10-12 steps per leg
Hip Thrusts: 3 sets of 15 reps or 4 sets of 10-12 reps
Glute Bridge with Resistance Band: 3 sets of 12-15 reps

Day 2: Glute Isolation

Cable Kickbacks: 3 sets of 10-12 reps per leg
Smith Machine Hip Thrusts: 3 sets of 10-12 reps
Dumbbell Bulgarian Split Squats: 3 sets of 10-12 reps per leg
Standing Clamshells: 3 - 4 sets of 12-15 reps per leg
Donkey Kicks: 3 sets of 12-15 reps per leg

Day 3: Rest/Active Recovery

Day 4: Glute Activation and Strength

Glute Bridges: 3 sets of 10-12 reps
Resistance Band Side Steps: 3 sets of 10-12 steps per direction
Goblet Squats: 3 sets of 8-10 reps
Bulgarian Split Squats with Dumbbells: 3 to 4 sets of 10-12 reps per leg
Single-Leg Deadlifts: 3 sets of 10-12 reps per leg

Day 5: Plyometrics/ Cardio

Jump Squats - 3 sets of 10-12 reps
Box Jumps - 3 sets of 10-12 reps
High Knees - 3 sets of 30 seconds
Mountain Climbers - 3 sets of 30 seconds
Stair Running or Jumping Rope - 20 minutes

Day 6: Rest/Active Recovery

Day 7: Full Body Strength and Endurance

Barbell Deadlifts - 3 sets of 8-10 reps
Dumbbell Lunges - 3 sets of 10-12 reps per leg
Chest Press - 3 sets of 8-10 reps
Standing Shoulder Press - 3 sets of 8-10 reps
Plank - 3 sets of 30-60 seconds

JUSTFIT!

Hundreds

Leg Presses

Plank-to-Pike

Back Rowing
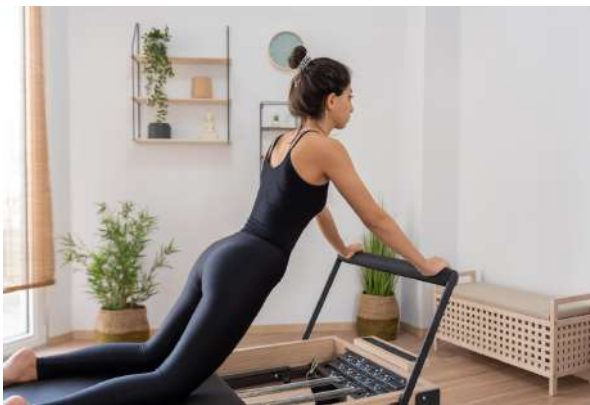

Side Leg Series

Double Leg Stretch

Scissors

Bicycles

Hundreds

Spinal Balance

Half/Full Body Roll Ups

Glute Bridges

15 Minute Intermediate Reformers Pilates Workout

Warm Up

Pelvic Curls: 10 reps
Arm Circles: 10 reps each direction

Core Strengthening

Double Leg Stretch: 8-10 reps
Spinal Balance: 8-10 reps each side

Leg and Glute Toning

Scissors: 8-10 reps each leg
Pilates Stance Single Leg Press: 8-10 reps each leg

Upper Body and Back Strengthening

Rowing Series: 8-10 reps
Chest Expansion: 8-10 reps

Cool Down and Stretch

Swan Prep: 3 reps
Mermaid Stretch: 30 seconds each side

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