



Build-A-Booty
THE GLUTE BUILDING

WORKOUT GUIDE

@ATOMICIRL

INTRODUCTION

THE BORING BIT...

HEY!

Welcome to the ultimate glute-building workout guide!

If you're reading this, it's clear you're looking to build a solid set of glutes - and why wouldn't you?! Thankfully, this eBook will give you all the tools to do so.

Throughout the guide, you will see some workout notes/modifications included that will help you understand specific exercises better and ensure intensity within your training.

Before you begin, here are a few pre-training questions that you will need to consider:

Do you have any injuries or anything that may hinder you?

It is advised that you should speak to your doctor to ensure they are happy for you to continue.

Are you wearing the correct clothing and shoes?

It is important to ensure that your training attire and footwear is suitable and will not cause injury.

Have you warmed up prior to conducting these workouts? Please ensure that you are fully warmed up before partaking in any of the workouts.



IMPORTANT INFO

BEFORE YOU BEGIN...

Technique

Form is a non-negotiable during resistance training. There has to be an element of control within your workout, not only to ensure adequate progress, but also to minimise the possibility of injury.

Ensure that your form takes priority over the load used. If you're unsure, start lighter, and execute well before considering increasing weight.

Progressive Overload

You may see this term crop up from time-to-time. In short – it refers to the method of increasing exercise intensity and thus progressing within the exercise.

Progressive overload can occur a number of ways. Whether through more reps executed, an extra set completed, or increasing weight on an exercise – these all constitute towards progressive overload.

You should aim to progressively overload, whilst maintaining correct form, as frequently as possible. This doesn't necessarily mean adding 5kg onto your lifts each week, it could simply be one more rep than the previous attempted workout.

Rep Targets And Ranges

In appropriate resistance workouts, rep targets/ranges are provided. You should aim to hit these numbers, and feel challenged in the process. If your rep target is 10, and you're hitting that figure with minimal effort, increase load to suit.

On the other hand, if you're reaching 4/5 reps of a 10 rep set and your form is breaking down, you may be attempting too high a load, and should consider lowering it to prioritise execution.

Where rep ranges are given, there is some margin for error. For example, if the range given is 8-12 reps, you should aim to land within this. If you're comfortably completing 12 reps, consider increasing load to suit. If you're short of 8 reps, consider decreasing load.

These simple techniques will prove effective. Prioritise them!

A WORKOUTS

WORKOUT 1

EXERCISE	SETS	REPS	NOTES
Barbell Hip Thrust	3	8-12	Place bar on hips centrally, elevate shoulder blades, tuck chin, and drive through heels. Contract glutes at top.
Sumo Deadlift	3	8-12	Widen stance until shins vertical. Shoulders in line with wrists, grip bar, push floor away with feet.
Front Foot Elevated Split Squat	3	12-15	Elevate front foot, split stance, and lower back knee towards the floor, pushing through front foot.
High Stance Leg Press	3	12-10-8	Place emphasis on glutes with a higher foot stance. Increase weight as reps decrease e.g. 100kg/12r, 120kg/10r, 140kg/8r.
Plate Overhead Walking Lunges	2	50	Plate above head with arms extended, complete 25 lunges on each leg.
Frog Pumps	3	20-30	Maximum of 30secs rest between sets.

WORKOUT 2

EXERCISE	SETS	REPS	NOTES
Barbell Box Squat	3	6-8	Place a plyo box/bench behind you. Set bar on top of traps centrally, and squat to parallel-depth, tapping glutes off box.
DB Romanian Deadlift	3	8-12	Tuck chin, bend knees slightly, and push hips backwards until hamstrings are stretched. Maintain neutral spine throughout.
DB Box Step-Ups	3	10 E/L	Plant one foot on a plyo-box, drive front knee forward and push off until you're fully extended. Only push from leading foot.
A - Seated Abductions B - Banded Glute Bridge	3	20 20	Take a seated position. Place band above knees, and drive knees outwards. Control movement. After 20r, keep band above knees, and perform 20 Glute Bridges
Timed Wall Sit	2	Max	Sit at a parallel-depth with back against the wall. Hold wall-sit for maximum time. Use a weight to progress movement.

WORKOUT 3

EXERCISE	SETS	REPS	NOTES
DB Bulgarian Split Squat	3	8-12	Elevate rear-foot, and enter a split-stance. Lower back knee and drive through front-foot to complete movement.
Paused Barbell Glute Bridge	3	10-15	Place bar centrally on the hips. Drive through heels, bringing hips upwards, and holding contraction for 3secs on each rep.
Single Leg Press	3	15-20	Use only one foot, and leave other foot available to intervene where required. Complete 15-20 E/L
Band/Cable Pull-through	2	20-30	With feet shoulder-width apart, grab rope attachment/resistance band, hinge hips backwards, return upright, and contract glutes.
Goblet Squat Partial	2	15-20	Grab a kettlebell or dumbbell. Lower into squat, and at the top of movement, don't lock legs out. Controlled, slow reps.
Banded Crab Walk	1	100	Place band above knees and slightly bend knees. Step one foot out, and follow with other foot. 50r E/L with minimal rest.

B WORKOUTS

WORKOUT 1

EXERCISE	SETS	REPS	NOTES
Barbell Glute Bridge	3	6-8	Place bar centrally on the hips. Drive through heels, bringing hips upwards
Barbell Romanian Deadlift	3	8-12	Tuck chin, bend knees slightly, and push hips backwards until hamstrings are stretched. Maintain neutral spine throughout.
Paused Goblet Squat	3	8-12	Grab a kettlebell/dumbbell, lower into squat position, and pause for 3-5secs before ascending. Control movement throughout.
Kettlebell Swings	3	15-20	Grip top of kettlebell handle, hinge hips backwards, and swing kettlebell between legs. Contract glutes on ascension.
Standing Single Leg Abduction	2	20-30	Balance using one arm. With band above knees, keep one leg stationary and drive other knee and foot outwards.
Leg Press	1	50	Aim to complete 25-30r before pausing. Higher, wider stance for more glute/hamstring emphasis.

WORKOUT 2

EXERCISE	SETS	REPS	NOTES
Banded Barbell Hip Thrust	3	6-8	Place bar on hips centrally and band above the knees elevate shoulder blades, tuck chin, and drive through heels.
Barbell Back Squat	3	6-8	Elevate both feet slightly using a plate. Lunge backwards, planting back foot and lowering knee.
Front Foot Elevated Reverse Lunge	3	8-12	Elevate both feet slightly using a plate. Lunge backwards, planting back foot and lowering knee.
Lying Hamstring Curl	3	20-15-10	Using either a machine, or on a bench using a dumbbell, keep hips locked down, and drive load towards body.
DB Glute Bridge Hold	2	Max	Place a light dumbbell centrally on the hips. Drive through heels into a glute bridge, and hold for as long as possible. Repeat twice.
Frog Pumps	N/A	100	Place soles of feet together, and drive hips to the ceiling. 100 reps with minimal rest.

WORKOUT 3

EXERCISE	SETS	REPS	NOTES
Sumo Deadlift	3	6-8	Widen stance until shins vertical. Shoulders in line with wrists, grip bar, push floor away with feet.
Leg Press	3	8	Feet, knees and hips in-line. Increase weight each set.
Single Leg DB Hip Thrust	3	15-20	Standard hip thrust set-up. Drive through one heel, and leave leg with clearance from floor. 15-20r each leg.
Partial Split Squats	2	20-30	Split-stance, lower back knee, and drive through front foot. No lock-out on front leg, and no pause between reps.
A – Banded Fire Hydrants B – Banded Crab Walk	3	15-20 20-30	Band above the knees. Take press-up position on knees, and drive one knee out towards right-angle. Repeat both sides. Once complete, stand up with band in same position, and complete 20-30 Banded Crab Walks each leg.

HOME WORKOUTS

EVERY MINUTE MATTERS

WORKOUT VARIATION: EMOM

INSTRUCTIONS:

Every minute, on the minute. Complete the specified exercises, for the specified amount of minutes.

EXERCISE	REPS	NOTES
Jump Squats	10	10 minutes on the clock. Complete the round within the minute, and use the remainder of the 60 seconds as rest. Complete 10 times.
Glute Bridge	10	
Alternate Lunge	5 E/L	
Banded Abductions	10	10 minutes on the clock. Complete the round within the minute, and use the remainder of the 60 seconds as rest. Complete 10 times.
Banded Pulse Squat	10	
Banded Crab Walk	10 E/L	
Glute Bridge Hold	20s	10 minutes on the clock. Complete 20secs of each exercise, and repeat at the start of each minute.
Squat Hold	20s	
Banded Abduction Hold	20s	

ONE GRAND OF GLUTES

WORKOUT VARIATION: Circuit

INSTRUCTIONS:

10 exercises, 10 reps, 10 sets, 10 rounds.
1000 reps in total.

EXERCISE	REPS	NOTES
Forward Lunge	10	Complete 10 reps of each exercise in the specified order. Once you've completed the final exercise, start another round. Work for 10 rounds, meaning you'll have amassed 1000 reps. If you need a rest, take it after you've finished the final exercise of the round.
Squats	10	
Frog Pumps	10	
Reverse Lunge	10	
Pulse Squat	10	
Glute Bridge	10	
Split Squat	10	
Hip Thrust	10	
Squat Hold	10s	
Glute Bridge Hold	10s	

REMEMBER...

**You don't get the ass you want
by sitting on it!**

