

BOOTY BASICS 101

GET READY
TO GROW
YOUR
GLUTES



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ABOUT THIS PROGRAM

Target Audience:

Booty Basics 101 is for the girls or individuals who want a **bigger and rounder booty**. If you are looking to grow the glutes, you have come to the right place. This program can be done at all levels, but a intermediate level of training is beneficial due to the exercise selection.

How is this program structured:

This program includes 2 lower body days with an emphasis on the glutes. The program duration lasts 6 weeks. I would recommend waiting 48-72 hours before continuing on to day 2. Progressive overload and rest is optimal for muscle growth.

This program is intended to help strengthen and grow our glutes.

Below I have included the 2 days of **Booty Basics 101**. On the right, I have included my recommended 4X a week split.

Day 1	Day 2
Glutes and Hamstrings	Glutes and Quads

Day 1	Glutes and Hamstrings
Day 2	Back and Biceps
Day 3	Rest
Day 4	Glutes and Quads
Day 5	Push + Core



BUILDING MUSCLE

Building Muscle:

Understanding the basics of building muscle can really help your workouts. If you are wanting a **round and plump booty**, you are going to need to build the glute muscles in order for them to appear bigger. Our glute muscles are very strong and big muscles. Lets get them growing.



Proper Nutrition

Eating is what gives our body energy, it aids in recovery, and helps our muscles grow. Make sure you eat enough protein and calories to support muscle growth. Whole foods such as fresh chicken, fish, lean turkey, Greek yogurt, eggs are your best friends when trying to stay lean and build muscle. Aim for 1g of protein for every 1lb of body weight.

Ex. You weigh 145lbs- aim to eat 145grams of protein a day.



Training Hard

Training hard means you need to be focusing on form, lifting heavy, and prioritizing slow and controlled movements. You need to make sure you are going up in weight or reps every week to see optimal muscle growth.



Consistently

Sticking to a workout routine allows for the glutes to be regularly challenged. You will be able to track your progress by progressively overloading.



Rest and Recovery

Allow your muscles time to repair and grow. You want to make sure you do not over train your muscles. Wait at least 48-72 hours before training lower body again.

GLUTES

The Glutes

The glutes are made up of 3 main muscles- the gluteus maximus, glute Medius, and the glute minimus. It is among the largest muscles in the body.



Gluteus Maximus

The biggest muscle of the 3. Exercises such as hip thrust, RDLs, and step ups all target the glute maximus. These exercises are amazing at creating a lifted and plump glute.



Gluteus Medius

The medius is a much smaller muscle ; however, it is key for growth as it gives you the “shelf” look. Hip abductions and glute kickbacks create that desired look.



Glute Minimus

The minimus lies under the medius and performs similar functions to it. It is essential for stability. Both the mimus and medius work together when performing exercises such as glute kickbacks.



WARM UP

Warm Up:

Spend about 5-10 minutes prior to lift warming up.

Focus on **mobility** to allow your joints and muscles to move through full range of motion during your lifts.

Warm Up:

Deep body weight squats X 10

Side lunges X 10 each leg

Forward lunges X 10 each leg

Ankle rolls X 10 circles per ankle

Sweeps X 10 each leg

Leg kicks X 5 each leg

Banded Abductions X 10 each way



Cool Down:

Spend the last 5 minutes static stretching or walking on the treadmill



PROGRAM

Day 1: Glutes and Hamstrings

Exercise	Set	Reps
Hip thrusts	4	6-10
Romanian Deadlift (RDL)	3	6-10
Step ups	3	10-12
Hamstring curls	4	8-10
Glute Medius kickbaks	4	10-15
Abductions	4	10-15

Day 2: Glutes and Quads

Exercise	Sets	Reps
Hip thrusts	4	6-10
Dumbbell sumo squat	4	6-10
Deficit reverse lunges	3	10-12
leg extensions	4	8-10
Glute hyperextensions	4	10-15
Superset Abductions	4	10-15

Piece of
CAKE



NOW GO GET PEACHY

