

SAMPLE

Glute-Focused Programs

Beginner 2-Day Routine

Day	Exercise	Equipment	Sets x Reps
Day 1	Hip Thrusts	Glute Exercise Machine	3 x 10
	Glute Kickbacks	Cable Machine	3 x 12 each leg
	Bodyweight Squats	-	3 x 15
	Standing Calf Raises	Machine or Dumbbells	3 x 20
Day 2	Reverse Hypers	Reverse Hyper Machine	3 x 10
	Walking Lunges	Dumbbells	3 x 12 each leg
	Stair Climber	Stair Machine	15 mins
	Glute Bridges on WBV Plate	WBV Plate	2 x 30 sec hold

Advanced 3-Day Routine

Day	Exercise	Equipment	Sets x Reps
Day 1	Barbell Hip Thrusts	Smith Machine or Barbell	4 x 8
	Bulgarian Split Squats	Dumbbells	3 x 10 each leg
	Glute Kickbacks	Cable Machine	4 x 12 each leg
	WBV Glute Pulse Holds	WBV Plate	3 x 30 sec hold
Day 2	Reverse Hypers	Nordic/Reverse Hyper	4 x 10
	Deadlifts	Barbell	4 x 6
	Step-Ups	Bench + Dumbbells	3 x 12 each leg
Day 3	Squats (Glute-Biased)	Smith Machine	4 x 10
	Hip Abduction	Seated Machine	3 x 15
	Rowing Ergometer	Rowing Machine	15 mins