

The Get Great Glutes Guide

Everyone wants a nice butt. For the average gym-goer, the glutes are notoriously weak and neglected. This is unfortunate because the glutes are one of the most important muscle groups in the body. Especially if you have performance and physique based goals. A weak set of glutes means no power, stiff hips, and the dreaded pancake booty.

Why The Glutes Are Usually Weak

There are a few contributing factors that make the average person glutes so weak:

- **Lifestyle** - Sitting for long hours.
- **Improper warm up** - Not preparing the glutes to function optimally.
- **Poor exercise choices** - Avoiding/neglecting certain lower body exercises.

Fixing Lifestyle

There is only so much you can do about your lifestyle, especially if you work at a desk for a living. That being said, cutting back on TV watching time and increasing physical activity will help in the long run. Move more, sit less.

Getting The Glutes Ready to Fire

When you don't move enough and are stuck sitting at a desk on a daily basis, certain muscles become tight and weak. This tightness greatly decreases our ability to effectively activate important muscles groups, one of them being the glutes.

If you go straight into exercises that use your glutes without a proper warm up, it can be hard to properly work them. That's why it's important to go through the proper steps to get them ready for the hard workout ahead. This might not be the sexy or fun part of the workout, but it's vital to achieve that strong set of glutes you want.

One of the main the primary muscle groups that will inhibit the function of the glutes are your hip flexors. When we sit for long periods the hip flexors become tight and overactive.

This makes it very important to undo this damage from sitting by using an effective warm up that targets the hip flexors and stops them from interfering with your glutes. Follow this stretching warm up before every lower body workout:

- A) Foam Roll Quads/Hip Flexors 30 seconds/side
- B) 90/90 Hip Flexor Stretch 30 seconds/side
- C) Spider Man Lunge 6/side (3 second hold)
- D) Rear Foot Elevated Hip Flexor Stretch 30 seconds/side

Now that we have inhibited the hip flexors, we need to make sure they stay that way by properly activating the glutes. Follow this glute warm up after your have stretched, this will get allow you to get the most out of your workouts.

- A) Hip Bridge Isometric holds 5x5 seconds
- B) Single Leg Hip Bridge 5/side
- C) Fire Hydrants 6/side
- D) Donkey Kicks 6/side
- E) Quadruped Straight Leg Hip Abductions 4/side

You are now ready to workout!

8 Week Glute Growth Routine

The following glute hypertrophy routine should be paired with your normal upper body weight lifting routine. This program lasts 8 weeks and includes exercises that target the entire lower body, but have a large focus on the glutes.

The chart lays out how many sets and reps you should be performing each workout for each week. You should find a weight that is hard enough that you may have 1 or 2 reps left in the tank once you reach your rep range. If you can complete any more than 2 extra reps for the prescribed rep range you will need to go heavier.

Strength Phase 1

Day 1	Week 1	Week 2	Week 3	Week 4
Squat	3x8	3x6	4x6	4x3
Romanian Deadlift	3x12	3x12	4x10	4x10
Reverse Lunges	3x8 each side	3x8 each side	4x8 each side	4x10 each side
Hip Thrust	3x10	3x15	4x15	4x20

Day 2	Week 1	Week 2	Week 3	Week 4
Sumo Deadlift	3x8	3x6	4x6	4x3
Goblet Squat	3x8	3x10	4x10	4x12
Single Leg	3x8 each side	3x8 each side	4x8 each side	4x10 each side

Deadlift				
Hip Thrust	3x10	3x15	4x15	4x20

Strength Phase 2

Day 1	Week 5	Week 6	Week 7	Week 8
Tempo Squat (5 second negative)	3x8	3x6	4x6	4x3
Romanian Deadlift	3x8	3x8	4x6	4x6
Reverse Lunges From Deficit	3x10 each side	3x10 each side	4x12 each side	4x12 each side
Hip Thrust	3x10	3x15	4x15	4x20

Day 2	Week 5	Week 6	Week 7	Week 8
Sumo Deadlift	3x8	3x6	4x6	4x3
1 ¼ Goblet Squats	3x8	3x10	4x10	4x12
Single Leg Deadlifts	3x10 each side	3x10 each side	4x12 each side	4x12 each side
Hip Thrust	3x10	3x15	4x15	4x20

Everyday Glute Workout

If you want to get even more out of your glutes, you can try training them every single day with the following workout. You can repeat this workout multiple times a day if you want.

Hip Bridge Iso w/ March	2x10 each
Single Leg Hip Bridge Iso w/ Leg Whip	2x10 each
Mini Band Side Steps	2x15 each
Mini Band Monster Walk	2x20 steps Forward and Backward
Side Plank w/ Mini Band Clam	2x12 each

Conclusion

Making the appropriate lifestyle changes, warming up correctly, and choosing your glute exercises carefully will get you on the right track to building a strong set of glutes that stand out.

The workout in this guide isn't going to be easy and being patient for results is going to be important over the course of 8 weeks. Rome wasn't built in a day, your booty is no different. Work hard, stay consistent and you will see the results you desire.

Exercise Database

Warm Up Exercises

90/90 Hip Flexor Stretch



Spiderman Lunge



Rear Foot Elevated Hip Flexor Stretch



Supine Hip Bridge Isometric Hold



Single Leg Hip Bridge



Fire Hydrant (keep knee bent, back flat, lift leg out to the side)



Donkey Kick (keep knee bent, back flat, squeeze the glute without arching at your back)



Quadruped Straight Leg Hip Abduction (leg straight, back flat, keep leg out to the side)



Strength Training

Squat



Romanian Deadlift



Reverse Lunge



Hip Thrust



Sumo Deadlift (wide stance)



Goblet Squat (for 1 ¼ squats, squat to the full depth, come up ¼ out from the bottom, drop back down to full depth, then come all the way back up)



Single Leg Deadlift



Reverse Lunge from Deficit (stand on elevated surface)



Everyday Glute Workout

Hip Bridge Isometric w/ March



Single Leg Hip Bridge Iso w/ Leg Whip (Keep hips straight as you drop leg to the side)



Mini Band Side Steps



Mini Band Monster Walk



Side Plank w/ Mini Band Clam

