THE GUIDE

VOLUME **ONE**

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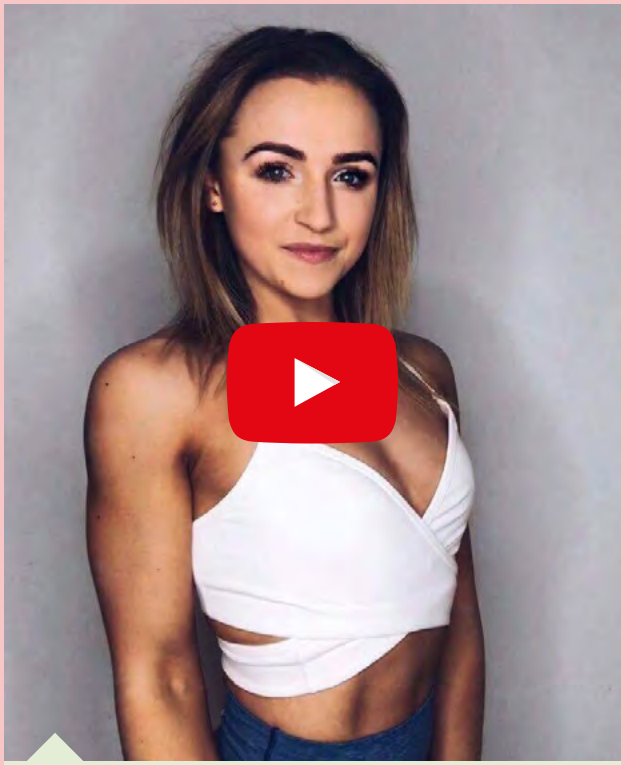


SARAH MOLONEY

BECCA GILLEN

02 INTRODUCTION

HELLO TO EVERYONE READING THIS GUIDE ON GROWING YOUR GLUTES!

First of all **THANK YOU** for the support if you have bought this guide, as we've spent the last year writing it!

Also, thank you for your continued support along the way - our main aim was to write this guide for YOU.

We always love giving you workout and training tips, so we decided you should have a Booty Bible you can use for starting out on your own journey.

Finally, we hope you enjoy reading and using this guide as much as we've enjoyed creating it.

MEET YOUR GLUTES... ANATOMY OF THE BOOTY "BUTTOLOGY"

Okay, we know you're eager to get stuck into your training plan - but first - we thought it would be a great idea to actually TEACH you about what your glutes actually are!

So before we even get started on training, we'll describe the anatomy and function of the glutes.

Where they are, what they do, why they do it and how you can use this to grow a bigger booty.

This way, you can actually learn about what exercises work each muscle, and where you should be feeling each exercise.

For some of you - anatomy may be totally new - so we've kept it very basic. Don't worry, this isn't Body 101... just a simple guide.

You'll also discover WHY we use different rep ranges for training your lower Body and Glutes.

We want to stress here, you should be aware that you will not be solely training the glutes. The aim of this training plan is to develop a strong and powerful lower body... adding some lean muscle tissue and enjoying having a bigger set of glutes with more shape.

Now, this requires training the glutes... but also the muscles of your entire lower body including hamstrings, quads, and all the smaller muscles and fibres in between!

02 INTRODUCTION

You will be training the muscles of your entire lower body, working on core stabilisation, and spine strength in a combination of compound, isolation and accessory exercises.

We're including compound exercises such as the leg press, deadlifts, squats etc.. But, there will of course be an emphasis on targeting the glutes directly by doing glute isolation exercises.

However, we will also be focusing on power and strength of your entire lower body. At any stage throughout this guide, you can refer to our 'Glute Dictionary' at the end (page 70), which defines the most relevant and frequently used terms to help you with your understanding.

Apart from the fact that most of you reading this just want big glutes, what are the actual benefits of training your glutes?

You should be asking yourself WHY you want a larger set of glutes? Yes, everyone wants to be proud of a good looking booty, but what are the other advantages of adding some muscle to your behind?!

Obviously, aesthetics and physique improvements, but you should be looking beyond the mirror for the benefits of using this programme such as...

- Postural improvements (your spine and core contribute to your lower body training and correct form) leading to...
- Injury Prevention (you will be strengthening your spine, glutes and lower body)
- Improvements in speed and power (as a result of increasing weight / lifts over time and growing muscle)
- Improvements in strength (increasing lifts)

SO WHAT DO THE GLUTES ACTUALLY DO?

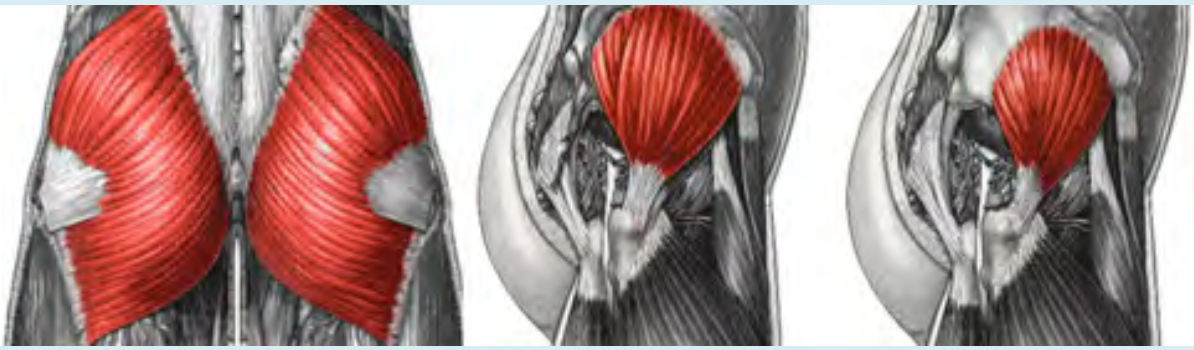
First of all - your 'GLUTES' is short for your GLUTEAL MUSCLES (yes, there are more than 1!) AKA - the muscles of your BOOTY!

There are 3 main muscles known as the Gluteus Maximus, Gluteus Medius, and Gluteus Minimus.

This is very basic anatomy, and there are many more smaller muscles, ligaments, tendons, and fibres in your lower body. However, these are just the main 3 we will focus on.

In order to train a muscle to the best of its ability (and get the best results), you must learn about the muscle itself - it's structure and composition (biomechanics and fibre type).

This is how you will understand why you are performing a certain rep range for each exercise. We will provide you with an effective training plan, but it is important to understand WHY you are training the way we show you.



GLUTE MAXIMUS 'THE BUTT CHEEK'

So the Glute Max is the Largest of the Gluteal Muscles - by weight, volume and cross sectional area.

You'd never think it but... it Is the **BIGGEST MUSCLE IN THE HUMAN BODY!**

It is also the most superficial (what you can see on the surface), producing the shape of your butt. It helps stabilise the hip joint and is the most powerful extensor and external rotator of the hip itself.

It connects the upper body and trunk/torso to your legs and pelvis. This is important because if the glute muscles are weak it can lead to injuries in either the upper or lower body (sciatica, lower back pain, hamstring injuries).

02 INTRODUCTION

Research has identified at least 6 regions within the Glute Max including upper, middle and lower sections. This means, that a number of different loads and movements are required to ensure optimal development. (We'll help you with this).

It's worth remembering the glute max muscle will work the hardest (contract the most) at 0-20 degrees of extension i.e. It is MOST EFFECTIVE when it is near full EXTENSION e.g. the Hip Thrust (which we will go through in more detail later).

Without getting into too much anatomy and physiology - it has various attachment points which allows it to perform a number of functions such as...

FUNCTIONS

- Hip/Trunk Extension - usually these exercises are performed while standing e.g. squats, deadlifts, lunges, hip thrusts/bridges (in the supine position)
- Hip Hyperextension - usually performed in the prone (facing towards the floor) position
- Abduction - When you move your leg out to the side and away from your body
- Attaches pelvis to upper thigh bone
- Aids in Balance
- Posterior pelvic tilt (pelvis rotated backwards from the usual neutral position)
- Hip external rotation (turning your knee/thigh away from the midline of your body and rotates in and out

FUNCTION OF THE GLUTES AT THE HIP

HIP EXTENSION
Maximus / some Medius

HIP ABDUCTION
Maximus / Medius / Minimus

HIP EXTERNAL ROTATION
Maximus / some Medius

COMPOSITION...

Within the Glute Max there is a 50/50 split between slow and fast twitch fibres.

Here, slow twitch muscle fibres have slow contraction times and have high resistance to fatigue...

...so these fibres respond best to high volume, shorter rest periods, low intensity, and high frequency.

The Fast Twitch muscle fibres have faster contraction times.

... so these need low volume, longer rest, high intensity, and low frequency.

Because of its mixture of slow and fast twitch muscle fibres - The Glute Max muscle - needs a training mix of both low and high repetitions for the greatest results. (A bigger booty!)

The fibres of the Glute Max stretch diagonally (downward and laterally) away from the midline. The fibres are at 45 degree angle which means that the majority of the force will be in the horizontal plane.

THAT'S PRETTY MUCH ALL YOU NEED TO KNOW ABOUT THE GLUTE MAX - **FOR NOW!**

GLUTE MEDIUS

It is still a large muscle (about half the weight and volume of the Glute Max) and can be divided into multiple regions (3 or 4). The varying regions perform different functions such hip stabilisation (like the Glute Max), and hip external and internal rotation. However, its main function is Hip Abduction (Moving your thigh away from the midline of your body).

GLUTEUS MAXIMUS

GLUTEUS MEDIUS

GLUTEUS MINIMUS

Just like the Glute Max, it has mixed muscle fibres. But here, there are more Fast Twitch muscle fibers... which means we need HIGH REPS and SLOW SPEED for this muscle.

Optimal training for the Glute Medius requires high speed, low force movements such as banded exercises which we will go through later.

...this is why you see us use a lot of banded work on glutes - despite most gym knowledge being "squat and deadlift heavy."

GLUTE MINIMUS

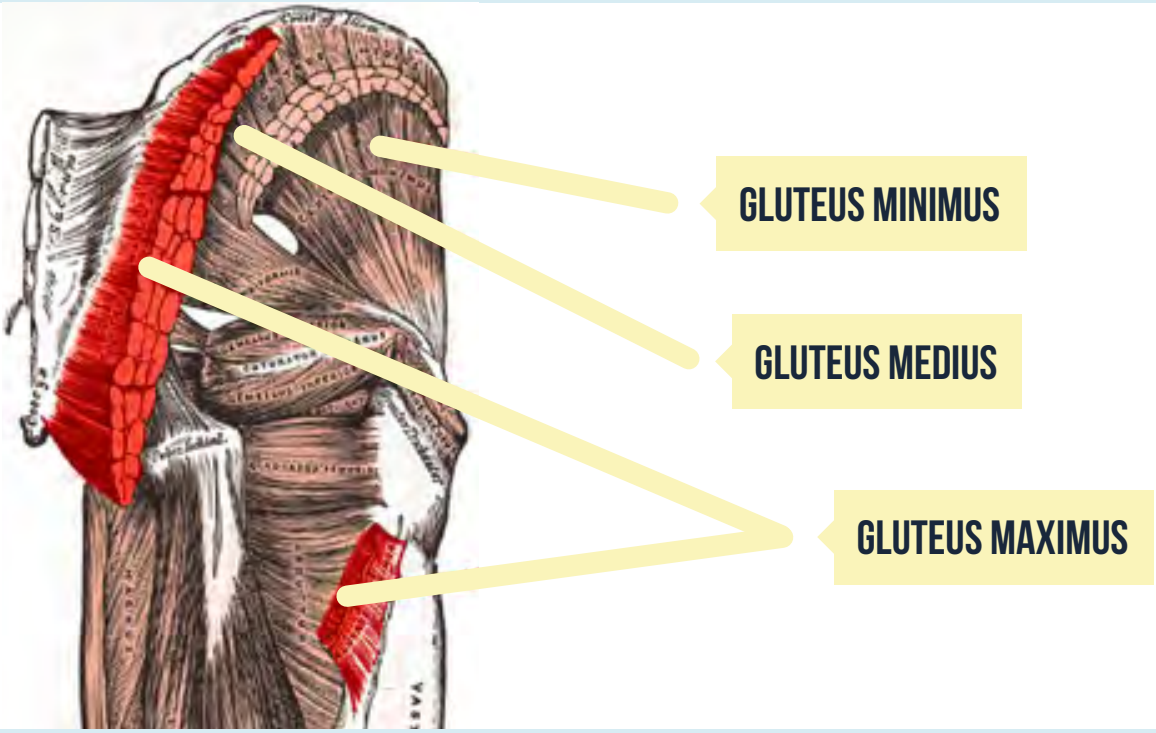
This is the smallest of the gluteal muscles and it lies underneath the glute max and medius muscles. It attaches your pelvis to your upper thigh bone and helps keep the ball in the socket joint while you move (also a pelvic stabiliser like the G-Max and G-Med).

The G-Min(Minimus) performs similar functions to the G-Med (Medius) depending on the position of the knee and hip joints:

- with the Knee Extended
  ...it abducts the thigh out to the side away from the opposite leg.
- with the Hips Flexed
  ...it Internally rotates the thigh
- with the Hips Extended
  ...it externally rotates the thigh

Therefore, the functions are very similar to the glute med (abduction and internal/external rotation).

02 INTRODUCTION



So, ALL of the glute muscles act as hip/pelvic stabilisers.

And, as a whole THE GLUTES CONTAIN BOTH TYPES OF muscle fibres (slow and fast twitch).

This is why it is important to find a balance between volume and intensity, heavy and light work... and band work.

Our training plan in this guide will do just that for you.

Now that we have given a basic overview of the actual anatomy of your Glutes, let us talk for a second about GENETICS. Sorry, but it has to be done.

OBGETIGS

THE HIP TO WAIST RATIO

All of us will be born with different hip width and muscle architecture. This means that no two people are the same - one of us can be born with wide hips and large glute muscles - and some of us are born with narrow hips and smaller glute muscles.

What actually determines this is your ileum bone (pelvis). The size and width of your ileum (pelvic bone) will determine your hip width.

It is the skeletal anatomy you are born with... and **THIS CANNOT BE CHANGED!**

Along with hip width, your waist is partially depend on genetics. Some people are born with a thick waist and some are born with naturally smaller waist. You can't do anything to change genetics, but what we can do is...

- Make your waist look smaller by dropping body fat (bringing down your waist measurement).
- Grow the glutes to make them larger (Increase muscle mass).

By doing both of these we can increase the hip to waist ratio ... giving the appearance of a smaller waist and a larger booty!

03 GENETICS

This is great, right? Not so fast - please remember...

- Not every hip is designed to squat heavy - you may be better at performing lighter squats with higher reps (but heavier hip thrusts).
- Hip flexibility and mobility will affect your range of motion and glute activation.
- Find what works for YOU and stick with it.
- Nutrition, frequency and QUALITY of the training needs to be taken into consideration.

Simply put, what works for you may not work for someone else... and you need to focus on your own individual training and goals.

You might get better results by training glutes 3 times a week and more EFFECTIVELY, than someone who is training glutes 4 or 5 times a week (with not enough rest or unproductive training).

For this guide - we are giving you 3 lower body days.

It is up to you to ensure that you are also training upper body (whether that be on the same day, or separate to this programme).

Do not neglect the rest of your body! Training upper body is just as important as lower body to achieve a strong physique.

04 HYPERTROPHY

SO HOW DO WE OPTIMALLY TRAIN OUR GLUTES TO GET THE BEST POSSIBLE RESULTS?

What is HYPERTROPHY?

It is enlargement of a muscle from the increase in the size of it's cells. Essentially, making the glutes muscles **BIGGER**.

But just HOW do we do this?

The goal is to create exercise induced muscle damage to your glutes. (Don't worry, this isn't bad. It's your goal to create tears, damage and microtraumas to the muscle). This will increase muscle protein synthesis, repair and therefore GROW the muscles you are working (Hello bigger Glutes!).

We are aiming to develop muscle **MASS**, **DENSITY** and **SHAPE** of the muscle cells. The Muscle cells themselves are a collection of muscle fibres called myofibrils.

Within these myofibrils are the fundamental units of muscle contraction. The aim of Hypertrophy or muscle 'growth' is to increase the size of the myofibrils (muscle cells) either by volume of fluid inside the cell, or by increasing the size of the muscle cell itself.

Breaking it down, we will achieve this by creating inflammation of the gluteal muscle cells which will...

- Increase swelling
- Increase signalling
- Increase cell activity

04 HYPERTROPHY

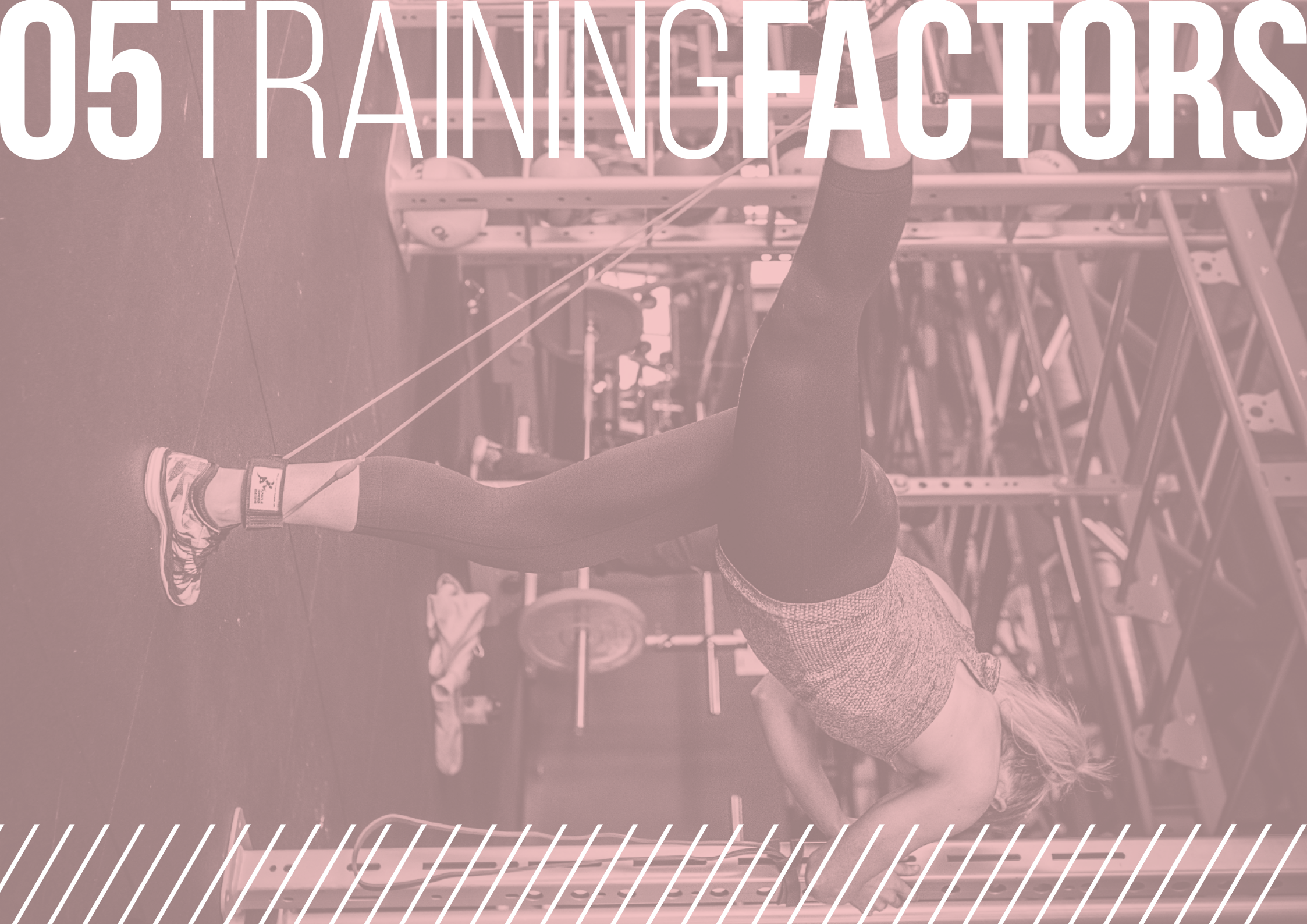
Your muscles are already mechanosensitive, which means they are involved in initiating the process of hypertrophy.

Remember too, that muscle growth is not just a result of a training plan - nutrition and hormones have a massive role to play in muscle growth and body composition in general.

Building the glutes requires a number of factors including The Mind-Muscle Connection, Progressive overload, Muscle damage, Metabolic stress, Nutrition, and Hormones.

So with that in mind, it's time now to talk a little about the actual Training Mechanisms you will need to grow bigger glutes.

05 TRAINING FACTORS



THE 3 TRAINING FACTORS: MECHANICAL TENSION, PROGRESSIVE OVERLOAD AND METABOLIC STRESS

ONE - MECHANICAL TENSION/PROGRESSIVE OVERLOAD

This means you will focus on building up the weight/load in your main compound lifts e.g. squats, hip thrusts, deadlifts which will increase muscle recruitment. You need to put more tension on the muscles over time (like adding weight over a couple of weeks) (OR beating your reps from previous sessions).

This forces the muscles to adapt to the new weight by growing larger. With this training guide, you want to (and should) see an increase in your lifts when you compare week 1 to week 12.

We want to stress here, you need to be pushing yourself each week.

TWO - MIND/MUSCLE CONNECTION

All movement is controlled by the brain, so in order to really engage and activate your glutes ... you need to concentrate on lifting the weight (and even bodyweight movements) with the muscle you are aiming to build.

For any of the movements, be it glute activation drills, bodyweight, OR loaded glute exercises ... you need to be thinking about controlling and moving the weight using those exact muscles. It may take you a couple of sessions (even weeks or months) to develop your mind to muscle connection, but the more you practice it the easier it gets.

We will give you tips and cues for your glute activation drills and weighted loads to help you work on your mind to muscle connection.

THREE - METABOLIC STRESS

This is the 'pump' or the 'burnout'. These are the banded exercises. This is a result of the muscle under constant tension or 'burn' so if you've never experienced this pain ... you're in for a treat!

MUSCLE DAMAGE

This is localised muscle pain known as Delayed Onset Muscle Soreness (DOMS). Whenever a muscle is trained intensely, inflammation and tiny muscle tears occur. Without sufficient recovery time from your training, you cannot expect to train those exact muscles again in the same way and expect them so grow.

You need to adjust your training volume to suit your training split. So for example - this plan is focusing on 3 lower body days per week. Each of the training days will have a mixture of compound lifts, accessory, isolation exercises, and banded exercises. A variety of rep ranges, sets, and tempo have been incorporated to maximise your glute training.

Therefore, we are optimising training for the 3 days using all of the techniques mentioned above, with adequate recovery time.

When you combine all of these training methods, you are optimally training your glutes for maximal growth (or Hypertrophy) by...

- Maximising tension in the glutes
- Including strength, conditioning, and volume workouts to target both short and fast twitch muscle fibres in all of the glute muscles
- Maximising Hypertrophy

SO, WHAT SORT OF MOVEMENTS WILL HELP US ACHIEVE THIS?

We want to target the glutes in both a stretched and contracted position.

The stretched or 'hinged' position' is know as **VERTICAL LOADING**.

VERTICAL LOADING is when you move the weight up and down while standing.

For example...

- Squats
- Deadlists
- Lunges
- Standing Free weight hip extension

... also known as **'Stretcher'** exercises.

However, these exercises are not enough on their own, we also need **HORIZONTAL LOADING**.

HORIZONTAL LOADING targets the glutes in a contracted position e.g. hip thrusts, frog pumps, cable pull throughs. These are also known as 'Activator' exercises.

We need a combination of Vertical and Horizontal Loading exercises to ensure maximal force and recruitment of the Glute muscles. This includes both bodyweight, loaded (weighted), and banded (also known as 'pumper') exercises.

BY NOW YOU'RE PROBABLY WONDERING...

How often should we train the glutes?

This depends on the type of exercises you are doing - the rep ranges and the level of the load or intensity.

A mixture of compound, accessory and banded exercises (also known as Stretchers, Activators or Pumpers mentioned above) will produce the best results.

However, there is considerably different recovery times for each of these exercises.

We need to focus on recruiting glute muscle fibres by performing glute specific exercises a **minimum of 2 times per week**. Our training programme will give you 3 lower body training days with an emphasis on glutes.

OK, ENOUGH WITH THE SCIENTIFIC STUFF... WE WANT TO TRAIN!

06 TRAINING

As eager as you are to get going with your training, you must realise just how important it is to actually FEEL your glutes working for each of the exercises. **This is where GLUTE ACTIVATION comes in.**

WHAT IS GLUTE ACTIVATION?

Basically this is 'waking up' your glutes. Even for the two of us who train 5-6 times a week and are so called 'fitness enthusiasts'... we still spend a large portion of our day sitting down.

When we are sitting down or inactive, the glutes are not "switched on." Activating the glutes makes the connection from your brain to you muscle and gets your glutes ready to do some work (again focusing here on the Mind-Muscle connection).

The problem with maximally engaging the glutes is that the majority of people are anterior chain dominant (this simply means the muscles on the front of your body take over - like your quads).

Your glutes are part of your POSTERIOR CHAIN (muscles on the back of your body - hamstrings and glutes). A large majority of people fail to keep tension in their glutes during most of the lower body exercises.

What happens is the quads (anterior chain) take over, and the load goes to the quads instead... with the glute muscles receiving very little of the load.

This is why Activating your glutes at the starting of your training session will help with your mind-muscle connection, but also...

- Avoids quad domination - your posterior chain is activated and therefore the anterior chain should not take over if the load is appropriate
- Prevent injury by stabilising the spine
- Improve posture (glutes turned on = more support for your spine and upper body, as WELL as lower body)
- Get the most out of your workouts e.g. actually USE your glutes in the exercises

Here's some of our favourite glute activation exercises - pick any 3, and do them before each session (20-25 reps per leg).

- Kickbacks
- Hip Thrust/Glute Bridge
- Frog Pumps
- Abduction

Now, it's all well and good doing glute activation exercises... but there is still other factors that can impact the use of your glute muscles while you're training.

... two of them are mobility and flexibility.

Ever heard of 'tight' hip flexors? Hip flexors are tiny skeletal muscles that help with all of the movements at your hip joint (like flexing and abduction).

Tight hip flexors will prevent maximal glute activation and range of motion during your exercises.

For the majority of the exercises in this guide, you will need good hip flexibility and mobility to fully activate the glutes and maximise range of motion in the lifts.

For example - if you have poor hip mobility, it will affect your ability to turn your knees outward (opening up your hips)... to fully get down in to the bottom of the squat.

... basically better hip flexibility and mobility = better glutes!

So here are two mobility exercises to do before starting into your training plan. You can do these either before or after the glute activation exercises.

The flexibility and mobility stretches below are excellent for opening up the hips and activating the glutes. But you will also be activating your core and pelvic floor muscles and re-aligning your spine at the same time.

These bodyweight mobility stretches force you to focus on keeping everything balanced and in line - core, spine, neck and hip.

THE BIRD DOG

This is a great way to integrate stability and flexibility for better control during your lower body exercises.

It combines shoulder and hip extension, as well as core stability - all necessary for performing both your compound and isolation movements.

Poor core stability can limit both shoulder and hip flexion, and as mentioned earlier we **NEED** flexible hips to optimise performance of the lifts listed in this guide.

It is a good way to discover how to stabilise yourself as you are attempting to balance with opposite arm and opposite leg in a tabletop position.

TIPS...

- Table top position on a mat with a tabletop position (quadruped)
- Knees and feet hip width apart (knees under hips)
- Hands directly under your shoulders
- Eyes towards the floor so your neck and spine are in line (neutral position)
- Pull your bellybutton in towards your spine to activate/ engage your core
- Hip Extension: lift and straighten your leg (straighten the knee) trying to keep your leg parallel to the floor (try not to rotate your hip here)
- Shoulder Flexion: Keeping your leg in this position (you can activate your glute here too), raise your opposite arm and straighten it so it is parallel to the floor ... try not to tilt or rotate at the shoulder here too. Hold this position for 20 seconds and then repeat on the other side.

THE STATIC LUNGE

TIPS...

- Put one leg on the floor - ankle under your knee
- Put your other knee on the mat
- Keep your chest tall
- Drive your hip forward and lean into the stretch
- Keep the movement controlled during the stretch
- Repeat on the other side

HIP CIRCLES

A great dynamic movement for opening up the hips and general hip flexibility.

TIPS...

- Stand on one leg (hold onto something for support)
- Lift one knee up to 90 degrees
- Open up the hips by making big circles with your raised knee.
- Change direction of the circles.
- Repeat on the other side.

THE HIP OPENER

TIPS...

- Lie on your back, bend both knees
- Put one ankle on top of your knee
- Slowly move your knee in and out - you are externally rotating the hips here
- Use your hand to push out your knee and hold for about 30 seconds to stretch
- Repeat on the other side

OKAY, WE KNOW ABOUT GLUTE ACTIVATION AND MOBILITY - CAN WE TRAIN NOW?!

FIRST OF ALL, WHAT EVEN CLASSIFIES AS A GLUTE EXERCISE?

Well, any exercise which causes us to resist hip flexion can be classed as a glute exercise.

In simple terms...

The glutes are **STRETCHED** when the hips are in a **FLEXED** position (like a squat or romanian deadlift)

The glutes are flexed/contracted when the hips are in an **EXTENDED** position such the hip thrust.

Now we can start to go through the list of the main exercises you will need for this Training Plan.

We have provided tips for each, along with a short explanation which will help you understand the fundamentals of the movement itself.

Each exercise will have a progression as the weeks move along, but the principles remain the same for each.

This training plan will provide you with a good variety of compound, accessory and isolation exercises.

So you understand, what exercises fit into each group, here is an explanation:

A compound exercise is one that uses multiple joints and muscle groups.

They create the greatest change in body composition because you are recruiting multiple muscle fibres from a number of different muscle groups.

As a general rule - these are the exercises you will perform at the start of your work-out (you'll see in the training plan) and utilise a heavier weight.

The best example of a compound exercise is the Deadlift. As a 'multi-joint' exercise, the knee and hip joints are involved, but also pretty much every muscle group in your body (both upper and lower). These exercises will stimulate the greatest release of testosterone and growth hormone. Therefore, these are most useful for developing strength and size.

'I DON'T WANT TO GET BIG THOUGH' - DON'T WORRY, YOU WON'T.

Doing heavy compound movements and getting 'big' is a complete myth. We as women simply do not possess enough testosterone to build a large, bulky body.

So cherish your compound exercises, they are the most challenging and rewarding for maximal glute growth.

An **accessory** exercise is one that is used AFTER your Compound exercise. They are great for addressing unilateral (single limb) weaknesses and improving balance and strength.

We've included reverse lunges, leg press, step ups and a couple of other exercises to help you with your primary lifts.

An **isolation** exercise involves just ONE joint and major muscle group. There is minimal involvement from the other muscle groups, but still necessary for sculpting and shaping.

They also allow you to better control the amount of volume per muscle group.

Isolation exercises are important because they allow you to increase volume on certain muscle groups while letting the other muscles get the rest they need from your compound lifts.

There are a number of glute isolation exercises in our training guide like the kick-back, but we have also included a variety of banded exercises to really give you a glute pump!

Our programme in the next section involves a good mix of Compound, Accessory and Isolation exercises spread out over 3 days. The Volume (total amount of reps) of the training in each day will be enough that you feel challenged, but not completely wiped after each day.

If the volume is too low, you'll struggle with strength and size. If the volume is too high, you'll risk overtraining. This will allow you to get the best results, while getting enough rest between your training days.

07EXERCISES

07 EXERCISES

HIP THRUST

The 'King' of the glute exercises

This is horizontal loading of the glutes - where the load/ weight is perpendicular (90 degree angle) to the hips and the maximum tension is at the top of the movement (hip extension).

The glutes will fire the most at full hip extension (at the top). You will maximally recruit the glute muscles by adding an isometric hold at the top (pause and hold for 2-3 seconds).

- Feet Shoulder Width Apart
- Bench at Shoulder Blades
- 45 degree angle with feet
- 90 degrees between quad and calf
- Control Eccentric (movement on the way down)
- Squeeze the glutes at the top of the movement

SINGLE LEG HIP THRUST

Same principles apply for the single leg hip thrust...

Use a Dumbbell placed over to the side of the side you are working...

- Lift one leg from the floor and drive into the heel on one leg
- Fully extend and squeeze the glutes at the top
- Slowly lower and concentrate on holding that glute squeeze all the way down

ADVANCED ... add a dumbbell to the side performing the exercise resting it on your hips.

SUMO DEADLIFT

When performing this exercise try using the bigger plates so that the barbell is in a better position to start with. If there are no larger plates in your gym use can use plates either side to have the barbell sit at the correct height (about a 30cm ruler from the ground).

TIPS:

- Walking towards the barbell, place feet wider than shoulder width apart. (Play around with this to find your perfect stance might be wider than others might be slightly closer than other.
- Toes slightly pointed outward
- Bring the barbell towards your shins until the barbell is close to you
- Hands on the bar (Using a over and under hand grip is best)
- Lock out the arms
- Bringing your hips down into a near squatting position
- BEFORE lifting off make sure shoulder blades are pulled down and chest is upright
- Keep head neutral to the spine
- Big breath in tightening the core
- Lift the bar, driving your weight into your heels
- At the top squeeze the glutes without overextending
- On the way down CONTROL the weight (don't let the weight pull you down)
- As you do this try and hold the squeeze
- Tip the bar off the floor and drive again

07 EXERCISES

ROMANIAN DEADLIFT

This is a Hip 'HINGE' movement.

TIPS:

- Beginners start with a Kettlebell and focus on form before moving onto the Barbell Deadlift
- Lock your shoulder blades and focus on keeping a neutral spine
- Sit your hips back
- Feet should be shoulder width apart
- Think of it like a standing hip thrust - use your glutes to push your hips forward and squeeze at the end of the movement
- Weight is in the heels throughout

KETTLE BELL DEADLIFT

- Feet wider than shoulder width apart
- Starting in a squatting position and place hands onto the kettlebell
- Before lifting up ensure shoulder blades are squeezed together, shoulders are brought back and chest is up
- Lock out the arms before lifting the kettle bell
- Drive up putting the weight into your heels
- Once you reach the top squeeze the glutes WITHOUT pushing your hips forward
- Control the weight back down and allow the kettlebell to tip the floor before performing the exercise again

07 EXERCISES

BACK SQUAT

Many believe to be the 'best' exercise for the glutes. But is it really? It is for sure a super exercise when performed correctly, but unfortunately the usual 1/2 or 1/4 reps aren't going to cut it if you want the best bum in the gym. Struggling to hit below parallel? Try raising your heel on a safe platform.

To go one step further, be sure to try out some killer pause squats...

HOW TO PERFORM...

- Turn your toes and knees slightly outward to open up your hips and increase the ROM
- Keep your tailbone tucked under
- Weight is in the heels - think about driving up from the bottom through your heels
- Thighs parallel to the floor
- Do not push your hips forward at the top of the movement

PAUSE SQUAT

- Same principles apply for the back squat
- Except at the bottom of the movement, pause and hold for 2 seconds hold the squat position for the given seconds
- Push the weight into your heels
- Then squat back up and repeat until all reps are complete

GOBLET SQUAT

- Start by holding a DB/KB close to your chest (the starting position)
- Squat down holding the DB/KB close to you throughout - keeping your head and chest up
- Control the movement on the way down and as you reach the bottom, pause and push you knees out as you return to the starting position

BANDED SQUATS

The principles are the same as the back squat and the goblet squat. We are simply just adding some resistance to create a better 'pump'.

- Do these bodyweight
- Chest up
- Weight in the heels
- Forcefully drive knees outwards on eccentric and concentric movement
- 3/4 reps - focus on keeping weight in the glutes throughout by driving up through your heels

LEG PRESS

HOW TO PERFORM

- Sit on the machine with your back and head placed comfortably against the seat, ensuring lower back is driven into the seat (Use the handles at the side of the seat to help you with this)
- Place your feet on the plate (Your feet placement will be chosen for you on your workout)
- Once you are set up and comfortable, take a deep breath and hold it
- Unlock the safety pins on the leg press and control the weight down where your legs make nearly a 90 degree angle at the bottom
- Drive the weight back up exhaling as you do so
- Repeat until all repetitions are complete

07 EXERCISES

LEG PRESS - HIGH + WIDE

- High and wide foot placement for glute and hamstring engagement
- With the leg press in a locked position find a comfortable position with your feet and make sure pelvis is against the seat and not lifted off it
- Drive your pelvis and glutes into the seat
- Controlling the weight down until you reach roughly a right angle created with your legs (as long as your spine doesn't lift from the seat) drive the weight back up driving into your heels each time
- Do not lock out your knees at the top keep a soft bend each time

TIP: Take a big deep breath before performing the exercise and exhale as you drive up.

SINGLE LEG PRESS

- All principles apply the same as the leg press
- Using one single leg this time, make sure the knee is in align with the ankle, drive through the heel
- As you push up, aim to 'drag' your foot down the plate.

STEP UPS

- Choose a bench height that's comfortable but challenging to perform the exercise (A bench is used in the video but you can use box steps)
- Place one foot on the bench making sure your heel is fully on the bench also
- Taking a big breath in to tighten your core - drive your heel into the bench
- Once you reach the top of the movement (Knees slightly bent not locked out completely)
- Control your bodyweight on the way down
- Once you find your balance again at the bottom perform the exercise again

TIP: Slow down the movement so you can concentrate on using your glutes as your drive into your heel

07 EXERCISES

REVERSE LUNGE

- Concentrate on driving up through the heel of your working leg to maximally engage the glute
- You can do a forward lean (helps activate the glute)
- Pause at the bottom and then power up through your heel

LYING LEG CURL

- Adjust the machine to fit your height where the pad is on the back of your legs just under your calves.
- Keep your torso flat to the bench (If you are rising off the bench lighten the load)
- Legs are fully stretched, hands have a tight grip on the handles, feet down to the floor... this is your starting position
- Curl your legs as far as possible without anything lifting from the bench, exhaling as you do so
- Once you have reached your full range of motion control the weight for a second at the top
- Once complete control the weight back to the starting position
- Repeat until all repetitions are complete

BANDED ABDUCTION

- Place the band just below your knees
- This can be performed seated or standing, follow the directions given in the training plan
- Seated: While seated place your feet shoulder width apart
- Driving into your heals, drive your knees outwards, while pushing against the band
- Standing: Make sure your upper body is stable (No moving the upper body as you perform this, use something to hold onto if needed)
- Drive one leg outward while the other leg is static driving into the heels

07 EXERCISES

HYPER EXTENSION

- You need to really focus on your mind to muscle connection here and think about using your glute muscles to 'pull' you up.
- Use the hyperextension machine, and place it at a height where your upper thighs and pelvis are supported
- Leave enough room so that you can bend at the waist
- Feet pointed slightly outward
- Round your upper back to take the emphasis off your lower back
- Slowly bend forward at the waist until you feel a pull in your hamstrings and glutes
- Use your glutes to 'pull' you back up to the starting position, contracting the glutes throughout

REVERSE HYPERS

- Lie on a Bench or Plyometric box
- Support your body from the hips up
- Leave your legs off the bench from the hips down
- Lower your legs down below waist level
- Use your glutes to lift your legs up to the starting position again
- Squeeze your glutes throughout

CABLE PULL THROUGH

- Feet slightly wider than shoulder width apart
- Using a hip hinge movement push you weight back onto your heels as you allow the rope to go through your legs
- Don't squat into it, only a slight bend in the knees
- Move your hips back until full hip hinge where you feel a stretch in the hamstring
- Using your glutes from the bottom up... pull the rope through WITHOUT using your arms to help you until you reach the top without overextending

07 EXERCISES

BAND GLUTE KICK-BACK

- Placing the bands below your knees - close to your ankles
- Find something stable to hold onto, using this to hold your upper body so it doesn't move as you perform the exercise
- Lift one foot and drive it against the band
- The static foot is stable and driving into your heels
- Continue to kick out against the band until the given repetitions are complete
- Change over to the other side following the same rules as above

TIP: Make sure your core is engaged, pull the pelvis in so that you don't lose control of your lower back as you kick out.

BANDED CLAMS

- Keep a neutral spine
- Flex the hips to 45 degrees
- Do not take any of the weight into your shoulder
- Start with your knees together
- Externally rotate your thigh to stretch the band (this is abduction)
- Do a 1 second hold at the end of the movement, and then go back to the starting movement

LATERAL BAND WALKS

- Place the band below your knees and just above your ankles
- Start in a low squatting position, chest and head is up - This is your starting position
- Once you are in position, step side to side laterally walk driving your knees against the band
- Driving into the heels as you walk across
- Inhaling and exhaling as you do so

CABLE GLUTE KICK BACKS

The main thing here is to make sure you are using you glutes to pull the weight and not your back. It is very easy to use momentum to pull the weight. If this happens you will experience lower back pain.

Tips to avoid this:

- Stand about 2 feet away from the cables
- Slight bend in standing leg
- Knees and hips bent slightly
- You don't need to bend over towards the ground
- Use a light weight and focus on fully engaging the glutes
- Do a 1 second pause at the end of the movement to get the load into your glutes and reach peak contraction
- Try out different standing positions (torso upright, torso towards the ground) and use the one that you get the best glute engagement

ABDUCTOR MACHINE/ BANDED ABDUCTION

If you don't have access to an abductor machine, you can use bands.

- Select a weight that is challenging but that you can finish all the reps (whether that is on the machine, or a suitable resistance band)
- Abduct your thighs until you feel the resistance at the end of the movement
- Hold this for 1 second
- Move your legs back to the starting position
- Focus on engaging the glutes throughout eccentric and concentric

Eccentric here is the movement on the way IN i.e. knees coming back together

Concentric here is the movement on the way OUT i.e. knees pushing further apart

For the 3 x 30 sets you do 30 reps leaning back/straight/forward

07 EXERCISES

FROG PUMPS

- Sit with your knees on the floor pointing outwards and your feet together.
- Your legs should make a diamond shape
- Lie back on the floor
- Squeezing your bum hard, lift your hips so that your body makes a straight line to your knees
- Lower your bum back down to the floor, and repeat.

08 TRAINING PLAN

READY TO GO??

So as mentioned before - our guide provides you with 3 Lower body days per week.

Each section below is done for 4 weeks at a time.

After weeks 1 - 4 you move onto a progression of each exercise.

Each section has a mixture of Compound, Accessory, Isolation, Bodyweight and Banded exercises to ensure optimal training for all of your glute muscles.

The exercise videos and tips will demonstrate how to do each exercise.
ALWAYS start with glute activation and mobility drills.

If you are a beginner, please make sure you are comfortable with doing the exercises bodyweight only before adding a load.

The exercises are laid out in such a way that you can progress from dumbbell/kettlebell to barbell, and from the gym floor to the squat rack.

DAY 1

WEEKS 1 - 4

Exercise	Sets	Reps	Videos
Goblet Squat	3	12	
Leg Press	3	10	
Bodyweight Step Up	3	10	
Banded Abduction	3	20	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 2

WEEKS 1 - 4

Exercise	Sets	Reps	Videos
KB Deadlift	3	15	
Banded Hip Thrust	3	15	
Leg Curl	3	12	
Frog Pumps BW	3	50	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 3

WEEKS 1 - 4

Exercise	Sets	Reps	Videos
DB/BB Hip Thrust	3	10	
Single Leg Hip Thrust	3	12	
Bodyweight Hyperextension	2	20	
Banded Glute Kick Back	3	20	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 1

WEEKS 5 - 8

Exercise	Sets	Reps	Videos
BB Back Squat	3	8	
Single Leg Press	3	15	
BB Hip Thrust (Banded)	3	15	
Banded clams	2	20	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 2

WEEKS 5 - 8

Exercise	Sets	Reps	Videos
BB/KB Deadlift	3	12	
DB Goblet Squat	3	15	
Cable glute kickbacks	3	12	
Reverse Hypers	3	20	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 3

WEEKS 5 - 8

Exercise	Sets	Reps	Videos
BB Hip Thrust	3	12 - 15	
Leg Curl	3	8	
DB Frog Pumps	3	25	
Lateral Band Walks	3	20	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 1

WEEKS 9 - 12

Exercise	Sets	Reps	Videos
Pause Squats	3	5	
Leg Press (High and Wide)	3	12	
BB Hip Thrusts (3 second hold at top)	3	10	
Band Seated Abduction 30 / 30 / 30 (Lean Back / Upright / Forward)	3	30	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 2

WEEKS 9 - 12

Exercise	Sets	Reps	Videos
BB/KB Sumo Deadlift	3	8 - 10	
Goblet Squat	3	12	
Reverse Lunge	3	15	
Banded Bodyweight Hip Thrust	3	20	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

DAY 3

WEEKS 9 - 12

Exercise	Sets	Reps	Videos
TUT (Time Under Tension) Hip Thrust (4 seconds down, 2 second hold)	4	12	
DB Frog Pumps OR Abductor Machine	3	30	
Cable Pull Through	3	20	
Banded Squats	3	20	

Reference
DB = Dumbbell
KB = Kettlebell
BB = Barbell

NOW THAT YOU HAVE YOUR TRAINING PLAN, IT'S TIME TO TALK FOOD!

09 NUTRITION

09 NUTRITION

The first thing to note here - is not to panic about WHEN you eat, but more about WHAT you eat, and HOW much.

There is no point stressing about supplements, meal timing, and calories if your overall nutrition needs attention.

The most basic rule of nutrition and our approach to 'Flexible Dieting' is to adopt an 80/20 approach. 80% Whole foods, and 20% 'fun' foods.

Focusing only on pre and post workout nutrition will not instantly transform your physique - you need to look at the overall nutritional content of your food diary across the day, and then across the week (yes this includes weekends!).

Staying consistent is the most important piece of the puzzle. What you eat will impact your results, but also your PERFORMANCE in the gym. Not only this, it'll affect energy levels, performance, sleep, hormones, and mood. You want a diet that is going to keep energy levels maintained, preserve muscle mass, boost performance and aid in recovery.

The calorie and macronutrient requirements for you may be different for someone else. Everyone's body composition varies in weight, height, lean mass vs fat mass. Also your knowledge of nutrition will vary greatly - so we will give a general overview of the absolute basics of nutrition to accompany the training in this guide.

So, to start - Nutrition or Nutrients are classified into Micronutrients and Macronutrients (Micros and Macros). Both are essential for growth, metabolism and many other body functions.

What are Macros?

I'm sure you've seen us talk and post about 'MACROS' or 'IF IT FITS YOUR MACROS' regularly. Macros simply means Macronutrients. They are the fundamentals of basic nutrition and are classified into Protein, Fats and Carbohydrates.
You need macros in large (macro = 'large') amounts because they fuel your body with calories. Micros or micronutrients are needed in smaller amounts. They fill your body with vitamins and minerals -although essential - don't provide you body with calories.

Restrict calories - a calorie deficit (too low) - and you risk losing the muscle you have worked so hard to build... or you end up with a slow metabolism. Restricting food brings you into a calorie deficit. However, eating in a calorie surplus will do you more harm than good if you have a large amount of body fat.

What is a Calorie Deficit?

This is when energy in < energy out (you're burn more calories than you consume) or you eat fewer calories than your body needs to maintain its current level of body fat.

For example if you burn 2500 calories per day but you are only eating 2000, you have created a deficit of 500 calories.

A calorie DEFICIT is used when trying to lower body fat levels. If you are trying to drop body fat - your calorie requirements are going to be a lot less than someone looking to GAIN muscle.

OKAY... BUT WHY? WHAT DOES SOMEONE WHO NEEDS TO GAIN MUSCLE DO?

So, if your aim is to **GAIN MUSCLE** what you need is a **CALORIE SURPLUS**.

What is a Calorie SURPLUS?

The exact opposite of a deficit - you consume more calories than you burn.

A calorie surplus is ideal when trying to add some lean muscle tissue to your physique. However you need to be extremely careful that the majority of the extra calories are being used develop lean muscle tissue.

... bottom line - that the extra energy isn't being stored as fat.

Some more useful information about macros:

Carbs = 4 calories per gram
Protein = 4 calories per gram
Fats = 9 calories per gram

Carbohydrates

Includes everything from your potatoes and bread, to your banana and even your Haribo.

Simply put - ALL carbs break down into glucose.

And once broken down, they get stored in your liver and muscles for energy or 'fuel'.

Carbs are the first source of energy for all of your bodies' functions - brain, cells, training and recovery. Carbs will keep your brain happy and will also preserve muscle retention and growth.

Carbs when COMBINED with protein prevents protein breakdown and improves protein synthesis.

CARBS FUEL PERFORMANCE

Protein

Your 'building blocks' made up of amino acids. They have an important role to play in enzyme processes/reactions, hormones, neurotransmitters, immune system, satiety, muscle growth and repair.

Protein will improve body composition and reduce markers of muscle damage. This is important, because the less muscle damage, the speedier the recovery (after training).

Fats

The most important thing to note about fats is that they contain over double the amount of calories as Carbohydrates and protein. Fats are essential in your diet for immune system support, metabolism, and hormone production. Fats also help keep you fuller for longer because they are slower to digest than protein and carbohydrates.

Any over or UNDER consumption of any of the 3 macronutrients including the total calorie content can keep you miles from your training goals.

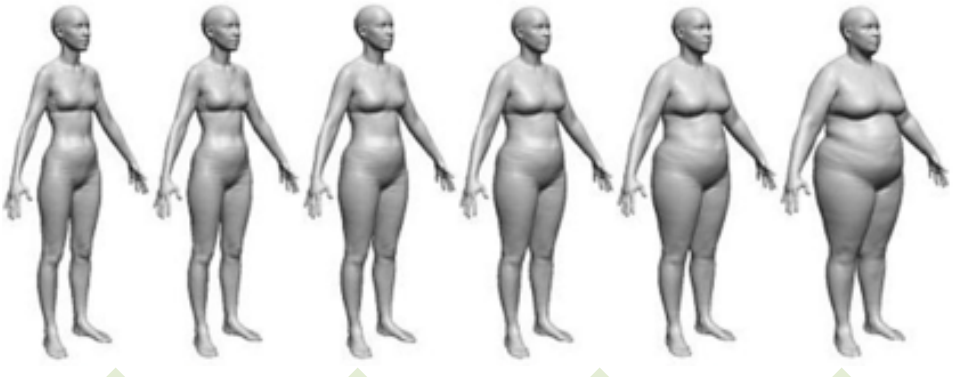
So the aim is to have a good balance of all 3 macronutrients, and a calorie goal in line with your own physique and training goals.

How do I know my calorie and nutritional goals?

If you are a complete beginner, you can be sure that at the end of this training plan, you will have replaced body fat with some lean muscle tissue, as you are doing weight training that you have never done before.

However, if you are eating too little, you will not 'grow' your glutes whatsoever. In order for muscle growth to occur, **a calorie surplus is needed along with the glute specific training in this guide**.

The way our bodies respond to muscle growth is more than just the training alone. You need adequate nutrition to suit your physique goals. Use the graph below to determine your nutritional goal to accompany the training in this guide..



15-20% RANGE

Can be considered to be relatively lean, active - **choose a calorie surplus.**

20-30% RANGE

Normal Body Fat Range - **entirely up to you if you want to maintain, lose or gain.** If you are on the lower end (closer to 20% body fat) and want to gain some muscle, you can try doing a calorie surplus. If you are on the higher end of this spectrum (closer to 30%) you can try doing a fat loss phase first. You can pick your goal, and then see what your results are and adjust from there.

30%+ RANGE

You are carrying a little extra body fat - so INCREASING your calories would not be ideal, as you could potentially gain even more body fat.
Choose a Calorie Deficit

Whether you're trying to GAIN, LOSE or just eat a little healthier, our guide will help you figure out the best route to take with your nutrition.

Use this guide to help you with meals and snacks. You aim for a portion of protein/carbs/fats with each meal. The total calories per day that you are consuming will depend on the amount of portions per day you are having.

YOU NOW CUSTOMISE THE PLAN TO SUIT YOU!

This means adjusting the portions to suit your goals. For example...

Choose Calorie Deficit with the goal of losing body fat (over 30% body fat)

You can reduce your food by **REMOVING** some carbs and some fats

Why would you do this?

- You are not very active
- You feel lethargic
- You are trying to lose body fat (Body fat > 30%)
- Smaller in build
- Too full after meals

Choose Calorie Surplus with the aim of adding some lean muscle tissue (body fat level 15-30%)

You can **INCREASE** your calories by adding some carbs and fats to some of your meals

Why do this?

- You're a relatively lean individual
- You want to add some muscle
- You are hungry
- You're not seeing an increase in muscle
- You have low energy
- You're quite active
- Your lifts are not increasing (strength not improving)

AND FINALLY...

We just want to say **THANK YOU** so much for the continued support over the past couple of months and years. We hope you enjoy reading and using this guide as much as we enjoyed creating it.

Looking forward to seeing all of you results using the hashtag **#thegluteguide**

We could write a whole other guide on nutrition alone. Everything we've mentioned here is solely around building a better booty.

However, if you would like to uncover more about fully tailored plans to you and how these get you insane results...

You can contact either of us personally using the following links...

SARAH MOLONEY 

BECCA GILLEN 

THE GLUTE DICTIONARY

Eccentric	The motion of an active muscle while it is lengthened under the load
Concentric	The motion of an active muscle while it is shortened under the load
Posterior Chain:	The opposite to posterior - muscles on the front of your body e.g. Quads
Glutes:	The 3 gluteal muscles that make up your glute region - Glute Maximus, Glute Medius, Glute Minimus
Horizontal Loading	Any exercise that targets the glutes in a contracted position e.g. hip thrusts
Vertical Loading	Any exercise that targets the glutes in a stretched position e.g. Squat
Isometric Hold	A pause/hold during an exercise when the glutes are in a contracted position e.g. Hip Thrust with 3 second pause at the top
Slow Twitch Muscle Fibres	Have slow contraction times and have high resistance to fatigue. These fibres Respond best to high volume, shorter rest periods, low intensity, and high frequency.
Fast Twitch Muscle Fibres	Have faster contraction times. This means they need low volume, longer rest, high intensity, and low frequency
Myofibrils	A unit of a muscle cell
Compound Exercise	An exercise that uses multiple joints and muscle groups
Isolation Exercise	Uses just ONE joint and major muscle group.
Accessory Exercise	An exercise that is used AFTER your Compound exercise.
Metabolic Stress	Cell swelling or 'pump' during an exercise e.g. banded movements
Stretchers	Exercises that use Vertical Loading e.g. Deadlift, Squat
Activators	Exercises that use Horizontal Loading e.g. Hip Thrust
Pumpers	Exercises that cause metabolic stress e.g. Banded exercises
DOMS	Delayed Onset Muscle Soreness: The muscle soreness that peaks 48-72 hours after resistance training due to a build up of lactic acid and metabolic waste in the blood from muscle fibre breakdown and tears
ROM (Range of Motion)	The angle (or how many degrees) a joint moves through during an exercise
Flexion	Decreasing the angle between two bones at the joint e.g. Squat
Hip Extension	Increasing the angle between 2 two bones at the joint e.g. Hip Thrust
Macros	Macronutrients. Food required in Large amounts in the Diet e.g. Protein, Fats, Carbohydrates.
Micros	Micronutrients. Foods that are essential but required in smaller amounts in the diet.
Calorie Deficit	Energy In < Energy out i.e. Eating less calories than your body needs to maintain it's current body fat levels
Calorie Surplus	Energy In > Energy out i.e. Eating more than your body needs to maintain it's current body fat levels
Abduction	Moving your thigh away from the midline of the body

TRAINING LOG

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

THE GLUTE GUIDE

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