

BOOTY BY BRET MONTH 8 – March/April 2019

Week 1: Workout 1	Set 1	Set 2	Set 3
Front squat 3 x 5			
Chin-up 3 x AMRAP			
RDL 3 x 8			
Push-up 3 x AMRAP			
B-stance hip thrust 3 x 8			
Band side-lying hip abduction 3 x 20			

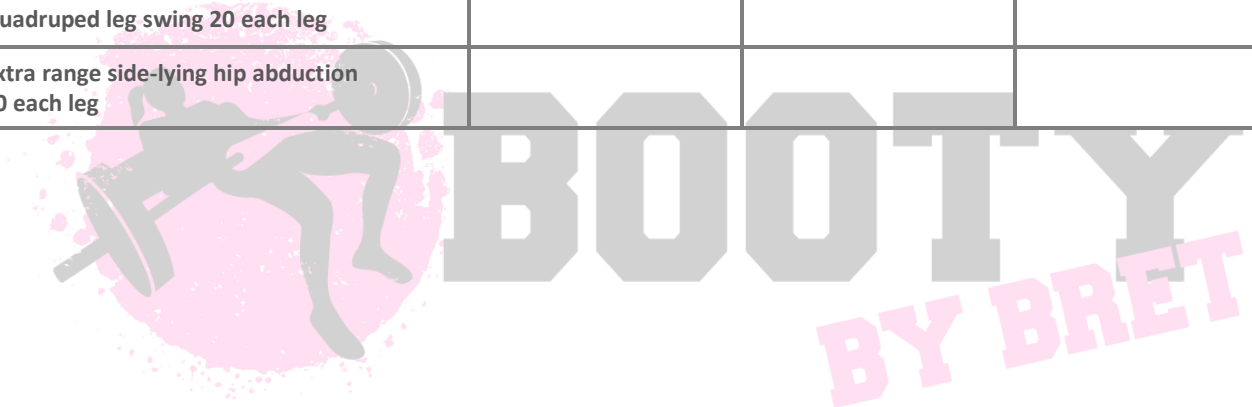
Week 1: Workout 2	Set 1	Set 2	Set 3
Box squat 3 x 5			
Weighted chin-up 3 x 1			
Db 45-degree hyperextension 3 x 12			
Eccentric-accentuated push press (4-second lowering phase) 3 x 5			
Knee-banded db glute bridge 3 x 30			
Banded cha-cha 3 x 20			

Week 1: Workout 3	Set 1	Set 2	Set 3
Back squat 1 x 3, 1 x 2, 1 x 1			
Assisted chin-up 3 x AMRAP			
Deadlift 1 x 3, 1 x 2, 1 x 1			
Db bench press 3 x 8			
Nordic ham curl 3 x 5			
Band seated hip abduction 3 x 30/30/30			

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Week 1: Glute Day 1	Round 1	Round 2	Round 3
Knee-banded squat 20			
Top bridge abduction 20			
Bottom bridge abduction 20			
Knee-banded glute bridge 20			
Narrow bridge 20			

Week 1: Glute Day 2	Round 1	Round 2	Round 3
Pause Bulgarian split squat (3-second pause) 5 each leg			
Foot-elevated single-leg glute bridge 20 each leg			
Bent-leg reverse hyper 30			
Quadruped leg swing 20 each leg			
Extra range side-lying hip abduction 20 each leg			



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Week 2: Workout 1	Set 1	Set 2	Set 3
Front squat 3 x 5			
Chin-up 3 x AMRAP			
RDL 3 x 8			
Push-up 3 x AMRAP			
B-stance hip thrust 3 x 8			
Band side-lying hip abduction 3 x 20			

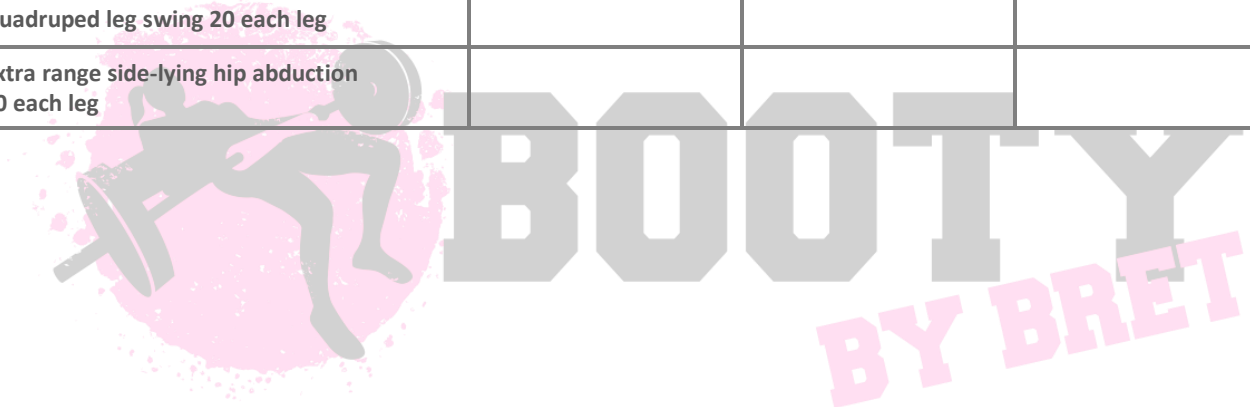
Week 2: Workout 2	Set 1	Set 2	Set 3
Box squat 3 x 5			
Weighted chin-up 3 x 1			
Db 45-degree hyperextension 3 x 12			
Eccentric-accentuated push press (4-second lowering phase) 3 x 5			
Knee-banded db glute bridge 3 x 30			
Banded cha-cha 3 x 20			

Week 2: Workout 3	Set 1	Set 2	Set 3
Back squat 1 x 3, 1 x 2, 1 x 1			
Assisted chin-up 3 x AMRAP			
Deadlift 1 x 3, 1 x 2, 1 x 1			
Db bench press 3 x 8			
Nordic ham curl 3 x 5			
Band seated hip abduction 3 x 30/30/30			

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Week 2: Glute Day 1	Round 1	Round 2	Round 3
Knee-banded squat 20			
Top bridge abduction 20			
Bottom bridge abduction 20			
Knee-banded glute bridge 20			
Narrow bridge 20			

Week 2: Glute Day 2	Round 1	Round 2	Round 3
Pause Bulgarian split squat (3-second pause) 5 each leg			
Foot-elevated single-leg glute bridge 20 each leg			
Bent-leg reverse hyper 30			
Quadruped leg swing 20 each leg			
Extra range side-lying hip abduction 20 each leg			



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Week 3: Workout 1	Set 1	Set 2	Set 3
Front squat 3 x 5			
Chin-up 3 x AMRAP			
RDL 3 x 8			
Push-up 3 x AMRAP			
B-stance hip thrust 3 x 8			
Band side-lying hip abduction 3 x 20			

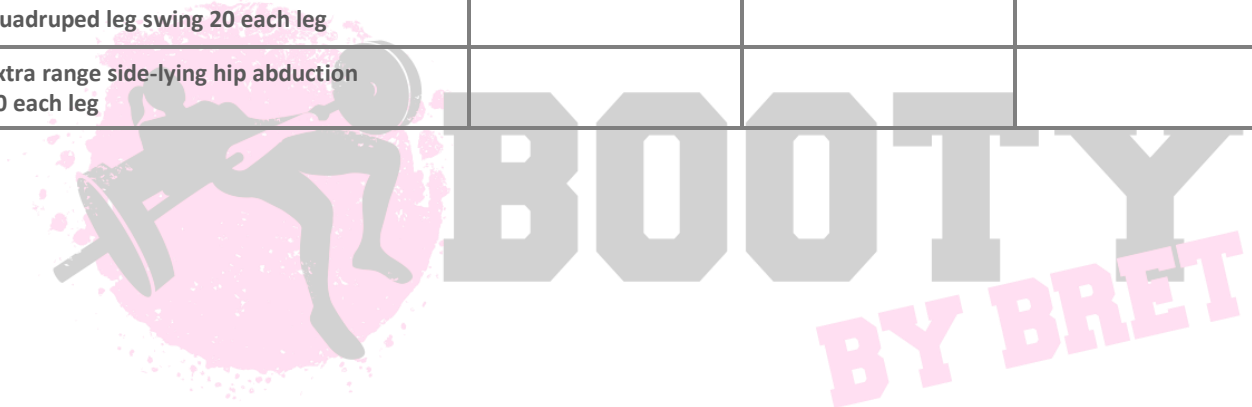
Week 3: Workout 2	Set 1	Set 2	Set 3
Box squat 3 x 5			
Weighted chin-up 3 x 1			
Db 45-degree hyperextension 3 x 12			
Eccentric-accentuated push press (4-second lowering phase) 3 x 5			
Knee-banded db glute bridge 3 x 30			
Banded cha-cha 3 x 20			

Week 3: Workout 3	Set 1	Set 2	Set 3
Back squat 1 x 3, 1 x 2, 1 x 1			
Assisted chin-up 3 x AMRAP			
Deadlift 1 x 3, 1 x 2, 1 x 1			
Db bench press 3 x 8			
Nordic ham curl 3 x 5			
Band seated hip abduction 3 x 30/30/30			

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Week 3: Glute Day 1	Round 1	Round 2	Round 3
Knee-banded squat 20			
Top bridge abduction 20			
Bottom bridge abduction 20			
Knee-banded glute bridge 20			
Narrow bridge 20			

Week 3: Glute Day 2	Round 1	Round 2	Round 3
Pause Bulgarian split squat (3-second pause) 5 each leg			
Foot-elevated single-leg glute bridge 20 each leg			
Bent-leg reverse hyper 30			
Quadruped leg swing 20 each leg			
Extra range side-lying hip abduction 20 each leg			



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Week 4: Workout 1	Set 1	Set 2	Set 3
Front squat 3 x 5			
Chin-up 3 x AMRAP			
RDL 3 x 8			
Push-up 3 x AMRAP			
B-stance hip thrust 3 x 8			
Band side-lying hip abduction 3 x 20			

Week 4: Workout 2	Set 1	Set 2	Set 3
Box squat 3 x 5			
Weighted chin-up 3 x 1			
Db 45-degree hyperextension 3 x 12			
Eccentric-accentuated push press (4-second lowering phase) 3 x 5			
Knee-banded db glute bridge 3 x 30			
Banded cha-cha 3 x 20			

Week 4: Workout 3	Set 1	Set 2	Set 3
Back squat 1 x 3, 1 x 2, 1 x 1			
Assisted chin-up 3 x AMRAP			
Deadlift 1 x 3, 1 x 2, 1 x 1			
Db bench press 3 x 8			
Nordic ham curl 3 x 5			
Band seated hip abduction 3 x 30/30/30			

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Week 4: Glute Day 1	Round 1	Round 2	Round 3
Knee-banded squat 20			
Top bridge abduction 20			
Bottom bridge abduction 20			
Knee-banded glute bridge 20			
Narrow bridge 20			

Week 4: Glute Day 2	Round 1	Round 2	Round 3
Pause Bulgarian split squat (3-second pause) 5 each leg			
Foot-elevated single-leg glute bridge 20 each leg			
Bent-leg reverse hyper 30			
Quadruped leg swing 20 each leg			
Extra range side-lying hip abduction 20 each leg			

