

BOOTY BY BRET MONTH 3 – November 2018

Week 1: Workout 1	Set 1	Set 2	Set 3
Pause back squat (3-second pause) 5 x 3			
Incline press 3 x 8			
Pause barbell hip thrust (3-second pause) 3 x 5			
Chin-up 3 x AMRAP			
Nordic ham curl 5 x 3			
Db lateral raise 2 x 15			
Pause Bulgarian split squat (3-second pause) 2 x 10			
Band seated hip abduction 2 x 50			

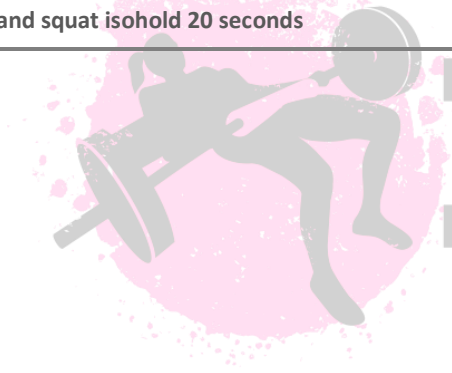
Week 1: Workout 2	Set 1	Set 2	Set 3
Parallel box squat 3 x 3			
Push-up 3 x AMRAP			
Eccentric-accentuated barbell hip thrust (4-second lowering phase) 3 x 5			
Db chest-supported row 3 x 8			
Db 45-degree hyperextension 2 x 10			
Seated face pull 2 x 15			
Db deficit reverse lunge 2 x 8			
Band half squat isohold 3 x :30			

Week 1: Workout 3	Set 1	Set 2	Set 3
Back squat 5/3/1			
Bench press 3 x 5			
Barbell hip thrust 3 x 8			
Eccentric chin-up 5 x 1			
Deadlift 3 x 3			
Cable lateral raise 2 x 15			
High step-up 2 x 10			
Seated hip abduction machine 2 x 30			

BOOTY BY BRET MONTH 3 – November 2018

Week 1: Glute Day 1	ROUND 1	ROUND 2	ROUND 3
RKC plank 20 seconds			
Heels-elevated squat pulse 30 reps			
Band side-lying hip abduction 20 reps			
Frog pump 50 reps			
Supine band hip abduction 30 reps			

Week 1: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Knee-banded feet-elevated glute bridge 30 reps			
Band hip hinge abduction 20 reps			
Knee-banded db RDL 20 reps			
Single-leg hip thrust 15 reps			
Band squat isohold 20 seconds			



BOOTY

BY BRET

BOOTY BY BRET MONTH 3 – November 2018

Week 2: Workout 1	Set 1	Set 2	Set 3
Pause back squat (3-second pause) 5 x 3			
Incline press 3 x 8			
Pause barbell hip thrust (3-second pause) 3 x 5			
Chin-up 3 x AMRAP			
Nordic ham curl 5 x 3			
Db lateral raise 2 x 15			
Pause Bulgarian split squat (3-second pause) 2 x 10			
Band seated hip abduction 2 x 50			

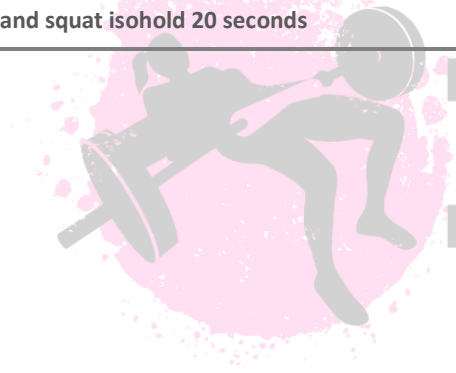
Week 2: Workout 2	Set 1	Set 2	Set 3
Parallel box squat 3 x 3			
Push-up 3 x AMRAP			
Eccentric-accentuated barbell hip thrust (4-second lowering phase) 3 x 5			
Db chest-supported row 3 x 8			
Db 45-degree hyperextension 2 x 10			
Seated face pull 2 x 15			
Db deficit reverse lunge 2 x 8			
Band half squat isohold 3 x :30			

Week 2: Workout 3	Set 1	Set 2	Set 3
Back squat 5/3/1			
Bench press 3 x 5			
Barbell hip thrust 3 x 8			
Eccentric chin-up 5 x 1			
Deadlift 3 x 3			
Cable lateral raise 2 x 15			
High step-up 2 x 10			
Seated hip abduction machine 2 x 30			

BOOTY BY BRET MONTH 3 – November 2018

Week 2: Glute Day 1	ROUND 1	ROUND 2	ROUND 3
RKC plank 20 seconds			
Heels-elevated squat pulse 30 reps			
Band side-lying hip abduction 20 reps			
Frog pump 50 reps			
Supine band hip abduction 30 reps			

Week 2: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Knee-banded feet-elevated glute bridge 30 reps			
Band hip hinge abduction 20 reps			
Knee-banded db RDL 20 reps			
Single-leg hip thrust 15 reps			
Band squat isohold 20 seconds			



BOOTY

BY BRET

BOOTY BY BRET MONTH 3 – November 2018

Week 3: Workout 1	Set 1	Set 2	Set 3
Pause back squat (3-second pause) 5 x 3			
Incline press 3 x 8			
Pause barbell hip thrust (3-second pause) 3 x 5			
Chin-up 3 x AMRAP			
Nordic ham curl 5 x 3			
Db lateral raise 2 x 15			
Pause Bulgarian split squat (3-second pause) 2 x 10			
Band seated hip abduction 2 x 50			

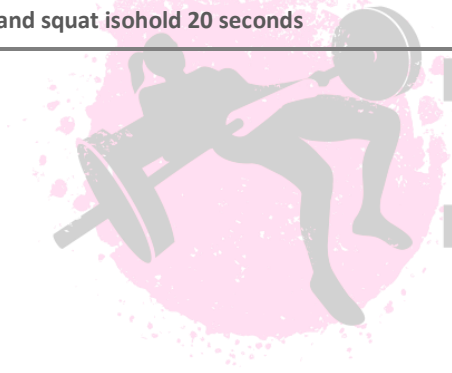
Week 3: Workout 2	Set 1	Set 2	Set 3
Parallel box squat 3 x 3			
Push-up 3 x AMRAP			
Eccentric-accentuated barbell hip thrust (4-second lowering phase) 3 x 5			
Db chest-supported row 3 x 8			
Db 45-degree hyperextension 2 x 10			
Seated face pull 2 x 15			
Db deficit reverse lunge 2 x 8			
Band half squat isohold 3 x :30			

Week 3: Workout 3	Set 1	Set 2	Set 3
Back squat 5/3/1			
Bench press 3 x 5			
Barbell hip thrust 3 x 8			
Eccentric chin-up 5 x 1			
Deadlift 3 x 3			
Cable lateral raise 2 x 15			
High step-up 2 x 10			
Seated hip abduction machine 2 x 30			

BOOTY BY BRET MONTH 3 – November 2018

Week 3: Glute Day 1	ROUND 1	ROUND 2	ROUND 3
RKC plank 20 seconds			
Heels-elevated squat pulse 30 reps			
Band side-lying hip abduction 20 reps			
Frog pump 50 reps			
Supine band hip abduction 30 reps			

Week 3: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Knee-banded feet-elevated glute bridge 30 reps			
Band hip hinge abduction 20 reps			
Knee-banded db RDL 20 reps			
Single-leg hip thrust 15 reps			
Band squat isohold 20 seconds			



BOOTY

BY BRET

BOOTY BY BRET MONTH 3 – November 2018

Week 4: Workout 1	Set 1	Set 2	Set 3
Pause back squat (3-second pause) 5 x 3			
Incline press 3 x 8			
Pause barbell hip thrust (3-second pause) 3 x 5			
Chin-up 3 x AMRAP			
Nordic ham curl 5 x 3			
Db lateral raise 2 x 15			
Pause Bulgarian split squat (3-second pause) 2 x 10			
Band seated hip abduction 2 x 50			

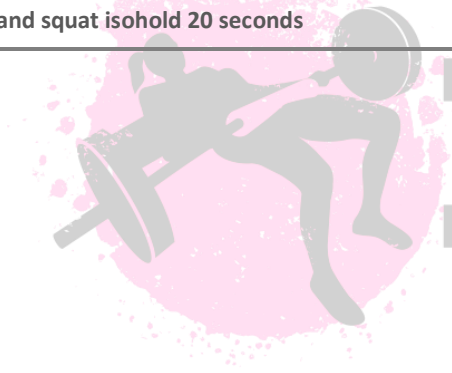
Week 4: Workout 2	Set 1	Set 2	Set 3
Parallel box squat 3 x 3			
Push-up 3 x AMRAP			
Eccentric-accentuated barbell hip thrust (4-second lowering phase) 3 x 5			
Db chest-supported row 3 x 8			
Db 45-degree hyperextension 2 x 10			
Seated face pull 2 x 15			
Db deficit reverse lunge 2 x 8			
Band half squat isohold 3 x :30			

Week 4: Workout 3	Set 1	Set 2	Set 3
Back squat 5/3/1			
Bench press 3 x 5			
Barbell hip thrust 3 x 8			
Eccentric chin-up 5 x 1			
Deadlift 3 x 3			
Cable lateral raise 2 x 15			
High step-up 2 x 10			
Seated hip abduction machine 2 x 30			

BOOTY BY BRET MONTH 3 – November 2018

Week 4: Glute Day 1	ROUND 1	ROUND 2	ROUND 3
RKC plank 20 seconds			
Heels-elevated squat pulse 30 reps			
Band side-lying hip abduction 20 reps			
Frog pump 50 reps			
Supine band hip abduction 30 reps			

Week 4: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Knee-banded feet-elevated glute bridge 30 reps			
Band hip hinge abduction 20 reps			
Knee-banded db RDL 20 reps			
Single-leg hip thrust 15 reps			
Band squat isohold 20 seconds			



BOOTY

BY BRET