

BOOTY BY BRET MONTH 9 – April/May 2019

Week 1: Workout 1	Set 1	Set 2	Set 3
Barbell hip thrust pyramid 12/8/4/20			
Military press 10/8/6			
Goblet squat 3 x 8			
Inverted row 3 x AMRAP			
B-stance good morning 3 x 8			
Extra range side-lying hip raise 3 x 10			

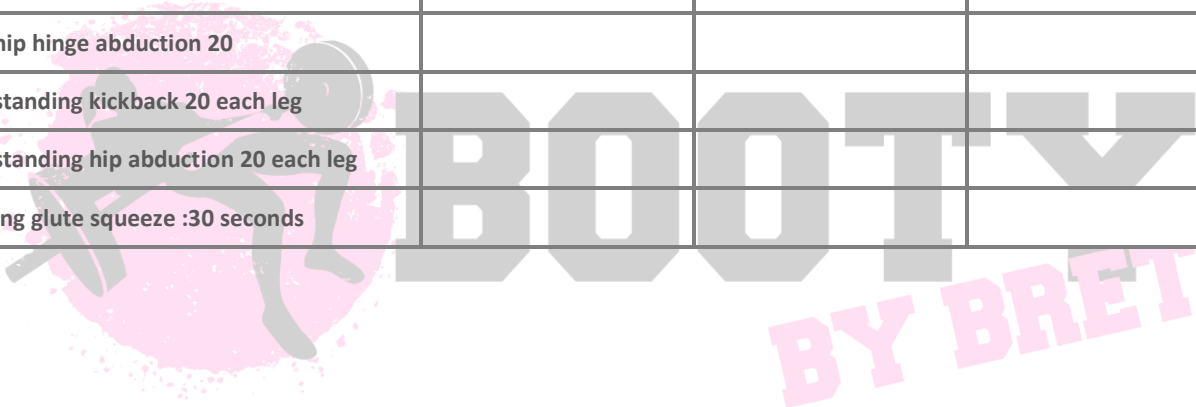
Week 1: Workout 2	Set 1	Set 2	Set 3
Pause B-stance hip thrust (3-second pause) 3 x 6			
Close-grip bench press 10/8/6			
Reverse lunge isohold 2 x :60 seconds			
Neutral-grip pull-up 3 x AMRAP			
Single-leg RDL 3 x 8			
Nordic ham curl 3 x 3			

Week 1: Workout 3	Set 1	Set 2	Set 3
Barbell hip thrust dropset 2 x 10/10/10			
Push press 3 x 6			
Back squat 3 x 5			
Chest-supported row 3 x 10			
Deadlift (ramp up) 3 x 3			
Valgus seated hip abduction 2 x 30			

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Week 1: Glute Day 1	ROUND 1		
Frog pump 80		----	----
Extra range side-lying hip abduction 30 each leg		----	----
Frog pump 60		----	----
Extra range side-lying hip abduction 25 each leg		----	----
Frog pump 40		----	----
Extra range side-lying hip abduction 20 each leg		----	----
Frog pump 20		----	----

Week 1: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Lateral band walk 20 each leg			
Band hip hinge abduction 20			
Band standing kickback 20 each leg			
Band standing hip abduction 20 each leg			
Standing glute squeeze :30 seconds			



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Week 2: Workout 1	Set 1	Set 2	Set 3
Barbell hip thrust pyramid 12/8/4/20			
Military press 10/8/6			
Goblet squat 3 x 8			
Inverted row 3 x AMRAP			
B-stance good morning 3 x 8			
Extra range side-lying hip raise 3 x 10			

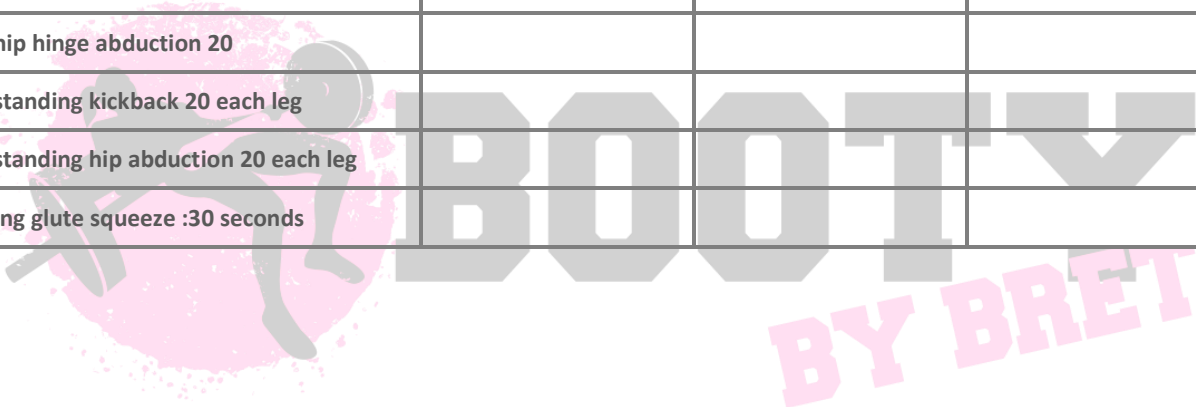
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Pause B-stance hip thrust (3-second pause) 3 x 6			
Close-grip bench press 10/8/6			
Reverse lunge isohold 2 x :60 seconds			
Neutral-grip pull-up 3 x AMRAP			
Single-leg RDL 3 x 8			
Nordic ham curl 3 x 3			

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Deadlift (ramp up) 3 x 3			
Valgus seated hip abduction 2 x 30			

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Extra range side-lying hip abduction 30 each leg		----	----
Frog pump 60		----	----
Extra range side-lying hip abduction 25 each leg		----	----
Frog pump 40		----	----
Extra range side-lying hip abduction 20 each leg		----	----
Frog pump 20		----	----

Week 2: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Lateral band walk 20 each leg			
Band hip hinge abduction 20			
Band standing kickback 20 each leg			
Band standing hip abduction 20 each leg			
Standing glute squeeze :30 seconds			



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Week 3: Workout 1	Set 1	Set 2	Set 3
Barbell hip thrust pyramid 12/8/4/20			
Military press 10/8/6			
Goblet squat 3 x 8			
Inverted row 3 x AMRAP			
B-stance good morning 3 x 8			
Extra range side-lying hip raise 3 x 10			

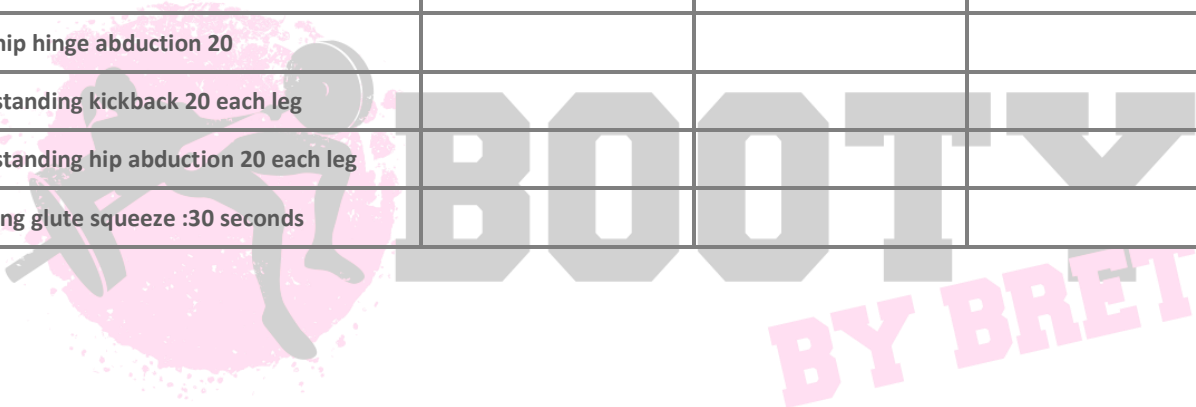
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Valgus seated hip abduction 2 x 30			

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Extra range side-lying hip abduction 25 each leg		----	----
Frog pump 40		----	----
Extra range side-lying hip abduction 20 each leg		----	----
Frog pump 20		----	----

Week 3: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Lateral band walk 20 each leg			
Band hip hinge abduction 20			
Band standing kickback 20 each leg			
Band standing hip abduction 20 each leg			
Standing glute squeeze :30 seconds			



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Week 4: Workout 1	Set 1	Set 2	Set 3
Barbell hip thrust pyramid 12/8/4/20			
Military press 10/8/6			
Goblet squat 3 x 8			
Inverted row 3 x AMRAP			
B-stance good morning 3 x 8			
Extra range side-lying hip raise 3 x 10			

Week 4: Workout 2	Set 1	Set 2	Set 3
Pause B-stance hip thrust (3-second pause) 3 x 6			
Close-grip bench press 10/8/6			
Reverse lunge isohold 2 x :60 seconds			
Neutral-grip pull-up 3 x AMRAP			
Single-leg RDL 3 x 8			
Nordic ham curl 3 x 3			

Week 4: Workout 3	Set 1	Set 2	Set 3
Barbell hip thrust dropset 2 x 10/10/10			
Push press 3 x 6			
Back squat 3 x 5			
Chest-supported row 3 x 10			
Deadlift (ramp up) 3 x 3			
Valgus seated hip abduction 2 x 30			

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Frog pump 80		----	----
Extra range side-lying hip abduction 30 each leg		----	----
Frog pump 60		----	----
Extra range side-lying hip abduction 25 each leg		----	----
Frog pump 40		----	----
Extra range side-lying hip abduction 20 each leg		----	----
Frog pump 20		----	----

Week 4: Glute Day 2	ROUND 1	ROUND 2	ROUND 3
Lateral band walk 20 each leg			
Band hip hinge abduction 20			
Band standing kickback 20 each leg			
Band standing hip abduction 20 each leg			
Standing glute squeeze :30 seconds			

