



Gabby's Booty Workout Builder



Purpose

The purpose of this “booty plan builder” is to help you learn how to create your own workouts. It took me years to figure out what exercises work best, when to do them, and in what order. I am not saying that this is the *only* format you should follow when building a workout schedule, but it is an awesome place to start, and it is still what I follow now with my own programs.

How It Works

Unlike other workout guides, this one will allow you to BUILD YOUR OWN leg workouts. In order to do this, follow these steps:

1. Read through all information before beginning. Familiarize yourself with the package.
2. Fill out the workout shells on pages 3 & 4.
3. To fill this out, use the lists of exercises on pages 5 - 9.

Recommendations

- ▶ In order to grow your lower body I recommend training legs *twice* a week. Therefore you will be creating *TWO* different leg workouts.
- ▶ After 4-6 weeks, switch up your routine. Pick new exercises and switch them out. You can also switch out heavy & light movements with exercises you see in YouTube videos or on Instagram. Keep the compound movements in the exercise 1 slot though.
- ▶ If you are more advanced, you can add supersets to exercises 2, 3, & 4. *A superset is when you do 2 exercises back to back before resting.*
- ▶ If you are a beginner I recommend leaving supersets out for the first few weeks/months while you adjust to this training style.

How to Fill out the Workout Shell

Below is an example of a section of the workout shell.

Follow the recommendations below to get started with building your own workout! 😊

STEP 1: Print off the two workout shell pages (or print the entire eBook).

STEP 2: Where it says “Name:” record the name of the exercise you select from the exercise lists on the next few pages.

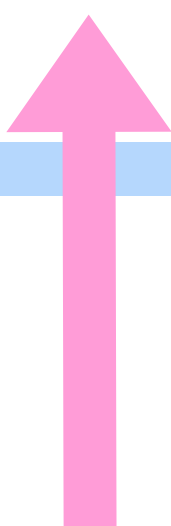


EXERCISE 1

Select a *COMPOUND* movement

Notes:

Name:



STEP 3: Pay attention to which category of exercise to put in each section. Ex. for “Exercise 1” you are required to select a *compound movement*.

STEP 4: Using the workout descriptions, make notes for yourself. Include:

- ▶ Tips on form using the workout descriptions provided.
- ▶ Alternate substitutions for that movement if the gym is too busy that day. I recommend always having a backup exercise or two on deck.
- ▶ You could also look up pictures/videos of each exercises and add additional tips.
- ▶ Reps & sets for each exercise using the “*Sets & Repetitions*” section on page 10.
- ▶ You can also include optional supersets here. For example you could write:
Superset (SS) resistance band kickbacks.

WORKOUT SHELL 1

EXERCISE 1

Select a COMPOUND movement

Notes:

Name:

EXERCISE 2

Select a HEAVY movement

Notes:

Name:

Optional superset movement:

EXERCISE 3

Select a HEAVY movement

Notes:

Name:

Optional superset movement:

EXERCISE 4

Select a HEAVY or LIGHT movement

Notes:

Name:

Optional superset movement:

EXERCISE 5

Select a LIGHT movement

Notes:

Name:

WORKOUT SHELL 2

EXERCISE 1

Select a COMPOUND movement

Notes:

Name:

EXERCISE 2

Select a HEAVY movement

Notes:

Name:

Optional superset movement:

EXERCISE 3

Select a HEAVY movement

Notes:

Name:

Optional superset movement:

EXERCISE 4

Select a HEAVY or LIGHT movement

Notes:

Name:

Optional superset movement:

EXERCISE 5

Select a LIGHT movement

Notes:

Name:

Compound Movements

Barbell Squats

- ▶ Stand with your feet shoulder width apart or slightly further. Keep your toes slightly pointed outwards.
- ▶ Take a big breath and brace your core (abs and glutes) before you squat.
- ▶ Keep a neutral spine and your chest held high.
- ▶ Push through your heels and squeeze your glutes to stand up.

Deadlifts

- ▶ These can be done in sumo stance or conventional stance.
- ▶ Be sure to keep your back straight and your core braced throughout the entire movement.
- ▶ Keep a neutral spine - be careful not to round your back or hyperextend.
- ▶ Squeeze your glutes at the top of each rep.

Hip Thrusts

- ▶ Hip thrusts are done with your back on a bench. Glute bridges are done with your back on the floor.
- ▶ Place a barbell across your hips and use your glutes to thrust the bar up.
- ▶ Squeeze your glutes at the top of each rep.
- ▶ The further you put your feet from your body, the more your hamstrings will be recruited.

Heavy Movements

Goblet Squat

- ▶ Hold a dumbbell/kettlebell to your chest with your elbows pointing down.
- ▶ Follow the same description as barbell squats.

Leg Press

- ▶ Follow the directions on the leg press machine.
- ▶ Feet wider apart you should feel more activation in your hamstrings
- ▶ Feet closer together you should feel more activation in your quads.
- ▶ Bring your legs as far down as your hip mobility allows.

Abductor

- ▶ Follow the directions on the abductor machine (fit-fix area).
- ▶ I like to do 15 “pulses” right after each set to really make it burn.

Rope Pull Through

- ▶ Attach the rope attachment to a low cable.
- ▶ Face away from the cable and bring the rope up between your legs.
- ▶ Keep your wrists on your thighs and hinge at the hips.
- ▶ Pause while squeezing your glutes at the top of each rep.

Hack Squat/Reverse Hack Squat

- ▶ Use the lying or standing hack squat machine.
- ▶ I find a wider stance activates my glutes and hamstrings more.

Light Movements 1

Kickbacks

Tip: Light movements are good for supersets as well.

- ▶ Use a kickback fit fix machine, a cable with an ankle attachment or a resistance band around your thighs.
- ▶ Do one leg at a time and really contract your glute muscles as you kick back. You do not need to lift your leg very high off the ground.

Curtsey Lunges

- ▶ Hold dumbbells or put a barbell on your back.
- ▶ “Curtsey” from side to side, lunging with each step.
- ▶ You can do 1 leg at a time for the full set, or alternate legs every rep.

Bulgarian Split Squats

- ▶ Holding a dumbbell in each hand, a barbell on your back, or no weight at all (still really hard), stand facing away from a bench.
- ▶ Put one foot behind you up onto the bench and lunge down.
- ▶ Do a set on one leg and then do a set on the other leg with no rest in between.
- ▶ Keep your chest up and push with your heels.
- ▶ Play around with how far your front foot should be from the bench.

Light Movements 2

Walking Lunges

Tip: Light movements are good for supersets as well.

- ▶ Hold dumbbells or place a barbell on your back.
- ▶ Take a fairly large step forwards, push up with your heel to engage your glutes instead of your quads.
- ▶ Your quads will most likely feel this movement as well.

Leg Curl

- ▶ Follow instructions on the leg curl machine.
- ▶ Go slowly and really feel the contraction and the stretch in your hamstrings.
- ▶ Focus on the negative of the movement.

Leg Extension

- ▶ Follow instructions on the leg extension machine.
- ▶ Be sure to really squeeze your quads each rep and pay attention to which areas of your leg is being worked when you turn your feet certain directions. You can target different muscles this way.
- ▶ Point your feet slightly outwards to hit more of your outer quad.

Light Movements 3

Cable Squats

Tip: Light movements are good for supersets as well.

- ▶ Using the cable rope attachment closest to the ground, perform squats holding the rope.
- ▶ You can sit slightly further back into your squat when holding the rope.

Bench Step Ups

- ▶ Either holding dumbbells or with a barbell on your back, place your foot firmly on a bench and step up, bringing your feet together at the top.
- ▶ Do one leg at a time.

Straight Leg Deadlifts

- ▶ You can use dumbbells, a barbell, or the smith machine for this.
- ▶ Keep your back straight and your shoulders back.
- ▶ You can either keep the tension in your hamstrings, or come up all the way and contract your glutes with each rep.
- ▶ For more glute recruitment, place a resistance band around your thighs to add tension.

Sets & Repetitions

COMPOUND MOVEMENTS

4 sets per exercise

- ▶ Sets 1-2 aim for 10-12 reps.
- ▶ Sets 3-4 go a bit heavier if you can and aim for 6-8 reps.
- ▶ Be sure to do at least 1 warm up set with just the bar, then you can add weight if you want/can.

HEAVY MOVEMENTS

3-4 sets per exercise

- ▶ Aim for 6-8 reps when going heavy.
- ▶ Use a weight that CHALLENGES you. You should struggle with the last few reps. Sometimes you might even fail before hitting 8 reps.
- ▶ Increase the weight if you lift a weight for more than 8 reps.

LIGHT(ER) MOVEMENTS

3-4 sets per exercise

- ▶ Aim for 12-15 reps.
- ▶ If you are not using any weight (ex. Just a resistance band or bodyweight) you can aim for 20 reps.

What's Coming

Hey guys! I absolutely love combining my creative, business, and fitness passions in order to develop eBooks for you. There is A LOT of conflicting research out there, and I know how hard it is to know what is right. I'm not saying my way is the only way to be fit of course, but I am sharing what I have learned along the way and what works for me. I designed all content & creative work for these eBooks myself. 😊

You will be the first to hear about the next eBook I will be releasing...

An **8 WEEK "SUMMER TONE UP" PROGRAM!** I have been working on this for months. I am making a lot of changes from my last eBook, and there will be A LOT more info provided, there will be a **HOME** VERSION, and it will only cost 4\$ per week for 8 weeks of intensive training 30\$ total.

In the future I am thinking of developing the following eBooks: (& more!)

- A Complete Foam Rolling/Stretching Guide
- A Beginners Guide to Fit
- Intro to Macros & Example Suggestive Meal Plan
- Resistance Band Guide
- An Advanced Weightlifting Guide

And I am also thinking about doing a **"6 Weeks to Overcome Gym Nerves"** which I'm SUPER EXCITED ABOUT! I'm a huge advocate for the importance of mental health.

I love constructive criticism. PLEASE please please email me at gscheyen@gmail.com with anything you want to see in a guide. Perhaps a more one on one challenge where you can talk to me daily on WhatsApp? Pricing suggestions? Facebook group? Stop making eBooks Gabs no one cares? :)

Tag me in your progress photos! And booty photos! ALL THE PHOTOS!
I love you guys. ♥