

## BOOTY BY BRET MONTH 5 - December 2018/January 2019

Week 1: Workout 1	Set 1	Set 2	Set 3
Stiff leg deadlift 3 x 8			
Military press / push press 3 x 4 / 4			
Db 45-degree hyperextension 3 x 12			
Chin-up / eccentric chin-up 3 x 3 / 3			
Db reverse lunge 3 x 8			
Frog pump 3 x 50			
Back squat 1 x 10			

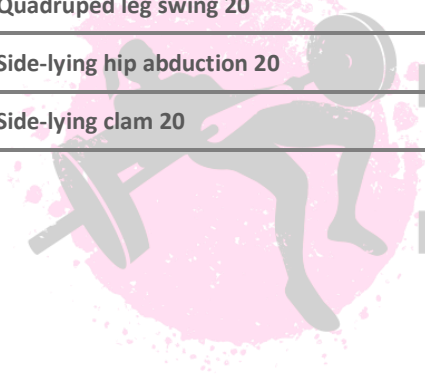
Week 1: Workout 2	Set 1	Set 2	Set 3
Straddle lift 3 x 10			
Eccentric push-up (4-second lowering) 3 x AMRAP			
Single-leg RDL 3 x 6			
Inverted row 3 x AMRAP			
Db sumo squat 3 x 10			
Extra range side-lying hip abduction 3 x 20			
Barbell hip thrust 1 x 10			

Week 1: Workout 3	Set 1	Set 2	Set 3
Deadlift of choice 5 / 3 / 1			
Pause db bench press (3-second pause) 3 x 8			
Knee-banded hip thrust 3 x 30			
Pause chin-up (Pause at bottom – 3 seconds) 3 x 3			
Nordic ham curl 5 x 3			
Band hip hinge abduction 3 x 30			
B-stance hip thrust / regular hip thrust 3 x 8 / 8			

## BOOTY BY BRET MONTH 5 - December 2018/January 2019

Week 1: Glute Day 1	Round 1	Round 2	Round 3
A1: Bodyweight squat pulse 30			
A2: Band seated hip abduction 30			
B1: RKC plank :30 seconds			
B2: Kb swing 20			
C1: Sumo walk 20			
C2: Monster walk 20			

Week 1: Glute Day 2	Round 1	Round 2	Round 3
A1: Band standing kickback 30			
A2: Band standing hip abduction 20			
B1: Deficit curtsy lunge 10			
B2: Quadruped leg swing 20			
C1: Side-lying hip abduction 20			
C2: Side-lying clam 20			



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Week 2: Workout 1	Set 1	Set 2	Set 3
Stiff leg deadlift 3 x 8			
Military press / push press 3 x 4 / 4			
Db 45-degree hyperextension 3 x 12			
Chin-up / eccentric chin-up 3 x 3 / 3			
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Frog pump 3 x 50			
Back squat 1 x 10			

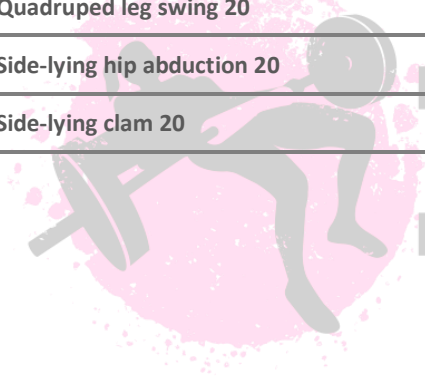
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Eccentric push-up (4-second lowering) 3 x AMRAP			
Single-leg RDL 3 x 6			
Inverted row 3 x AMRAP			
Db sumo squat 3 x 10			
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B1: RKC plank :30 seconds			
B2: Kb swing 20			
C1: Sumo walk 20			
C2: Monster walk 20			

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A1: Band standing kickback 30			
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B1: Deficit curtsy lunge 10			
B2: Quadruped leg swing 20			
C1: Side-lying hip abduction 20			
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Frog pump 3 x 50			
Back squat 1 x 10			

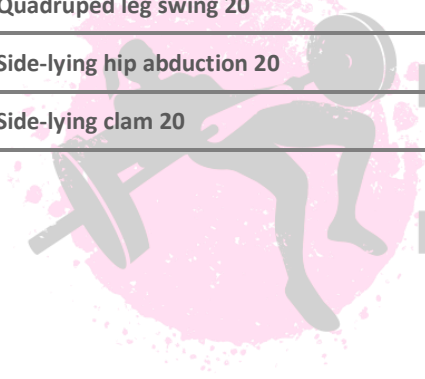
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Knee-banded hip thrust 3 x 30			
Pause chin-up (Pause at bottom – 3 seconds) 3 x 3			
Nordic ham curl 5 x 3			
Band hip hinge abduction 3 x 30			
B-stance hip thrust / regular hip thrust 3 x 8 / 8			

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B1: RKC plank :30 seconds			
B2: Kb swing 20			
C1: Sumo walk 20			
C2: Monster walk 20			

Week 3: Glute Day 2	Round 1	Round 2	Round 3
A1: Band standing kickback 30			
A2: Band standing hip abduction 20			
B1: Deficit curtsy lunge 10			
B2: Quadruped leg swing 20			
C1: Side-lying hip abduction 20			
C2: Side-lying clam 20			



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Week 4: Workout 1	Set 1	Set 2	Set 3
Stiff leg deadlift 3 x 8			
Military press / push press 3 x 4 / 4			
Db 45-degree hyperextension 3 x 12			
Chin-up / eccentric chin-up 3 x 3 / 3			
Db reverse lunge 3 x 8			
Frog pump 3 x 50			
Back squat 1 x 10			

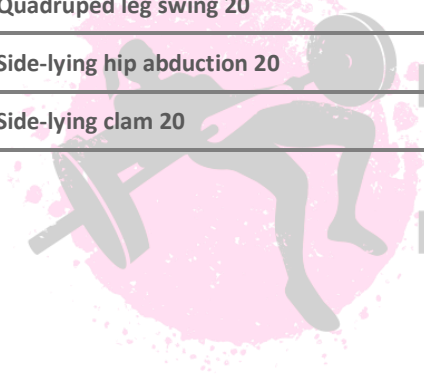
Week 4: Workout 2	Set 1	Set 2	Set 3
Straddle lift 3 x 10			
Eccentric push-up (4-second lowering) 3 x AMRAP			
Single-leg RDL 3 x 6			
Inverted row 3 x AMRAP			
Db sumo squat 3 x 10			
Extra range side-lying hip abduction 3 x 20			
Barbell hip thrust 1 x 10			

Week 4: Workout 3	Set 1	Set 2	Set 3
Deadlift of choice 5 / 3 / 1			
Pause db bench press (3-second pause) 3 x 8			
Knee-banded hip thrust 3 x 30			
Pause chin-up (Pause at bottom – 3 seconds) 3 x 3			
Nordic ham curl 5 x 3			
Band hip hinge abduction 3 x 30			
B-stance hip thrust / regular hip thrust 3 x 8 / 8			

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Week 4: Glute Day 1	Round 1	Round 2	Round 3
A1: Bodyweight squat pulse 30			
A2: Band seated hip abduction 30			
B1: RKC plank :30 seconds			
B2: Kb swing 20			
C1: Sumo walk 20			
C2: Monster walk 20			

Week 4: Glute Day 2	Round 1	Round 2	Round 3
A1: Band standing kickback 30			
A2: Band standing hip abduction 20			
B1: Deficit curtsy lunge 10			
B2: Quadruped leg swing 20			
C1: Side-lying hip abduction 20			
C2: Side-lying clam 20			



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