

# Glute Growth Guide

Fitness Guide

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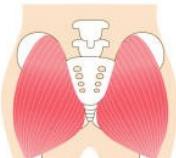
# THE 3 GLUTE MUSCLES

THE GLUTEAL REGION CONSISTS OF 3 MAIN MUSCLES:

## GLUTE MAXIMUS

It is the largest muscle in the gluteal group and is involved in activities that require power and strength, such as jumping, running, and standing up from a sitting position.

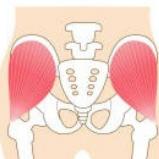
Gluteus Maximus



## GLUTE MEDIUS

It is located partially beneath the gluteus maximus and has a crucial role in stabilizing the pelvis during activities such as walking or lifting one leg off the ground.

Gluteus Medius



## GLUTE MINIMUS

It is the smallest of the three, located underneath the medius. Similar to this, it plays a significant role in stabilizing the pelvis during dynamic movements such as walking and running.

Gluteus Minimus



## WHAT THEY DO

- Hip extension
- External rotation of the leg
- Hip abduction
- Internal rotation
- Stabilizing the pelvis

*Glute training is not just about aesthetics; it's about building a foundation of strength that supports overall body functionality, health, and performance.*

## THE IMPORTANCE OF GLUTE TRAINING

Here are the four undeniable benefits of glute training:

**Improves Posture**

Strong glutes support the pelvis and spine, leading to better posture and helping prevent lower back pain.

**Enhances Athletic Performance**

The glutes play a key role in various movements such as running, jumping, and changing directions, significantly improving athletic performance by contributing to speed, power, and agility.

### Injury Prevention

Properly trained glutes can help prevent injuries by stabilizing the pelvis and maintaining proper alignment of the hip, knee and ankle joints.

### Alleviation of lower back pain

Working on your glutes is beneficial for supporting your lower back, distributing movement and lifting tasks more evenly. Strong glutes can help support the lumbar spine and reduce strain on the lower back, potentially reducing or eliminating lower back pain.

## EXERCISE SELECTION

Whether you're training at home or at the gym, targeting your glutes requires specific exercises.

To achieve comprehensive glute training, incorporate these **4 categories of movements:**

01

### HIP EXTENSION MOVEMENTS

Such as Thrust/Bridge variations, 45\* Hip Extension.

02

### HINGE MOVEMENTS

Such as Deadlift, Romanian Deadlift, Good Mornings.

03

## SQUAT MOVEMENTS

Such as Squats, Leg Press, Lunge variations,  
Step ups.

04

## ABDUCTION MOVEMENTS

Such as Machine Hip Abduction, Side-lying  
Leg Raises, Cable Hip Abduction.

## FREQUENCY, SETS AND REPS

### *FREQUENCY*



**When it comes to stimulating muscle growth, the quality of your workouts matters more than the frequency.**

If you want to grow your glutes, I recommend training them 2-3 times per week. You can do a dedicated glute workout or include glute exercises in your lower-body or full-body workout.

Remember that more isn't always better and you need rest to better recover from a workout.

## FREQUENCY, SETS AND REPS

### SETS



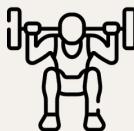
**The number of sets for an exercise per training session can vary widely depending on several factors, such as:**

- training experience;
- your fitness goal;
- how your body responds and recovers;
- how hard you train;
- if you developed a good mind-muscle connection;
- if you developed the skill of working close to failure.

It's important to maintain good posture during exercise to maximize muscle growth and prevent injury. Aim for 2-4 sets per exercise, but consider the type of exercise and the factors mentioned above. For example, exercises like Bulgarian Split Squats and Lunges are more physically and mentally demanding. Because of that, you can do fewer sets, 2 or 3 sets, but push yourself to high quality.

## FREQUENCY, SETS AND REPS

### *REPETITIONS*



**The number of repetitions per exercise is an important factor that determines your muscle growth and can also vary depending on several factors, such as:**

- the type of exercise you do;
- the available weight;
- how challenging the exercise is for you.

**The key** is to lift a weight that's challenging enough to reach muscle failure, or very close to it, within a range of 8-12 reps per exercise. This should be done with a moderate amount of weight, where the last few reps in each set are challenging, but still allow you to maintain good form.

It's important to listen to your body and adjust the volume and intensity based on how you are feeling and your fitness progression.

## EXERCISE ORDER

**Warm-up exercises are non negotiable.**

Every training session should begin with warm-up exercises, otherwise you risk to get injured.

**Light cardio and dynamic stretches** prepare your body for exercise, by gradually increasing heart rate and blood flow to muscles, so this comes first in every training session.

Once your body is prepared, having a structured workout is crucial for muscle growth.

That being said, several factors should be considered when deciding the order of exercises in a workout:



- **Which muscle group is a priority for you?**

You should consider prioritizing the muscles and exercises that are most important to you by placing them earlier in your workout session. For example, if you want to get strong at Hip-Thrust, do this exercise earlier or first in the session.

- **Consider the physical and mental exertion required for the exercise.**

Exercises like Bulgarian Split Squats, Lunges and Squats are more physically and mentally demanding. As your energy decreases throughout the session and these exercises require more energy, it's a good idea to place them earlier in your workout.

## NUTRITION



Even with the most effective workout plan for glute growth, you won't achieve the desired results if your nutrition isn't properly managed.

It's not about following strict diets or cutting out certain foods entirely, but rather about making adjustments that support your fitness goals.

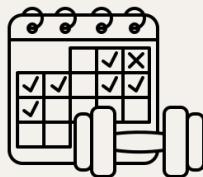
In order to grow your glutes, you need to follow these steps:

- Provide a stimulus for growth through resistance training.
- Consume proper nutrition, including protein, carbohydrates (with a focus on complex carbs like whole grains, vegetables and fruits) and healthy fats.
- Ensure you have enough energy to support your efforts by consuming a slight caloric surplus of about 10%-20%. This will aid in growing your glutes.
- Focus on protein consumption. After a workout, protein helps repair and grow those muscles you used in the workout. Protein sources include beef, chicken, pork, eggs, yogurt, cottage cheese.



## CONSISTENCY

**"CONSISTENCY IS HARD, ESPECIALLY WHEN THERE IS NO ONE CLAPPING FOR YOU".**



You have probably heard the phrase "**Consistency is key**" many times, but it's what separates a long-term goal from a short-term goal, or something that you do just for an occasion.

Muscle growth is a process that requires discipline and patience. Even if you don't see immediate results, I promise your body is changing, and so is your mind.

"Consistency is key" translates to several specific habits and practices that need to be maintained over time to see significant results.



## Regular Strength Training

Increase your physical activity and engage in regular strength training 2-4 times per week to promote muscle growth.

## Progressive Overload

This means gradually increasing the weight, reps or intensity of your workouts over time.



## Rest & Recovery

These are crucial for muscle growth. Muscles repair and strengthen during rest periods, so make sure not to overtrain and allow your muscles to rest and repair.

## Quality Sleep

Sleep is important for muscle growth for several reasons. During sleep, your muscles repair and your hormones, including cortisol (the stress hormone) are regulated. Sleep is also the time for your body to conserve and restore energy.



## Proper nutrition

Good, healthy foods are also crucial for glute growth, requiring protein for muscle repair and building, and carbohydrates and healthy fats for energy.

## Embrace the journey

Take pleasure in the empowering emotions that come with self-improvement. It's not just about the way you look, but also about how it makes you feel mentally. Pay attention to your body, discover more about yourself during this journey and adapt your routine based on that.

## EXAMPLE WORKOUT



I've created this glute workout to be simple to follow and doable with minimal equipment. I aimed to make it accessible for anyone training at the gym or at home.

If you don't have access to any equipment, you can still do this workout, but make sure to increase the number of reps to challenge your muscles a bit more. You can also incorporate additional accessories, like elastic bands or ankle weights, if you have them.

## GLUTE WORKOUT

EXERCISE	SETS	REPS
DUMBBELL/BARBELL SQUAT	3	12
DUMBBELL GLUTE BRIDGE	3	12
BULGARIAN SPLIT SQUAT (TORSO LEAN OVER)	2	8-12/EACH LEG
SIDE-LYING HIP RAISE	3	12/EACH LEG
CABLE KICKBACKS (GYM)/BAND KICKBACKS (HOME)	3	12 FOR CABLE KICKBACKS 16 FOR BAND KICKBACKS



Note that you can adjust the number of reps based on the available weight.

## GLUTE WORKOUT



SQUAT



GLUTE BRIDGE



BULGARIAN SPLIT  
SQUAT

## GLUTE WORKOUT



SIDE-LYING HIP RAISE



BAND KICKBACKS



CABLE KICKBACKS

## WORKOUT NOTES



*When engaging in any type of exercise, it is crucial to pay attention to several key components of a workout, including maintaining proper posture, ensuring a full range of motion, practicing controlled breathing, maintaining stability, executing precise movements, managing workout intensity and adapting exercises to meet your fitness level and goals.*

### POSTURE

Remember to maintain good posture while exercising. Proper form is crucial for effective muscle targeting and injury prevention. This usually includes keeping your spine neutral, shoulders back and down, hips level and stable, and engaging your core. Tailoring your form to each exercise is important, but this serves as a general rule.

### RANGE OF MOTION.

Avoid hyperextending or locking out joints to prevent injury, but do not cut the range of motion short as it may limit exercise effectiveness.

## BREATHING

Remember to coordinate your breathing with your movements during exercise. As a general rule, exhale during the exertion phase (the hardest part of the movement) and inhale during the relaxation phase. For instance, when doing a Squat, you should **inhale** as you lower your body to the floor and **exhale** as you push through your heels to return to the starting position.

## INTENSITY AND ADAPTATION.

Everyone is different, and what may be difficult for one person may be easy for another. It's important to listen to your body and adjust the intensity of the program based on your fitness level. This might mean using heavier weights or doing more reps of an exercise. It is also important to modify exercises to accommodate any limitations or injuries.

## STABILITY AND CONTROLLED MOVEMENTS

It is important when you perform an exercise to maintain stability and do controlled movements rather than rushing the exercise and not feeling the muscles work. This may involve bracing your core, keeping your feet planted firmly on the ground and focusing on engaging the muscles you are targeting with each exercise.

## THANK YOU FOR YOUR SUPPORT!

Now that you've completed this ebook, I hope you have a deeper understanding of glute training, including its importance and the benefits of strength training. By reading this ebook, you've taken the first step. Now, it's time to put this knowledge into practice and give your body the attention and care it deserves.

***Remember, trust the process and trust yourself!***

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