



4-DAY AT-HOME GLUTE BUILDING WORKOUT

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 4 Day
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Bands, Bodyweight, Dumbbells, Kettle Bells
Target Gender: Male & Female
Author: Roger “Rock” Lockridge

Day 1: Upper Body

Exercise	Sets	Reps
Bent Over Dumbbell Row	2 - 3	10 - 12
Dumbbell Floor Press	2 - 3	10 - 12
Band Pull Apart	2 - 3	10 - 12
Lateral Raise	2 - 3	10 - 12
Standing Dumbbell Curl	2 - 3	10 - 12
Close Grip Push Up	2 - 3	10 - 12*
Ab Crunch	2 - 3	15 - 20

Author’s Note: *Go to [failure](#) on your final set. You can also try a [Close Grip Knee Push Up](#).

Day 2: Lower Body

Exercise	Sets	Reps
Banded Good Morning	2 - 3	15 - 20
Kettlebell Swings	2 - 3	15 - 20
Dumbbell Goblet Squat	2 - 3	15 - 20
Dumbbell or Bodyweight Curtsy Lunge	2 - 3	10 - 12 Each Leg
Dumbbell or Banded Glute Bridge	2 - 3	15 - 20
Standing Calf Raise	2 - 3	10 - 12
Lateral Band Walk	2 - 3	10 - 12 Each Leg

Day 3: Upper Body

Exercise	Sets	Reps
Dumbbell Shoulder Press	2 - 3	10 - 12
One Arm Dumbbell Row	2 - 3	10 - 12 Each Arm
Alternating Standing Arnold Press	2 - 3	10 - 12 Each Arm
Dumbbell Overhead Tricep Extension	2 - 3	10 - 12
Dumbbell Rear Delt Fly	2 - 3	10 - 12 Each Arm
Hammer Curl	2 - 3	10 - 12
Lying Leg Raise	2 - 3	15 - 20

Day 4: Lower Body

Exercise	Sets	Reps
Dumbbell Glute Bridge	2 - 3	15 - 20
Dumbbell Split Squat	2 - 3	15 - 20
Plie Squat	2 - 3	15 - 20
Dumbbell Stiff Leg Deadlift	2 - 3	15 - 20
Kettlebell Romanian Deadlift	2 - 3	15 - 20
Banded Glute Bridge	2 - 3	15 - 20*

Author’s Note: *Go to [failure](#) on your final set. If you need to modify, try doing [Bodyweight Glute Bridges](#).