

12 Week Glute Guide

Week One And Two

Day One:

Superset One

- Wide-stance Sumo Squats Using Bar
4x15
- Jump Squats
4x20

Superset Two

- Cable Duck Walk
3x10 (Front And Back)
- Cable Front Squats
3x15

Superset Three

- Walking Overhead Bar Lunges
3x10 (Front And Back)
- Sumo Stance Leg Press
3x20

Superset Four

- Cable Alternating Curtsy Lunges
3x15
- Alternating Bodyweight Curtsy Lunges
3x15

Superset Four

- Cable Alternating Curtsy Lunges
3x15
- Alternating Bodyweight Curtsy Lunges
3x15
- Air Squats
3x15

Week One And Two

Day Two:

Superset 1

- Bar Squats
4x10
- Romanian Dead Lifts
4x10
- Butt Kicks For One Minute

Superset 2

- Elevated Split Squat Pulses
3x10
- Elevated Split Squat Jump
3x15

Superset 3

- Rope Pull Through
3x15
- Donkey Kickbacks Using Bench
3x15
- 180 Jump Squat
4x Until Failure

Superset #4

- One Legged Hyper Extension
4x20 (Each Leg)
- Dumbbell Deadlift Pulses
4x20
- 180 Jump Squat
4x until failure

Week Three And Four

Day One:

Superset 1

- Individual Leg Extension
4x10
- Frog Jumps In A Square
4x10

Superset 2

- Front Step Ups
3x10 (Each Leg)
- Kneeling Hop/Jumps To Squat
3x10

Superset 3

- Goblet Elevated Squats
3x10
- One Legged Hop
3x10

Superset 4

- Alternating Front Lunges Using Smith Machine
3x10
- Side To Side Sumo Squat To Jump Squats.
3x15 Forward 3x10 Jump Squats 3x15 Back 3x10 Jump Squats

Week Three And Four

Day Two:

Superset 1

- Knee Squats Using Smith Machine
4x12
- Dumbbell Curtsy Lunges
4x10 (Each Leg)

Superset 2

- Lying Hamstring One Legged Curl
3x10
- Lying Hamstring Curl
3x20

Superset 3

- One Legged Romanian Deadlift Using Dumbbell
3x15 (Each Leg)
- Kettle Bell Swings To Squat
3x15

Superset 4

- Hamstring Curl Using Ball
3x15
- Hip Thrust Using Bar
3x15
- Butt Kicks
3x Until Failure

Week Five And Six

Day One:

Superset 1

- Lying Down Smith Machine Leg Press
4x15
- Standing Kickbacks
4x15

Superset 2

- Dumbbell Goblet Squats
3x15
- Stiff Dumbbell Dead Lifts
3x15

Superset 3

- Barbell Hip Thrust
3x15
- Curtsy Lunges To Step Up
3x15

Superset 4

- Single Cable Deadlift
3x15
- Cable Pull Through Using Ropes
3x15
- Cable Squats Using Rope
3x15

Week Five And Six

Day Two:

Superset 1

- Sumo Pulse Squats Using Smith Machine
4x12
- Stationary Lunges Using Smith Machine
4x12 (Each Leg)

Superset 2

- Cable Abductor To Squat
3x15
- Single Leg Squat Using Bench And E-z Bar
3x15

Superset 3

- Walking Lunge Overhead
3x10 (Front And Back)
- Jump Lunges
3x30

Superset 4

- Stationary Weighted Leg Pulses
3x12 (each leg)
- Side To Side Jumps
3x20

Week Seven And Eight

Day One:

Superset 1

- 1-1-2 Leg Extension
4x5 Each Leg Then 5 Both Legs.
- Tuck Jumps
4x20

Superset 2

- Smith Machine Front Squat
3x10
- Smith Machine Alternating Reverse Lunge
3x10 (Each Leg)

Superset 3

- Pause Squats Using Bar
3x10
- Bosu Cable Lunge
3x10

Superset 4

- Cable front squat
4x15
- Single Squat using bench
4xuntil failure
- Sumo Pulse squats
4x until failure

Week Seven And Eight

Day Two:

Superset 1

- Single Standing Hamstring Curl
4x15 (Each Leg)
- Drop The Weight And Perform 3 (Steps) Of The Curl Slowly.
4x10 (Each Leg)

Superset 2

- Lying Hamstring Curl Using Cables
3x15
- Pop Squats
3x20

Superset 3

- Sumo Stance Dead Lift
3x10
- Side To Side Squats
3x15 (15 Front And 15 Back)

Superset 4

- Cable Deadlifts
3x10
- One legged Hyper Extension
3x20 (each leg) *make sure you keep the ROM slow and controlled*

Week Nine And Ten

Day One:

Superset 1

- Good Mornings
4x12
- Butt Kicks
4x One Minute

Superset 2

- Single Legged Hip Thrust Using Dumbbell
3x15
- Bulgarian Split Squats
3x8 (Each Leg)

Superset 3

- Stationary Elevated Overhead Weighted Lunges
3x10
- Tuck Jumps
3x20

Superset 4

- *Leg Circuit* (Grab A Towel And A Weight. You Will Be Preforming Sliding Lunges. You Will Be Placing The Towel Under Your Foot And Sliding Into Different Lunges While Holding A Weight If You Can)
- 1 Round = One To The Side, One Angle, Another Angle (Slide Over Slightly To The Next Angle), Then Directly Back. So Imagine Four Points You Have To Slide Into For Each Lunge.

Repeat For Each Leg 3 Times

Week Nine And Ten

Day Two:

Superset 1

- Overhead Weighted Jump Squats
4xuntil Failure
- Side To Side Bench Jumps
4x 30 Seconds

Superset 2

- Front Cable Squats
3x10
- Cable Duck Walks
3x20

Superset 3

- Weighted Wide Goblet Squat Jumps (Feet Go In And Out In Between Squat And Jump)
3x10
- Weighted Wide Goblet Squats (Up The Weight)
3x10

Superset 4

- Wide Stance Leg Press
3x20
- Wide Stance Jump Squats on leg press machine
3x10

Week Eleven And Twelve

Day One:

Superset One

- Bar Squat
4x10
- Romanian Dead Lifts
4x10

Superset Two

- Cable Kickbacks
3x15
- Cable Abductor
3x15

Superset Three

- Lying Hamstring Curls Using Flat Bench And Weight Between Feet.
3x10
- Single Stiff Deadlifts Using E-z Bar
3x10

Superset 4

- Hip Thrust
3x15
- Standing bent leg kickbacks
3x15
- Tucks Jumps
3x20

Week Eleven And Twelve

Day Two:

Superset One

- Landmark Squat With An Overhead Press
4x12
- Sumo Stance Kettle Bell Swings
4x15

Superset Two

- Single Legged Leg Press
3x20 (Each Leg)
- Elevated Goblet Squat
3x12

Superset Three

- Bar Squat
3x15
- Front Squat
3x15
- Jump Squat
3x15

Superset four

- Leg extension
3x12
- Weighted forward lunges
3x12 (each Leg)