**Lifts**

Monday – Quads/Glutes

Tuesday – Upper body 1

Wednesday – Hammies/Glutes

Thursday – Upper body 2

Friday – Glutes

Saturday – Rest

Sunday – Rest

**Cardio/Stretching & Rolling Split**

Monday

* 10 minutes of 20/20’s on the elliptical. For 20 seconds you will move at a vigorous pace then rest and just allow the revolutions of the machine to continue slowly for 20 seconds. Repeat this cycle for 10 minutes.
* 2 sets 20 crunches
* 2 sets 20 Russian twists
* 1 max effort plank
* Stretch & Foam Roll

Tuesday

* 10 minute circuit
  + 20 seconds air squats
  + 20 seconds jump squats
  + 20 seconds alternating step back lunges
    - Repeat these three exercises in circuit for 10 minutes

Wednesday

* 10 minutes stair master
* Stretch & Roll

Thursday

* 10 minutes walking on incline treadmill
* 2 sets 10 leg raises
* 2 sets 10 each side standing plate twists
* 2 max effort planks

Friday

* 10 minutes treadmill running circuit
  + Jog for one minute, walk for 30 seconds
    - Repeat this for ten minutes
* Stretch & Roll

Sat/Sun – Rest

\*If you are trying to lower your body fat percentage, I*recommend* establishing a moderate caloric deficit, which you can calculate based off the *dietary advice* sheet I have attached.

**Program Description**

The name of the programbasically says it all as it is intended to overload your lower posterior chain all week long by targeting the glutes three days a week. Included are two upper body days each week so as not to create an imbalanced physique. The program lasts six weeks which are made up of two separate three week phases. This program is not for the faint of heart! If you wish to, you can easily adjust your rep ranges and extend the program up to 12 weeks. If you are an intermediate to advanced weight lifter, then this is the program that will help you take your gains to the next level.

* Gunn

YouTube Links to Booty Blaster

Leg extensions - https://www.youtube.com/watch?v=YyvSfVjQeL0

Back Squat or Box Squat - <https://www.youtube.com/watch?v=40p1qQZTNRw> I am NOT fan of squatting to extreme depth. I actually recommend putting a bench (box squat) behind you so you can squat back onto it.

Walking Lunges - <https://www.youtube.com/watch?v=8OYsCRAb5c4>, <https://www.youtube.com/watch?v=SniKHGKDJyU>

Standing Calf Raises - <https://www.youtube.com/watch?v=-M4-G8p8fmc>

Glute Kickbacks

Bench Press or Chest Press <https://www.youtube.com/watch?v=xUm0BiZCWlQ> <https://www.youtube.com/watch?v=EPetH7lopsE>

Rows

Shoulder Press - <https://www.youtube.com/watch?v=qEwKCR5JCog>, https://www.youtube.com/watch?v=Wqq43dKW1TU

Incline Bench

Lat Pulldowns - https://www.youtube.com/watch?v=kwJeh3QyhVE

Shoulder Flyes

Hamstring Curls - <https://www.youtube.com/watch?v=jxctD6fL_FQ> (preferred) or https://www.youtube.com/watch?v=ELOCsoDSmrg

Dumbbell Stiff Leg Deadlift - https://www.youtube.com/watch?v=FQKfr1YDhEk

GHD’s

Ball Pull-ins

Dumbbell Bench - <https://www.youtube.com/watch?v=P-C9UOQb0Pg>

Tricep Rope Pushdowns - https://www.youtube.com/watch?v=vB5OHsJ3EME

Straight Bar Curls - https://www.youtube.com/watch?v=LY1V6UbRHFM

Incline Dumbbell Press

Neutral Lat Pulldowns

Lateral Raises - https://www.youtube.com/watch?v=3VcKaXpzqRo

ABD/ADD machine - <https://www.youtube.com/watch?v=GmRSV_n2E_0> & <https://www.youtube.com/watch?v=2b97cvyH9sE>

Hip Thrusters

1-foot glute bridges

Step-Ups onto bench

Machine Chest Press - <https://www.youtube.com/watch?v=xUm0BiZCWlQ>

Machine Rows - https://www.youtube.com/watch?v=8MKGArS7w7c

Dumbbell Lateral Raise - https://www.youtube.com/watch?v=3VcKaXpzqRo

Machine Bicep Curls - https://www.youtube.com/watch?v=M\_uPvGrMx\_o

Machine Tricep Extensions - <https://www.youtube.com/watch?v=qCF_hG27jVU> or <https://www.youtube.com/watch?v=kJo3fiUgdV4> depending on what machine is available

Max Effort Plank - https://www.youtube.com/watch?v=pSHjTRCQxIw

Machine Leg Press - https://www.youtube.com/watch?v=Oxy31rMrTeo

Machine Leg (hamstring) Curls - <https://www.youtube.com/watch?v=jxctD6fL_FQ> (preferred) or https://www.youtube.com/watch?v=ELOCsoDSmrg

Machine Leg (quads) Extensions - https://www.youtube.com/watch?v=YyvSfVjQeL0

Machine Standing Calf Raises - https://www.youtube.com/watch?v=YMmgqO8Jo-k

Machine Lat Pulldown - https://www.youtube.com/watch?v=kwJeh3QyhVE

Machine Shoulder Press - https://www.youtube.com/watch?v=Wqq43dKW1TU

Smith Machine Squats - https://www.youtube.com/watch?v=AHnX-aimA4E

Abductor/Adductor Machine - <https://www.youtube.com/watch?v=GmRSV_n2E_0> & <https://www.youtube.com/watch?v=2b97cvyH9sE>

Bench Press - <https://www.youtube.com/watch?v=EPetH7lopsE> or with dumbbells <https://www.youtube.com/watch?v=P-C9UOQb0Pg>

One-Arm Dumbbell Row - https://www.youtube.com/watch?v=pYcpY20QaE8

Dumbbell Shoulder Press - https://www.youtube.com/watch?v=qEwKCR5JCog

Dumbbell Curls - https://www.youtube.com/watch?v=sAq\_ocpRh\_I

Tricep Rope Pushdown - https://www.youtube.com/watch?v=vB5OHsJ3EME

Dumbbell Squats to Bench - https://www.youtube.com/watch?v=lDq799WEDsE

Straight Bar Deadlifts - <https://www.youtube.com/watch?v=JD9J2f4UgCY> (can use the same preset bar that you used for bench press because some bars may be too heavy)

Bodyweight Walking Lunges – <https://www.youtube.com/watch?v=6EfX6ET_TyA> KEEP THE CHEST HIGH AND PROUD AND DO NOT LET YOUR KNEE SHOOT FORWARD OVER YOUR TOES

Dumbbell Calf Raises - <https://www.youtube.com/watch?v=-M4-G8p8fmc>

Air Squats - <https://www.youtube.com/watch?v=jQr-Zo4m0os>

Smith Machine Incline Press - <https://www.youtube.com/watch?v=b8DqTO6ak0k>

Straight Bar Rows - <https://www.youtube.com/watch?v=OMlh_52Q7yQ>

Dumbbell Shoulder Flyes - https://www.youtube.com/watch?v=ttvfGg9d76c

Straight Bar Curls - https://www.youtube.com/watch?v=LY1V6UbRHFM

Dumbbell Tricep Kickbacks - https://www.youtube.com/watch?v=6SS6K3lAwZ8

Barbell Squats - <https://www.youtube.com/watch?v=40p1qQZTNRw> I am NOT fan of squatting to extreme depth. I actually recommend putting a bench behind you so you can squat back onto it much like the dumbbell squats.

Dumbbell RDL - https://www.youtube.com/watch?v=FQKfr1YDhEk

Dumbbell Walking Lunges - <https://www.youtube.com/watch?v=SniKHGKDJyU> same cues as the bodyweight lunges!