



DOGBONE Performance

About the Program

Butts.. the only thing guaranteed right now is that big butts are in. Luckily for you, we got you covered. This 6-week program was made with 4 booty growing workouts a week and guess what.. we didn't stop there. No one wants to have a huge lower half with no upper half! So we have also included some upper body exercises to ensure your physique is well rounded.. literally! Butt wait... there's more. We ALSO threw in some gruesome ab finishers at the end of each workout. Each day/week is designed to allow you to hit some full-body exercises with a booty emphasis without overtraining. This program should be done in a fully equipt gym.

In order to be successful in these 6 weeks focus on what you can control:

Nutrition:

- Quality whole foods
- Enough Protein to support muscle growth and recovery (1g/lb of body weight)
- Carbs and Fats are friends when lifting heavy... you need energy!
- Remember.. abs are grown in the gym but made in the kitchen. Eat your veggies

Sleep:

- 8 hours of sleep

Consistency

- Show up and put the work in
- Weights are cold..... they don't like excuses..... put in the work and see the results.

Key

DB - dumbbell

BB - barbell

SA - single arm

SL - single leg

Goblet - hold head of dumbbell at chest

Suitcase - hold 1 dumbbell to the side

Crossbody - 1 dumbbell to opposite side of leg that's working (SL RDL - Left leg is on the ground = DB in the right hand)

Farmers carry - 2 DBs down by the side

20(s) - seconds

10(e) - each side

*If you have any questions or concerns regarding the program, email us at dogboneperformance@gmail.com.

We are not responsible for any personal injuries that may occur during this program. See your physician to determine if you are fit and able to lift at this level.

W1/D1

- A) Back Squat
4x10
- B1) DB Step ups
(farmers carry) 4x8e
- B2) DB Shoulder Press
4x10
- C1) SL DB Hip thrust
3x12e
- C2) Push ups
3x15
- D1) Mini band lateral walks (above knee)
3x12 steps each direction
- D2) Bench Dips
3x15

Core finisher

Tabata 20s on 10s off for 8 rounds (4minutes)
20s of movement 1 - 10s rest - 20s movement 2 -
10s rest 20s of movement 3 - 10s rest - 20s
movement 4 - 10s rest
And so on...
Movement 1: Flutter kicks
Movement 2: Russian twists
Movement 3: Hollow hold
Movement 4: Penguins

W1/D2

- Core Finisher
3 rounds
10 V-ups
10 supermans
30s R side plank
10 V-ups
10 supermans
30s L side plank

- A) BB Hip Thrust
4x10
- B1) Reverse lunge
(suitcase hold) 4x8e
- B2) Lat pull down
4x10
- C1) SL step downs
(Crossbody) 3x8e
- C2) DB bent over row
3x8e
- D1) SL glute bridge hold
3x45s
- D2) Bicep Curls
3x12

W1/D3

- A) Bulgarian split squats
(goblet) 4x8e
- B1) Front foot elevated
split squat
(farmers) 4x10e
- B2) BB Bench press
4x10
- C1) Goblet squat
3x12
- C2) Arnold Press
3x10e
- D1) Wall sit
3x1 minute
- D2) DB side raises
3x12

Core finisher
1 minute plank
50 sit ups
50 toe touch crunches
1 minute plank

W1/D4

- Core finisher
5 rounds
- 10 hanging knee raises
- 10 lying windshield
wipers

A) Deadlift
4x10

B1) SL RDL (crossbody)
4x8e

B2) BB bent over row
4x10

C1) Cable pull through
3x8

C2) Seated cable row
3x10

D1) Hamstring curls
3x20

D2) Cable rope curls
3x12

W2/D1

A) Back Squat

3x8, 2x6

B1) Bulgarian split squat
(crossbody) 4x8e

B2) BB shoulder press
4x8

C1) Forward lunge
(goblet) 3x8e

C2) DB alternating bench
3x8e

D1) Split squat hold
3x45s

D2) Rear delt flys
3x12

Core finisher

20 V-up buy in immediately
into:

5 minute plank

*Every time you go down 5
V-up penalty*

Core finisher

For time:

100 sit ups

100 Russian twists

*Every time you rest for
either exercise 5 reverse
crunches*

W2/D2

A) BB Hip thrust

4x12

B1) Front foot elevated
reverse lunge (goblet)
4x8e

B2) Pull ups

4xMax effort

C1) KB swings

3x15

C2) Face pulls

3x20

D1) Cable rope pull through
3x20

D2) Bicep curls
3x12

W2/D3

- A) Bulgarian split squats (goblet) 4x10e
- B1) Goblet Squats 4x15
- B2) Incline DB bench press 4x8
- C1) Step ups (farmers) 3x10e
- C2) 1/2 kneel SA DB shoulder press 3x8e
- D1) Leg extension 3x12
- D2) Rope tricep extension 3x12

Core finisher
Tabata 20s on 10s off for 8 rounds(4minutes)
Movement 1: L side plank
Movement 2: Superman's
Movement 3: R side plank
Movement 4: Hollow body hold

W2/D4

- A) Sumo Deadlift 2x8, 2x6
- B1) SL DB hip thrust 4x8e
- B2) Lat pull down 4x12
- C1) Band kickbacks 3x20
- C2) Seated cable row 3x10
- D1) Seated abduction machine 3x15
- D2) Bicep curls 3x12

Core finisher
4 rounds
20 sprinters crunch
20s Seated L sit hold
20 Stability ball roll outs

W3/D1

- A) Back Squat
4x6 (3s eccentric)
- B1) Bulgarian split squat (crossbody)
4x5 (2s hold at bottom)
- B2) Shoulder Press
4x10
- C1) SL step down (crossbody)
4x8e
- C2) Side + Front raise
4x10e
- D1) SL glute bridge hold
3x45s
- D2) Push ups
3x20

Core finisher
3 rounds

- 20 hanging knee raises
- 20 SB stir the pot (10 each direction)
- 30s superman hold

Core finisher

- 2 rounds
- 30 hollow rocks
- 30 alternating Vups
- 30 penguins

W3/D2

- A) BB Hip thrust
4x12
- B1) Front foot elevated reverse lunge (goblet)
4x8e
- B2) DB chest supported row
4x8
- C1) Seated abduction machine
4x20
- C2) SA 1/2 kneel cable high row
4x10
- D1) Cable rope pull-throughs
3x10
- D2) DB shrugs
3x12

W3/D3

A) Bulgarian split squat
(farmers)

4x6e (3s ecc)

B1) Step-ups (goblet)
4x10e

B2) Arnold Press
4x8

C1) Forward lunges
(farmers)

4x6e

C2) Dips
4x12

D1) Mini band lateral walks
3x20 steps each side

D2) band pull apart
3x20

Core finisher

For time

100 sit ups

80 Russian twists
60s plank

40 reverse crunches
20s (each) side plank

W3/D4

A) Deadlift

2x10,2x8

B1) SL DB hip thrust
4x10e

B2) Pull ups
4xMax

C1) SL DB RDL
(crossbody)

4x8e

C2) SA DB row
4x8e

D1) Band Kick backs
3x20e

D2) Pull ups
3x5 (slow and controlled)

Core finisher

Tabata 20s 10s off for 8 rounds (4minutes)

1 minute plank buy in
Movement 1: Reverse crunches

Movement 2: Hollow rocks

Movement 3: Sprinters crunch

Movement 4: Flutters

W4/D1

A) Back Squat

5x5 (3 sec pause at bottom)

B1) Forward + Reverse lunge (goblet)

4x6e

B2) BB bench press

2x10, 2x8

C1) Step ups (farmers)

4x8e

C2) 1/2 kneel SA DB

shoulder press

4x6e

D1) Wall sit

3x1 minute

D2) Push ups

3x10 (close grip or weighted)

Core finisher

2 rounds For time

30 plank hip dips

30s 6inch leg hold

30 Toe touch crunches

30 Russian twists

W4/D2

A) BB hip thrust

4x6 (2sec pause at top of each rep)

B1) BB RDL

4x12

B2) Pull ups

4xMax effort

C1) Hamstring curls

4x15

C2) Chest supported DB row

4x10

D1) Band kickbacks

3x20e

D2) DB Side + front raise

3x15e

Core finisher

20s Left-arm right leg plank

20 V-ups

20s Right arm left leg plank

20 V-ups

20s Left-arm right leg plank

20 Vups2

0s Right arm left leg plank

W4/D3

A) Bulgarian splits squats
(farmers)

4x6e

B1) Front squat or leg
press

4x6

B2) BB Shoulder Press

4x6

C1) SL step downs
(farmers)

4x10e

C2) SA DB bench press

4x8e

D1) Band Kickbacks

2x30e

D2) Band pull aparts

2x30

Core finisher

For time

100 toe touch crunches

100 Russian twists

Core finisher
Seated (on floor)
Lsit hold accumulate 3
minutes

*every time you break roll
over and hit 5 supermans

W4/D4

A) Sumo deadlift

2x8,2x6,2x4

B1) Cable rope pull
through

4x12

B2) Lat pull down

4x10

C1) Front foot elevated
reverse lunge (goblet)

4x6e

C2) DB Incline bench

4x8

D1) SL DB hip thrust

3x6e

D2) Face pulls

3x20

W5/D1

- A) Back Squat 10-8-6-4
1x20 at 50% of the weight you used for 4
- B1) Goblet squat
4x12
- B2) BB shoulder press
4x8
- C1) Split squats (farmers)
4x6e (drop weight on last rep and hold 30s)
- C2) DB bench press
4x12
- D1) SL Calf raises
4x15e
- D2) Skull crushers
4x10

Core finisher

3 rounds

15 Hanging knee raises

15 Hollow rocks

30 alternating supermans

Core finisher
Tabata 20s on 10s off for 8 rounds (4minutes)
30s L side plank buy in
Movement 1: Shoulder taps
Movement 2: Windshield wipers
Movement 3: Flutters
Movement 4: Hollow hold
30s R side plank cash out

W5/D2

- A) BB hip thrust
4x10 (10sec hold at top of last rep)
- B1) BB Good mornings
4x10
- B2) DB pullovers
4x10
- C1) DB RDL (farmers)
4x10
- C2) Pull-ups
4xMax effort
- D1) Seated leg abduction machine
4x15
- D2) Bicep curls
4x20

W5/D3

A) Bulgarian split squats
(goblet)

4x12e

B1) Front Squat or Leg
Press

4x12

B2) BB Bench Press

2x8, 2x6

C1) Step ups (farmers)

4x10e

C2) SA incline DB bench

4x8e

D1) SL Glute bridge hold

3x45se

D2) Band pull aparts

3x20

Core finisher

4 rounds

10 Spiderman push ups

10 Ab roll outs

10 reverse crunches

Core finisher

For time

100 Leg raises

100 Sprinters crunch

W5/D4

A) Deadlift

2x6, 2x5, 1x10

B1) Cable pull through

4x12

B2) Pull ups

4x5 slow and
controlled (weighted
if possible)

C1) SL DB RDL

(crossbody)

4x8e

C2) Seated Cable row

4x10

D1) Band Kickbacks

4x20e

D2) Front raise + Side
raise + Rear delt fly

4x8e

W6/D1

A) Back squat

3x5 (2sec pause at bottom) 2x12 (burn out)

B1) Forward Lunge (goblet)
4x8e

B2) Arnold Press
4x10

C1) Split Squat (farmers)
4x10e

C2) SA DB Bench
4x8e

D1) SL Calf raise
4x10e

D2) Close grip or weighted push ups
3x15

Core finisher

4 rounds

15 hanging knee raises
15 lying leg raises
30 penguins

Core Finisher

For time

100 sprinters crunches

80 hollow rocks
60s plank

40 superman
20 Vups

W6/D2

A) BB hip thrust

4x8 (2sec pause at top of each rep + 10s pause on last rep)

B1) Hamstring curls
4x12

B2) Seated cable row
4x12

C1) KB swings
4x12

C2) Pull-ups
4x5 (slow and controlled) weighted if possible

D1) Mini band lateral walks (band above the knee)

3x20 steps each

D2) Concentration curls
4x10e

W6/D3

A) Bulgarian split squat
(farmers)

4x8e (drop weight 20s
hold on last rep)

B1) Leg press

4x12

B2) BB Bench Press

2x8,1x6,1x4

C1) Seated leg abduction

4x10

C2) DB Z-Press

4x12

D1) Band kickbacks

4x20e

D2) Tricep extension

4x12

Core finisher

5 rounds

10 weighted toe touch
crunches

20 Side plank switches
(switch from left to right
pause at each)

30 Plank hip dips (15 each
side)

Core finisher

Tabata 20s on 10s off for 8
rounds (4 minutes)

1 minute plank buy 1

Movement 1: Alternating V-ups

Movement 2: Russian twists

Movement 3: Flutters

Movement 4: Scissors

1 minute plank cash out

W6/D4

A) Sumo Deadlift

2x6, 2x4, 1x12

B1) DB RDL (farmers)

4x12

B2) Chest supported row

4x8

C1) Cable pull through

4x15

C2) SA lat pulldown

4x8e

D1) SL DB hip thrust

4x8e

D2) Rope cable curls

4x20