

12 WEEK GLUTE BUILDING PROGRAM PDF

Thank you for downloading our 12 Week Glute Building Program PDF!

This program uses a 3-day split over 7 days. Perform for 12 weeks and reap the benefits of bigger muscles.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

WEEK 1 – 3

Day 1

GLUTE 1

	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Warm-up with bodyweight RDLs	Glute max, med, min	30-50				
Bulgarian Split Squats (Rear Foot Elevated 'RFE' Squats)	Glute max, med, min	20	15-20	12-15	12-15	12-15
Romanian Deadlift (BB, Hex Bar, or DB)	Glute max	20	15-20	12-15	12-15	12-15
Cable Glute Hip Extensions (Single Leg High-Low)	Glute max	20	15-20	12-15	12-15	12-15
Cable Glute Hip External Rotations (Single leg High-Low)	Glute med	20	15-20	12-15	12-15	12-15

Day 2

REST (or work another muscle)

Day 3

REST (or work another muscle)

Day 4

GLUTE 2

	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Reverse Lunges	Glute max	20	15-20	12-15	12-15	12-15
Contra-lateral B-Stance DB RDLs	Glute max, med	20	15-20	12-15	12-15	12-15
Cable Hip Abductions (Standing Straight Single leg)	Glute max, med	20	15-20	12-15	12-15	12-15
Cable Hip Extensions (Standing Straight Single leg)	Glute med, min	20	15-20	12-15	12-15	12-15

Day 5

REST (or work another muscle)

Day 6

GLUTE 3

	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Single Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20	15-20	15-20
Banded Dual Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20	15-20	15-20
Side-lying Straight Leg Raises (Bodyweight or ankle weight)	Glute med, min		15-20	15-20	15-20	15-20
Hip Hikes (Bodyweight or ankle weight)	Glute med		15-20	15-20	15-20	15-20

Day 7

REST

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WEEK 4 – 6

Day 1

GLUTE 1	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Warm-up with bodyweight RDLs	Glute max, med, min	30-50				
Bulgarian Split Squats (Rear Foot Elevated 'RFE' Squats)	Glute max, med, min	20	12-15	10-12	10-12	10-12
Romanian Deadlift (BB, Hex Bar, or DB)	Glute max	20	12-15	10-12	10-12	10-12
Cable Glute Hip Extensions (Single Leg High-Low)	Glute max	20	12-15	10-12	10-12	10-12
Cable Glute Hip External Rotations (Single leg High-Low)	Glute med	20	12-15	10-12	10-12	10-12

Day 2

REST (or work another muscle)

Day 3

REST (or work another muscle)

Day 4

GLUTE 2	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Reverse Lunges	Glute max	20	12-15	10-12	10-12	10-12
Contra-lateral B-Stance DB RDLs	Glute max, med	20	12-15	10-12	10-12	10-12
Cable Hip Abductions (Standing Straight Single leg)	Glute max, med	20	12-15	10-12	10-12	10-12
Cable Hip Extensions (Standing Straight Single leg)	Glute med, min	20	12-15	10-12	10-12	10-12

Day 5

REST (or work another muscle)

Day 6

GLUTE 3	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Single Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20	15-20	15-20
Banded Dual Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20	15-20	15-20
Side-lying Straight Leg Raises (Bodyweight or ankle weight)	Glute med, min		15-20	15-20	15-20	15-20
Hip Hikes (Bodyweight or ankle weight)	Glute med		15-20	15-20	15-20	15-20

Day 7

REST

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WEEK 7 – 9

Day 1

GLUTE 1	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Warm-up with bodyweight RDLs	Glute max, med, min	30-50				
Bulgarian Split Squats (Rear Foot Elevated 'RFE' Squats)	Glute max, med, min	20	10-12	8-10	8-10	8-10
Romanian Deadlift (BB, Hex Bar, or DB)	Glute max	20	10-12	8-10	8-10	8-10
Cable Glute Hip Extensions (Single Leg High-Low)	Glute max	20	10-12	8-10	8-10	8-10
Cable Glute Hip External Rotations (Single leg High-Low)	Glute med	20	10-12	8-10	8-10	8-10

Day 2

REST (or work another muscle)

Day 3

REST (or work another muscle)

Day 4

GLUTE 2	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Reverse Lunges	Glute max	20	10-12	8-10	8-10	8-10
Contra-lateral B-Stance DB RDLs	Glute max, med	20	10-12	8-10	8-10	8-10
Cable Hip Abductions (Standing Straight Single leg)	Glute max, med	20	10-12	8-10	8-10	8-10
Cable Hip Extensions (Standing Straight Single leg)	Glute med, min	20	10-12	8-10	8-10	8-10

Day 5

REST (or work another muscle)

Day 6

GLUTE 3	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Single Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20	15-20	15-20
Banded Dual Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20	15-20	15-20
Side-lying Straight Leg Raises (Bodyweight or ankle weight)	Glute med, min		15-20	15-20	15-20	15-20
Hip Hikes (Bodyweight or ankle weight)	Glute med		15-20	15-20	15-20	15-20

Day 7

REST

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WEEK 10 – 12

Day 1

GLUTE 1	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Warm-up with bodyweight RDLs	Glute max, med, min	30-50				
Bulgarian Split Squats (Rear Foot Elevated 'RFE' Squats)	Glute max, med, min	20	8-10	6-8	6-8	
Romanian Deadlift (BB, Hex Bar, or DB)	Glute max	20	8-10	6-8	6-8	
Cable Glute Hip Extensions (Single Leg High-Low)	Glute max	20	8-10	6-8	6-8	
Cable Glute Hip External Rotations (Single leg High-Low)	Glute med	20	8-10	6-8	6-8	

Day 2

REST (or work another muscle)

Day 3

REST (or work another muscle)

Day 4

GLUTE 2	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Reverse Lunges	Glute max	20	8-10	6-8	6-8	
Contra-lateral B-Stance DB RDLs	Glute max, med	20	8-10	6-8	6-8	
Cable Hip Abductions (Standing Straight Single leg)	Glute max, med	20	8-10	6-8	6-8	
Cable Hip Extensions (Standing Straight Single leg)	Glute med, min	20	8-10	6-8	6-8	

Day 5

REST (or work another muscle)

Day 6

GLUTE 3	Muscle bias	Warm up	Set 1	Set 2	Set 3	Set 4
Single Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20		
Banded Dual Leg Glute Bridges (Bodyweight)	Glute max, med, min		15-20	15-20		
Side-lying Straight Leg Raises (Bodyweight or ankle weight)	Glute med, min		15-20	15-20		
Hip Hikes (Bodyweight or ankle weight)	Glute med		15-20	15-20		

Day 7

REST