



# **12 WEEK GLUTE BUILDING WORKOUT PLAN PDF**

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	Exercise	Muscles worked	Warm up	60% of working weight	80% of working weight	Working Set 1	Working Set 2
Day 1: Glute 1	Bulgarian Split Squats (Rear Foot Elevated 'RFE' Squats)	Glute max, medius, minimus	10	8	3 - 4	6 - 8	6 - 8
	Romanian Deadlift (RDL), BB, Hex Bar, or DB	Glute max					
	Kickback Machine	Glute max					
	Cable Glute Hip Abductions	Glute medius					
Day 2	REST						
Day 3	REST						
Day 4: Glute 2	Hip Thrusts / Glute Bridge Machine	Glute max	10	8	3 - 4	6 - 8	6 - 8
	Contra-lateral B-Stance DB RDLs	Glute max, Glute medius					
	Cable Hip Extensions, Standing Straight Single leg, or Multi-Hip	Glute max, Glute medius					
	Cable Hip Extensions, Standing Straight Single leg	Glute medius, minimus					
Day 5	REST						
Day 6	REST						
Day 7	REST						

## Application Notes

### Progressive Overload

Apply progressive overload as you move through the program.

Do the specified number of reps with a weight you can move with excellent form until you can do more reps than written, and then increase the load. Simple yet effective.

Tons of data support progressive overload. No need to go looking for another exercise to break a plateau. Do more reps, then do more weight. Get rest between so your muscles and Central Nervous System (CNS) can recover and adapt. Again...simple.

### Intensity

The last few reps of any working set (not including your warm-up) should be hard without your form going to crap.

The program is written intentionally with the target reps decreasing over its course. Total rep quantity goes down, but the same principle holds: the last few reps should be grinders. So for sets of 10 to 12, reps 8 through 12 should be hard. And for sets of 6 to 8, reps 3 through 8 should also be hard.

Work with perfect form. When your form's not perfect, practice it with light weight or body weight until you master the exercise.

I regularly quote a [2021 study](#) (*Sports*, Schoenfeld et al) that looked into the assumptions about rep ranges for strength, size, and endurance. It tested the notion of low reps for strength and higher reps for size and endurance. Turns out that there's not a sweet spot rep range for any of those training objectives.

### Rep Cadence

Perform all your reps in a rhythmic, controlled fashion to maximize time under tension. That means no explosive concentric moves and no AMRAP or anything that smells like it.

[Mechanical tension and its duration is one of the cornerstones of resistance exercise](#) (Krzysztofik et al, 2019, International Journal of Environmental Research and Public Health). Don't rob yourself of muscle-building benefit by rushing your reps.

Weights should be sufficiently heavy to require relatively slow, rhythmic reps. You should be pushing (or pulling) like crazy even though the weights won't be moving fast.

## Rest and Recovery: Between Workouts and Intra-Workout

For this routine, Days 2, 3, and 5 are “off” days from glute work. Work other unrelated muscle groups—shoulders, arms, chest—if you like. Just stay away from leg or back work that involves the hips. Examples would be lunges, squats, deadlifts.

Leg or back work you *could* do without overtraining would be leg extensions, sissy squats, calf raises, cable pulldowns, Kelso shrugs...any exercise that doesn't load or move the hips.

Let's quickly discuss rest between sets. How long should you wait before doing your next set, or your next exercise? It may be longer than you think.

Research says that [longer rest periods between sets](#) beats shorter rest times when it comes to hypertrophic effect.

Personally, I'm not a fan of watching a clock. I tell my clients to do the next set once they can do it with intensity that meets or beats the previous sets' intensity. Turns out that's usually 2 to three minutes.

If you are a clock-watcher, 3 minutes between intense sets is a good rule of thumb. It's much better to condition yourself not to rely on external cues like apps or clocks. The best learn to read their internal cues to know when it's time to get after it again.

## Reps In Reserve (RIR)

Reps “left in the tank” is RIR, Reps In Reserve.

Knowing exactly how many more reps you really *could* do takes a long time. Not something newbies are good at. They either pull up way short, or do a bunch of shitty reps at the end of a set in the name of doing more.

The only rep worth doing is a perfect rep.

For this glute program, try weeks 1 through 3 with 2 RIR, weeks 4 through 9 with 1 RIR, and weeks 9 through 12 with no RIR.

If you've got a few years in the gym under your belt, go ahead and lift to mechanical failure for the last two sets of every exercise throughout the program. This assumes you're getting the rest you need between workouts.

## A Few Final Thoughts

Glute development may be the hottest topic in physical fitness right now. Strong opinions abound.

Because of the emotional attachment many have to their glute routines and what they believe works, we tried to follow the simple rules described above:

- The glutes don't straighten the leg. The quads do. If an exercise requires the leg to straighten, it is not a glute isolation exercise (and why would you \*not\* want to isolate the muscle you're trying to develop?)
- The more joints that move, the less the isolation. If a joint other than the hip is moving, another muscle is stealing the glutes' show. That's alright; you just need to be aware of what's happening
- There is such a thing as a "best" exercise. But "best" depends on context.
- And "best" can be determined by alignment with functional purpose and biomechanics.
  - Because the glutes serve the hip joint, and because the hip moves in so many different directions, you'll need more than one glute exercise to cover them. But you don't need 20.
- Beware junk volume out of fear of not working your buns thoroughly.
- Rest is key to muscle development. Resist the temptation to add exercises.

Finally, a pro tip for everyday life. Sit less, stand more, and walk more. Sitting too much deconditions the glutes. Standing and walking require low degrees of work for the glutes.

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**Disclaimer:** This 12-Week Glute Building Workout Plan is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before starting any new fitness program, especially if you have any pre-existing medical conditions or injuries.

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