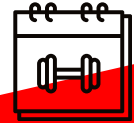


PROGRESSIVE OVERLOAD BOOTY BUILDER



MONDAY

Hip Thrusts: 3 x 12
Bulgarian Split Squats: 3 x 10 (each leg)
Romanian Deadlifts: 3 x 12
Donkey Kicks: 3 x 15 (each leg)
Glute Bridges: 3 x 15

TUESDAY

Squats: 4 x 10
Deadlifts: 3 x 8
Walking Lunges: 3 x 12
(each leg)
Box Jumps: 3 x 10
Cable Pull Throughs: 3 x 12

WEDNESDAY

Leg Abductions: 4 x 15
Cable Kickbacks: 4 x 15 (each leg)
Glute Rainbows: 3 x 12 (each leg)
Clamshells: 3 x 15 (each side)
Plank Leg Lifts: 3 x 15 (each leg)

THURSDAY

Jump Squats: 3 x 15
Burpees: 3 x 12
Mountain Climbers: 4 x
20
Russian Twists: 3 x 20
Plank: 3 x 30 seconds

FRIDAY

Goblet Squats: 3 x 12
Cable Glute Kickbacks: 3 x 15
(each leg)
Stability Ball Hamstring Curls: 3
x 12
Single-Leg Deadlifts: 3 x 10 (each
leg)
Hip Abductor Machine: 3 x 15

SATURDAY

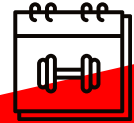
Light Jog or Brisk Walk: 20
minutes
Yoga or Stretching: 15
minutes
Foam Rolling: 10 minutes
Bodyweight Squats: 2 x 15
Bodyweight Lunges: 2 x 12
(each leg)

SUNDAY

Rest



CIRCUIT BOOTY BLAST



MONDAY

Squat Jumps: 3 x 15
Glute Bridge: 3 x 20
Lateral Band Walks: 3 x 15 (each side)
Fire Hydrants: 3 x 15 (each leg)
Plank Leg Lifts: 3 x 15 (each leg)

TUESDAY

Weighted Hip Thrusts: 3 x 12
Goblet Squats: 3 x 15
Romanian Deadlifts: 3 x 12
Box Jumps: 3 x 10
Kettlebell Swings: 3 x 15

WEDNESDAY

Step-Ups: 3 x 15 (each leg)
Bulgarian Split Squats: 3 x 12 (each leg)
Walking Lunges: 3 x 20 (total)
Single-Leg Glute Bridge: 3 x 15 (each leg)
Flutter Kicks: 3 x 30 seconds

THURSDAY

Jump Squats: 3 x 15
Skater Jumps: 3 x 15 (each side)
Burpees: 3 x 12
High Knees: 3 x 30 seconds
Mountain Climbers: 3 x 20

FRIDAY

Deadlifts: 3 x 10
Sumo Squats: 3 x 12
Curtsy Lunges: 3 x 15 (each leg)
Cable Kickbacks: 3 x 15 (each leg)
Stability Ball Hamstring Curls: 3 x 15

SATURDAY

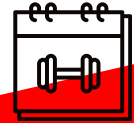
Light Jog or Brisk Walk: 20 minutes
Yoga or Stretching: 15 minutes
Foam Rolling: 10 minutes
Bodyweight Squats: 2 x 15
Bodyweight Lunges: 2 x 12 (each leg)

SUNDAY

Rest



HIIT & HEAVY LIFTING HYBRID



MONDAY

Barbell Squats: 4 x 8
Deadlifts: 4 x 8
Leg Press: 4 x 10
Walking Lunges (with dumbbells):
3 x 12 (each leg)
Hip Thrusts: 3 x 12

TUESDAY

Jump Squats: 30 seconds on, 30 seconds off x 3
Burpees: 30 seconds on, 30 seconds off x 3
Mountain Climbers: 30 seconds on, 30 seconds off x 3
Kettlebell Swings: 30 seconds on, 30 seconds off x 3
Box Jumps: 30 seconds on, 30 seconds off x 3

WEDNESDAY

Light Yoga, Stretching, or Walking

THURSDAY

Bulgarian Split Squats (with dumbbells): 3 x 10 (each leg)
Romanian Deadlifts: 3 x 10
Plyometric Lunges: 3 x 15 (each leg)
Cable Kickbacks: 3 x 15 (each leg)
Stability Ball Hamstring Curls: 3 x 15

FRIDAY

High Knees: 30 seconds on, 30 seconds off x 3
Plank Jacks: 30 seconds on, 30 seconds off x 3
Russian Twists: 30 seconds on, 30 seconds off x 3
Bicycle Crunches: 30 seconds on, 30 seconds off x 3
Leg Raises: 30 seconds on, 30 seconds off x 3

SATURDAY

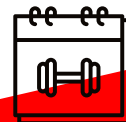
Sumo Squats: 3 x 12
Dumbbell Step-Ups: 3 x 12 (each leg)
Glute Bridge with Weight: 3 x 15
Cable Pull Throughs: 3 x 15
Seated Leg Curls: 3 x 15

SUNDAY

Rest



BODYWEIGHT BOOTY BUILDER



MONDAY

Squats: 3 x 15
Lunges: 3 x 12 (each leg)
Single-Leg Glute Bridges: 3 x 15 (each leg)
Donkey Kicks: 3 x 15 (each leg)
Fire Hydrants: 3 x 15 (each leg)

TUESDAY

Jump Squats: 3 x 15
Broad Jumps: 3 x 10
Side Lunges: 3 x 12 (each leg)
Mountain Climbers: 3 x 20
High Knees: 3 x 30 seconds

WEDNESDAY

Plank Leg Lifts: 3 x 15 (each leg)
Side Plank with Leg Lift: 3 x 12 (each side)
Glute Bridge Hold: 3 x 30 seconds
Bird Dogs: 3 x 15 (each side)
Bicycle Crunches: 3 x 20

THURSDAY

Walking Lunges: 4 x 15 (each leg)
Bulgarian Split Squats: 3 x 12 (each leg)
Curtsy Lunges: 3 x 15 (each leg)
Glute Kickbacks: 3 x 15 (each leg)
Wall Sit: 3 x 30 seconds

FRIDAY

Burpees: 3 x 10
Inchworms: 3 x 12
Squat to Toe Touch: 3 x 15
Reverse Lunges: 3 x 12 (each leg)
Plank with Glute Squeeze: 3 x 20

SATURDAY

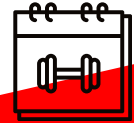
Light Jog or Brisk Walk: 20 minutes
Yoga or Stretching: 15 minutes
Foam Rolling: 10 minutes

SUNDAY

Rest



POWERLIFTING INSPIRED GLUTE GROWTH



MONDAY

Barbell Back Squats: 4 x 6
Goblet Squats: 3 x 12
Bulgarian Split Squats: 3 x 10 (each leg)
Glute Bridges: 3 x 15
Calf Raises: 3 x 15

TUESDAY

Romanian Deadlifts: 4 x 6
Sumo Deadlifts: 3 x 8
Good Mornings: 3 x 12
Lying Leg Curls: 3 x 15
Hyperextensions: 3 x 12

WEDNESDAY

Light Cardio (e.g., walking, cycling)
Stretching or Yoga

THURSDAY

Front Squats: 3 x 8
Lunges: 3 x 12 (each leg)
Single-Leg Deadlifts: 3 x 10 (each leg)
Stability Ball Hamstring Curls: 3 x 15
Plank: 3 x 1 minute

FRIDAY

Hip Thrusts: 4 x 8
Step-Ups: 3 x 12 (each leg)
Cable Kickbacks: 3 x 15 (each leg)
Side Lunges: 3 x 12 (each leg)
Jump Squats: 3 x 15

SATURDAY

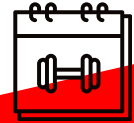
Box Squats: 3 x 10
Glute-Ham Raises: 3 x 12
Ab Wheel Rollouts: 3 x 12
Russian Twists: 3 x 20
Hanging Leg Raises: 3 x 10

SUNDAY

Rest



PROGRESSIVE PLYOMETRICS AND STRENGTH



MONDAY

Squats: 4 x 8
Romanian Deadlifts: 4 x 8
Hip Thrusts: 3 x 12
Bulgarian Split Squats: 3 x 10 (each leg)
Calf Raises: 3 x 15

TUESDAY

Jump Squats: 3 x 15
Box Jumps: 3 x 12
Lateral Bounds: 3 x 10 (each side)
Burpees: 3 x 10
Skater Jumps: 3 x 15 (each side)

WEDNESDAY

Light Cardio (e.g., walking or cycling)
Stretching or Yoga

THURSDAY

Goblet Squats: 3 x 12
Step-Ups with Knee Raise: 3 x 10 (each leg)
Single-Leg Deadlifts: 3 x 10 (each leg)
Jump Lunges: 3 x 15 (each leg)
Glute Bridge Walkouts: 3 x 12

FRIDAY

Plank with Leg Lift: 3 x 15 (each leg)
Side Plank Hip Dips: 3 x 12 (each side)
Russian Twists: 3 x 20
Mountain Climbers: 3 x 30 seconds
Stability Ball Hamstring Curls: 3 x 15

SATURDAY

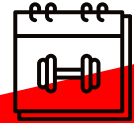
Deadlifts: 3 x 10
Walking Lunges: 3 x 12 (each leg)
Sumo Squats: 3 x 15
Clamshells with Resistance Band: 3 x 15 (each side)
Plank: 3 x 1 minute

SUNDAY

Rest



GLUTE ACTIVATION AND ENDURANCE



MONDAY

Glute Bridges: 3 x 15
Bulgarian Split Squats: 3 x 12 (each leg)
Romanian Deadlifts: 3 x 12
Step-Ups: 3 x 15 (each leg)
Squat to Side Leg Lift: 3 x 12 (each side)

TUESDAY

Walking Lunges: 3 x 20 (each leg)
Donkey Kicks: 3 x 20 (each leg)
Fire Hydrants: 3 x 20 (each side)
Box Jumps: 3 x 15
Plank with Leg Lift: 3 x 15 (each leg)

WEDNESDAY

Light Cardio (e.g., walking or cycling)
Stretching or Yoga

THURSDAY

Jump Squats: 3 x 15
Skater Jumps: 3 x 15 (each side)
Single-Leg Glute Bridges: 3 x 15 (each leg)
Donkey Kicks: 3 x 20 (each leg)
Side Lunges: 3 x 15 (each side)

FRIDAY

Romanian Deadlifts: 3 x 15
Curtsey Lunges: 3 x 15 (each leg)
Sumo Squats: 3 x 20
Cable Kickbacks: 3 x 15 (each leg)
Stability Ball Hamstring Curls: 3 x 15

SATURDAY

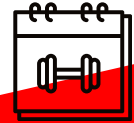
Burpees: 3 x 12
Inchworms with a Glute Squeeze: 3 x 10

SUNDAY

Rest



GLUTE ISOLATION AND SCULPTING



MONDAY

Hip Thrusts - 3 x 12
Bulgarian Split Squats - 3 x 10 (each leg)
Donkey Kicks - 3 x 15 (each leg)
Glute Bridge - 3 x 15
Goblet Squats - 3 x 12

TUESDAY

Walking Lunges - 4 x 20 (total steps)
Single-Leg Deadlift - 3 x 10 (each leg)
Step-Ups - 3 x 12 (each leg)
Fire Hydrants - 3 x 15 (each leg)
Cable Kickbacks - 3 x 12 (each leg)

WEDNESDAY

20 Push up
25 Squats
15 Lunges
50 Crunches
30 Sec Plank

THURSDAY

Goblet Squats - (3 x 15)
Romanian Deadlifts - (3 x 12)
Lateral Band Walks - (3 x 20 steps each direction)
Fire Hydrants - (3 x 15 each leg)
Glute Rainbows - (3 x 15 each leg)

FRIDAY

Barbell Squats - (4 x 10)
Curtsy Lunges - (3 x 12 each leg)
Hip Abductors (Machine) - (3 x 15)
Box Jumps - (3 x 10)
Resistance Band Squat Walks - (3 x 20 steps total)

SATURDAY

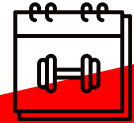
Weighted Glute Bridge - (4 x 12)
Reverse Lunges - (3 x 15 each leg)
Pelvic Lifts - (3 x 15)
Plank Leg Lifts - (3 x 15 each leg)
Squat Pulses - (3 x 20)

SUNDAY

Rest



FUNCTIONAL TRAINING AND MOBILITY



MONDAY

Squat to Overhead Reach - (3 x 12)
Reverse Lunges with Rotation - (3 x 12 each leg)
Side-lying Leg Raises - (3 x 15 each side)
Pilates Swimming - (3 x 30 seconds)
Deep Squat Hold - (3 x 30 seconds)

TUESDAY

Hip Bridge with Leg Extension - (3 x 12 each leg)
Curtsy Lunges - (3 x 12 each leg)
Stability Ball Hamstring Curls - (3 x 15)
Bear Crawls - (3 x 30 seconds)
Lateral Lunges - (3 x 12 each side)

WEDNESDAY

Single-Leg Deadlifts - (3 x 12 each leg)
Plank with Leg Lift - (3 x 15 each leg)
Standing Hip Abduction - (3 x 15 each side)
Mobility Squats - (3 x 15)
Inchworms - (3 x 10)

THURSDAY

Rest or Gentle Yoga

FRIDAY

Goblet Squats - (4 x 12)
Step-Ups with Knee Raise - (3 x 12 each leg)
Banded Walks (Side Steps) - (3 x 20 steps each direction)
Bird Dogs - (3 x 15 each side)
Spiderman Lunges - (3 x 12 each side)

SATURDAY

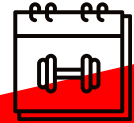
Bulgarian Split Squats - (3 x 12 each leg)
Deadlifts - (3 x 12)
Box Jumps or Step Jumps - (3 x 10)
Kettlebell Swings - (3 x 15)
T-Push Ups - (3 x 10 each side)

SUNDAY

Rest



ADVANCED WEIGHT TRAINING AND HYPERTROPHY



MONDAY

Barbell Squats - (4 x 8)
Deadlifts - (4 x 8)
Bulgarian Split Squats (with weights) - (3 x 10 each leg)
Weighted Hip Thrusts - (4 x 10)
Cable Pull Throughs - (3 x 12)

TUESDAY

Banded Glute Bridges - (4 x 15)
Cable Kickbacks - (4 x 12 each leg)
Single-Leg Press (Machine) - (3 x 10 each leg)
Romanian Deadlifts - (3 x 12)
Lateral Step-Ups with Dumbbells - (3 x 10 each leg)

WEDNESDAY

Rest or Light Cardio

THURSDAY

Goblet Squats - (4 x 12)
Sumo Deadlifts - (4 x 12)
Step-Ups with Barbell - (3 x 12 each leg)
Leg Press (Wide Stance) - (4 x 12)
Glute Kickbacks (Machine) - (3 x 15 each leg)

FRIDAY

Box Jumps - (4 x 10)
Jump Squats - (4 x 15)
Lunges with Dumbbells - (3 x 12 each leg)
Skater Jumps - (3 x 15 each side)
Mountain Climbers - (4 x 30 seconds)

SATURDAY

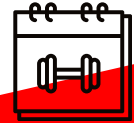
Hip Thrusts (Single Leg) - (4 x 10 each leg)
Glute Bridge Walkouts - (3 x 12)
Standing Cable Abductions - (3 x 15 each leg)
Clamshells with Resistance Band - (3 x 20 each side)
Back Extensions (Focusing on Glutes) - (3 x 15)

SUNDAY

Rest



AT-HOME GLUTE ACTIVATION



MONDAY

Bodyweight Squats - (3 x 15)
Glute Bridges - (3 x 15)
Donkey Kicks - (3 x 15 each leg)
Side Lunges - (3 x 12 each side)
Plank Leg Lifts - (3 x 10 each leg)

TUESDAY

Single-Leg Glute Bridges - (3 x 12 each leg)
Curtsey Lunges - (3 x 12 each leg)
Fire Hydrants - (3 x 15 each side)
Squat Pulses - (3 x 20)
Reverse Lunges - (3 x 12 each leg)

WEDNESDAY

Rest or Gentle Yoga focusing on lower body

THURSDAY

Bulgarian Split Squats (using a chair) - (3 x 12 each leg)
Bird Dogs - (3 x 15 each side)
Glute Kickbacks - (3 x 15 each leg)
Side Plank Leg Raises - (3 x 10 each side)
Sumo Squats - (3 x 15)

FRIDAY

Step-Ups (using stairs or a sturdy platform) - (3 x 12 each leg)
Hip Thrusts (feet elevated) - (3 x 12)
Lateral Leg Raises - (3 x 15 each leg)
Bridge and Reach (alternating sides) - (3 x 10 each side)
Walking Lunges - (3 x 20 steps total)

SATURDAY

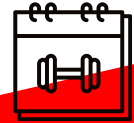
Skater Squats - (3 x 15 each leg)
Clamshells - (3 x 20 each side)
High Knees - (3 x 30 seconds)
Mountain Climbers - (3 x 30 seconds)
Plié Squat Pulses - (3 x 20)

SUNDAY

Rest



OFFICE-FRIENDLY BOOTY BUILDER



MONDAY

Chair Squats: (3 x 15)
Standing Glute Kickbacks: (3 x 15 each leg)
Seated Leg Lifts: (3 x 12 each leg)
Stair Steps: (5 x 2 min)
Standing Side Leg Lifts: (3 x 15 each side)

TUESDAY

Single-Leg Deadlifts (bodyweight): (3 x 12 each leg)
Desk-Supported Squats: (3 x 15)
Walking Lunges: (3 x 10 each leg)
Calf Raises: (4 x 20)
Glute Bridges: (3 x 15)

WEDNESDAY

Seated Glute Squeeze: (4 x 20 sec)
Step-Ups (using a sturdy chair or step): (3 x 15 each leg)
Desk-Supported Back Leg Raises: (3 x 15 each leg)
Squat Pulses: (3 x 20)
Standing Hip Abductions: (3 x 15 each side)

THURSDAY

Curtsy Lunges: (3 x 12 each leg)
Seated Marching: (4 x 1 min)
Chair Glute Bridge Raises: (3 x 15)
Lateral Step Squats: (3 x 15 each side)
Wall Sit: (3 x 30 sec)

FRIDAY

Sumo Squats: (3 x 15)
Toe Taps (using a low step or book): (4 x 30 each leg)
Elevated Glute Bridges (feet on chair): (3 x 15)
Side Lunges: (3 x 12 each side)
Seated Leg Extensions: (3 x 15 each leg)

SATURDAY

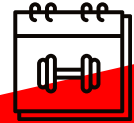
Walking Squats: (3 x 15 steps)
Donkey Kicks: (3 x 15 each leg)
Bulgarian Split Squats (using a chair): (3 x 12 each leg)
Standing Cross-Body Knee to Elbow: (3 x 15 each side)
Ankle Weight Leg Raises (if available): (3 x 15 each leg)

SUNDAY

Rest



PARK WORKOUT SERIES



MONDAY

Bench Step-Ups: (3 x 15 each leg)
Bulgarian Split Squats (using a bench): (3 x 12 each leg)
Walking Lunges: (4 x 20 steps)
Park Bench Dips: (3 x 15)
Grass Sprints: (5 x 30 seconds)

TUESDAY

Jump Squats: (3 x 15)
Single-Leg Glute Bridges (on the ground): (3 x 12 each leg)
Incline Push-Ups (using a bench): (3 x 15)
Bench Hops: (3 x 20)
Side Step-Ups (on a bench): (3 x 15 each side)

WEDNESDAY

High Knee Runs: (4 x 1 min)
Lateral Lunges: (3 x 15 each side)
Tricep Bench Dips: (3 x 15)
Plank Leg Lifts: (3 x 15 each leg)
Hill Sprints (if available): (5 x 30 seconds)

THURSDAY

Sumo Squats: (3 x 15)
Forward Lunges: (3 x 12 each leg)
Box Jumps (on a low wall or bench): (3 x 10)
Seated Leg Lifts (using a bench): (3 x 15 each leg)
Jogging: (1 x 10 minutes)

FRIDAY

Curtsy Lunges: (3 x 12 each leg)
Elevated Rear Leg Lifts (using a bench): (3 x 15 each leg)
Bench Mountain Climbers: (4 x 20)
Wide Stance Squats: (3 x 15)
Speed Skaters: (3 x 20 each side)

SATURDAY

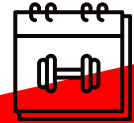
Bench Step-Ups with Kickback: (3 x 12 each leg)
Standing Long Jumps: (3 x 10)
Incline Mountain Climbers: (4 x 15)
Reverse Lunges: (3 x 12 each leg)
Fast Pace Walking: (1 x 15 minutes)

SUNDAY

Rest



QUICK MORNING BOOTY BLAST



MONDAY

Squat Jumps: (3 x 15)
Glute Bridges: (3 x 20)
Donkey Kicks: (3 x 15 each leg)
Side Lunges: (3 x 12 each side)
Plank with Leg Lifts: (3 x 10 each leg)

TUESDAY

Bulgarian Split Squats: (3 x 12 each leg)
Single-Leg Deadlifts: (3 x 12 each leg)
Fire Hydrants: (3 x 15 each side)
Curtsy Lunges: (3 x 12 each leg)
Standing Glute Squeeze: (3 x 20)

WEDNESDAY

Step-Ups: (3 x 15 each leg)
Hip Thrusters: (3 x 15)
Walking Lunges: (3 x 20 steps)
Sumo Squats: (3 x 15)
Bird Dogs: (3 x 15 each side)

THURSDAY

Reverse Lunges: (3 x 12 each leg)
Glute Kickbacks: (3 x 15 each leg)
Side Leg Raises: (3 x 15 each side)
Box Jumps: (3 x 12)
Clamshells: (3 x 15 each side)

FRIDAY

Wide Stance Squats: (3 x 15)
Lateral Step-Ups: (3 x 15 each leg)
Cable Kickbacks (or resistance band): (3 x 15 each leg)
High Knees: (3 x 30 seconds)
Plank Jacks: (3 x 20)

SATURDAY

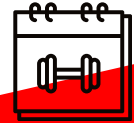
Goblet Squats: (3 x 15)
Jump Lunges: (3 x 12 each leg)
Elevated Glute Bridges (feet on chair or bed): (3 x 15)
Squat Holds: (3 x 30 seconds)
Flutter Kicks: (3 x 20 each leg)

SUNDAY

Rest



POST-WORK EVENING ROUTINE



MONDAY

Goblet Squats: (3 x 15)
Hip Thrusters: (3 x 12)
Lateral Lunges: (3 x 12 each side)
Clamshells: (3 x 20 each side)
Glute Bridge Hold: (3 x 30 seconds)

TUESDAY

Bulgarian Split Squats: (3 x 12 each leg)
Donkey Kicks: (3 x 15 each leg)
Step-Ups (using a chair or steps): (3 x 15 each leg)
Fire Hydrants: (3 x 15 each side)
Plank Leg Lifts: (3 x 10 each leg)

WEDNESDAY

Reverse Lunges: (3 x 12 each leg)
Single-Leg Deadlifts: (3 x 12 each leg)
Curtsy Lunges: (3 x 12 each leg)
Squat to Leg Lift: (3 x 15)
Side Plank with Leg Raise: (3 x 10 each side)

THURSDAY

Sumo Squats: (3 x 15)
Glute Kickbacks: (3 x 15 each leg)
Cable Pull Throughs (or resistance band): (3 x 15)
Standing Glute Squeeze: (3 x 20)
Flutter Kicks: (3 x 20 each leg)

FRIDAY

Box Jumps (on a sturdy box or step): (3 x 10)
Skater Squats: (3 x 12 each leg)
Elevated Glute Bridges (feet on couch or chair): (3 x 15)
Bird Dogs: (3 x 15 each side)
Wall Sit: (3 x 30 seconds)

SATURDAY

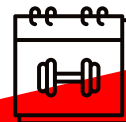
Walking Lunges: (3 x 20 steps)
Romanian Deadlifts (with dumbbells or water bottles): (3 x 12)
Squat Pulses: (3 x 20)
Glute Marches: (3 x 15 each leg)
Plank with Hip Twist: (3 x 15 each side)

SUNDAY

Rest



ADVANCED TOTAL LOWER BODY SCULPT



MONDAY

Barbell Squats: (4 x 12)
Deadlifts: (4 x 10)
Bulgarian Split Squats: (4 x 12 each leg)
Hip Thrusters: (4 x 15)
Calf Raises: (4 x 20)

TUESDAY

Front Squats: (3 x 12)
Lunges with Dumbbells: (4 x 10 each leg)
Sumo Squats: (4 x 15)
Leg Press Machine: (4 x 12)
Seated Leg Curl: (4 x 15)

WEDNESDAY

Step-Ups with Weights: (4 x 12 each leg)
Stiff-Leg Deadlifts: (4 x 12)
Leg Extensions: (4 x 15)
Cable Kickbacks: (4 x 15 each leg)
Lying Leg Curls: (4 x 15)

THURSDAY

Goblet Squats: (4 x 15)
Curtsey Lunges: (4 x 12 each leg)
Weighted Glute Bridges: (4 x 15)
Thigh Abductor Machine: (4 x 15)
Thigh Adductor Machine: (4 x 15)

FRIDAY

Box Jumps: (4 x 12)
Single-Leg Deadlifts: (3 x 12 each leg)
Walking Lunges: (4 x 20 steps)
Hack Squat Machine: (4 x 12)
Standing Calf Machine: (4 x 20)

SATURDAY

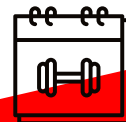
Plyometric Squats: (4 x 15)
Reverse Lunges with Dumbbells: (4 x 12 each leg)
Smith Machine Squats: (4 x 12)
Kettlebell Swings: (4 x 15)
Donkey Kicks with Resistance Band: (4 x 15 each leg)

SUNDAY

Rest



BOOTY BUILDING POWER SERIES



MONDAY

Barbell Squats: (4 x 10)
Weighted Hip Thrusts: (4 x 12)
Jump Squats: (3 x 15)
Romanian Deadlifts: (4 x 10)
Lateral Band Walks: (3 x 20 each side)

TUESDAY

Kettlebell Swings: (4 x 15)
Bulgarian Split Squats: (3 x 12 each leg)
Box Jumps: (3 x 12)
Cable Pull-Throughs: (4 x 12)
Glute Bridge Marches: (3 x 20)

WEDNESDAY

Deadlifts: (4 x 10)
Curtsy Lunges: (3 x 12 each leg)
Single-Leg Hip Thrusts: (3 x 12 each side)
Goblet Squats: (4 x 15)
Clamshells with Resistance Band: (3 x 20 each side)

THURSDAY

Sumo Squats: (4 x 12)
Step-Ups with Dumbbells: (3 x 12 each leg)
Glute Kickbacks (machine or resistance band): (4 x 15 each leg)
Plyometric Lunges: (3 x 15 each leg)
Calf Raises: (4 x 20)

FRIDAY

Front Squats: (4 x 10)
Donkey Kicks with Resistance Band: (4 x 15 each leg)
Stability Ball Hamstring Curls: (3 x 15)
Skater Jumps: (3 x 20 each side)
Standing Glute Squeeze: (3 x 30 seconds)

SATURDAY

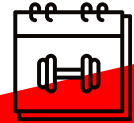
Walking Lunges with Dumbbells: (4 x 20 steps)
Nordic Hamstring Curls: (3 x 12)
Elevated Reverse Lunges: (3 x 12 each leg)
Broad Jumps: (3 x 10)
Banded Squat Walks: (3 x 20 steps)

SUNDAY

Rest



HIGH-INTENSITY BOOTY BLASTER



MONDAY

Jump Squats: (4 x 15)
Burpees: (4 x 12)
Kettlebell Swings: (4 x 15)
Bulgarian Split Squats: (3 x 12
each leg)
Mountain Climbers: (4 x 30
seconds)

TUESDAY

Box Jumps: (4 x 12)
Walking Lunges with Dumbbells:
(4 x 20 steps)
Single-Leg Deadlifts: (3 x 12 each
leg)
Skater Jumps: (4 x 20 each side)
Plank Jacks: (4 x 20)

WEDNESDAY

High Knees: (4 x 1 min)
Glute Bridges with Weight: (4 x 15)
Side Lunges: (4 x 12 each side)
Cable Kickbacks: (4 x 15 each leg)
Flutter Kicks: (4 x 20 each leg)

THURSDAY

Sumo Squats: (4 x 15)
Donkey Kicks with Resistance
Band: (4 x 15 each leg)
Squat Jumps: (4 x 15)
Step-Ups on a Bench: (4 x 12
each leg)
Bicycle Crunches: (4 x 20)

FRIDAY

Deadlifts: (4 x 12)
Curtsy Lunges: (4 x 12 each leg)
Plyometric Lunges: (4 x 15 each
leg)
Hip Thrusts: (4 x 15)
Russian Twists: (4 x 20 each side)

SATURDAY

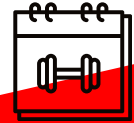
Tuck Jumps: (4 x 15)
Reverse Lunges with Kettlebell:
(4 x 12 each leg)
Fire Hydrants with Resistance
Band: (4 x 15 each side)
Goblet Squats: (4 x 15)
Leg Raises: (4 x 15)

SUNDAY

Rest



BOOTY & CORE SYNERGY



MONDAY

Squat with Overhead Press (using dumbbells): (3 x 15)
Russian Twists: (3 x 20 each side)
Glute Bridges: (3 x 15)
Plank Leg Lifts: (3 x 12 each leg)
Reverse Lunges with Rotation: (3 x 12 each leg)

TUESDAY

Deadlifts: (4 x 12)
Bicycle Crunches: (4 x 20 each side)
Hip Thrusters: (4 x 15)
Side Plank with Hip Dips: (3 x 15 each side)
Curtsy Lunges: (3 x 15 each leg)

WEDNESDAY WEDNESDAY

Sumo Squats: (3 x 15)
Leg Raises: (3 x 15)
Single-Leg Deadlifts: (3 x 12 each leg)
V-Ups: (3 x 15)
Skater Jumps: (3 x 20 each side)

THURSDAY

Bulgarian Split Squats: (3 x 12 each leg)
Plank with Shoulder Taps: (3 x 20 each side)
Step-Ups with Knee Raise: (3 x 12 each leg)
Flutter Kicks: (3 x 30 seconds)
Box Jumps: (3 x 12)

FRIDAY

Goblet Squats: (3 x 15)
Mountain Climbers: (4 x 30 seconds)
Donkey Kicks: (3 x 15 each leg)
Russian Twist with Medicine Ball: (3 x 20 each side)
Lateral Lunges: (3 x 12 each side)

SATURDAY

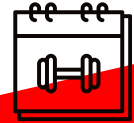
Walking Lunges: (4 x 20 steps)
Hollow Body Hold: (4 x 30 seconds)
Cable Kickbacks: (3 x 15 each leg)
Toe Touch Crunches: (3 x 15)
Squat Jumps: (3 x 15)

SUNDAY

Rest



EXPLOSIVE ATHLETIC BOOTY BUILDER



MONDAY

Box Jumps: (4 x 12)
Squat Jumps: (4 x 15)
Kettlebell Swings: (3 x 15)
Speed Skaters: (3 x 20 each side)
Bulgarian Split Squats: (3 x 12 each leg)

TUESDAY

Barbell Hip Thrusts: (4 x 12)
Lateral Lunges: (3 x 12 each side)
Tuck Jumps: (3 x 15)
Deadlifts: (4 x 10)
Plank Leg Lifts: (3 x 15 each leg)

WEDNESDAY

Broad Jumps: (4 x 10)
Single-Leg Box Jumps: (3 x 10 each leg)
Glute Bridge Walkouts: (3 x 15)
Goblet Squats: (4 x 15)
Mountain Climbers: (3 x 30 seconds)

THURSDAY

High Knees: (4 x 1 min)
Sumo Squat Jumps: (3 x 15)
Reverse Lunges with Knee Drive: (3 x 12 each leg)
Cable Kickbacks: (4 x 15 each leg)
Flutter Kicks: (3 x 20 each leg)

FRIDAY

Plyometric Lunges: (4 x 12 each leg)
Clamshells with Resistance Band: (4 x 20 each side)
Squat to Leg Lift: (3 x 15 each leg)
Curtsy Lunges: (3 x 12 each leg)
Russian Twists: (3 x 20 each side)

SATURDAY

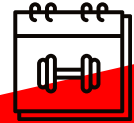
Agility Ladder Drills: (4 rounds)
Single-Leg Deadlifts: (3 x 12 each leg)
Step-Ups with Knee Raise: (4 x 12 each leg)
Stability Ball Hamstring Curls: (3 x 15)
Plank with Hip Drops: (3 x 15 each side)

SUNDAY

Rest



BALANCED BOOTY BUILDER



MONDAY

Squats: 4 x 12
Glute Bridges: 3 x 15
Donkey Kicks (each leg): 3 x 15
Bulgarian Split Squats (each leg): 3 x 10
Clamshells (each side): 3 x 15

TUESDAY

Deadlifts: 3 x 10
Hip Thrusts: 4 x 12
Lateral Lunges (each side): 3 x 12
Step-Ups (each leg): 3 x 12
Fire Hydrants (each side): 3 x 15

WEDNESDAY

Cable Kickbacks (each leg): 3 x 15
Sumo Squats: 4 x 10
Glute Bridge Walkouts: 3 x 10
Single-Leg Deadlift (each leg): 3 x 10
Plank Leg Lifts (each leg): 3 x 15

THURSDAY

Goblet Squats: 4 x 12
Cable Pull Throughs: 3 x 15
Reverse Lunges (each leg): 3 x 12
Curtsy Lunges (each leg): 3 x 12
Glute Rainbow (each side): 3 x 15

FRIDAY

Barbell Hip Thrusts: 4 x 10
Box Squats: 3 x 12
Split Squat Jumps: 3 x 12 each leg
Elevated Glute Bridges: 3 x 15
Side Leg Raises (each side): 3 x 15

SATURDAY

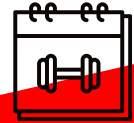
Weighted Glute Bridges: 4 x 12
Kettlebell Swings: 3 x 15
Lateral Step-Ups (each side): 3 x 12
Quadruped Hip Extensions (each leg): 3 x 15
Banded Squat Walks: 3 x 30 seconds

SUNDAY

Rest



PROGRESSIVE GLUTE ENDURANCE



MONDAY

Squats: 3 x 12
Lunges (each leg): 3 x 10
Glute Bridges: 3 x 15
Step-Ups (each leg): 3 x 10
Fire Hydrants (each side): 3 x 15

TUESDAY

Sumo Squats: 3 x 12
Single-Leg Deadlifts (each leg): 3 x 10
Bulgarian Split Squats (each leg): 3 x 10
Hip Thrusts: 3 x 15
Plank Leg Lifts (each leg): 3 x 12

WEDNESDAY

Banded Lateral Walks: 3 x 20 steps
Clamshells (each side): 3 x 15
Donkey Kicks (each leg): 3 x 15
Box Jumps: 3 x 10
Curtsy Lunges (each leg): 3 x 12

THURSDAY

Elevated Glute Bridges: 4 x 15
Walking Lunges: 4 x 20 steps (total)
Cable Kickbacks (each leg): 3 x 15
Squat to Leg Lift (alternating legs): 3 x 12 each leg
Reverse Hyperextensions: 3 x 15

FRIDAY

Deadlifts: 3 x 10
Goblet Squats: 3 x 12
Kettlebell Swings: 3 x 15
Split Squats (each leg): 3 x 12
Stability Ball Hamstring Curls: 3 x 15

SATURDAY

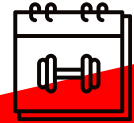
Jump Squats: 3 x 15
Lateral Lunges (each side): 3 x 12
Reverse Lunges (each leg): 3 x 12
Skater Jumps: 3 x 15 each side
Banded Glute Bridge March: 3 x 12 each leg

SUNDAY

Rest



GLUTE & CORE SYNERGY



MONDAY

Squats with Overhead Press: 3 x 12
Plank with Leg Lifts (each leg): 3 x 12
Glute Bridges with Tricep Dips: 3 x 15
Russian Twists: 3 x 15 each side
Deadlifts: 3 x 10

TUESDAY

Single-Leg Glute Bridge (each leg): 3 x 12
Side Plank with Hip Dips (each side): 3 x 12
Curtsey Lunges: 3 x 12 each leg
Bicycle Crunches: 3 x 20
Bird Dogs (each side): 3 x 15

WEDNESDAY

Jump Squats: 3 x 15
Mountain Climbers: 3 x 20 each leg
Hip Thrusts: 3 x 12
V-Ups: 3 x 15
Stability Ball Hamstring Curls: 3 x 12

THURSDAY

Lateral Lunges with Twist (each side): 3 x 12
Plank Jacks: 3 x 15
Sumo Squat to Stand: 3 x 12
Leg Raises: 3 x 15
Kettlebell Swings: 3 x 15

FRIDAY

Burpees: 3 x 12
Reverse Lunges with Torso Twist (each leg): 3 x 12
Box Jumps: 3 x 10
Flutter Kicks: 3 x 20 each leg
Cable Kickbacks (each leg): 3 x 15

SATURDAY

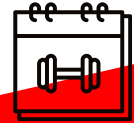
Skater Jumps: 3 x 15 each side
High Plank Shoulder Taps: 3 x 15 each side
Step-Ups with Knee Raise (each leg): 3 x 12
Russian Twist Jumps: 3 x 12
Banded Walks: 3 x 20 steps

SUNDAY

Rest



DYNAMIC MOVEMENT & STABILITY



MONDAY

Jump Squats: 3 x 15
Walking Lunges: 4 x 10 each leg
Single-Leg Deadlifts (each leg): 3 x 10
Stability Ball Glute Bridges: 3 x 15
Banded Side Steps: 3 x 20 each direction

TUESDAY

Plank with Leg Lifts (each leg): 3 x 12
Side Lunges (each side): 3 x 12
Hip Thrusts: 4 x 12
Bicycle Crunches: 3 x 20
Reverse Hyperextensions: 3 x 15

WEDNESDAY

Box Jumps: 3 x 12
Bulgarian Split Squats (each leg): 3 x 10
Cable Kickbacks (each leg): 3 x 15
Mountain Climbers: 3 x 20 each leg
T Stability Rotations (each side): 3 x 10

THURSDAY

Goblet Squats: 3 x 15
Single-Leg Glute Bridge (each leg): 3 x 12
Lateral Leg Raises (each side): 3 x 15
Russian Twists: 3 x 15 each side
Curtsey Lunges (each leg): 3 x 12

FRIDAY

Kettlebell Swings: 3 x 15
Step-Ups with Knee Raise (each leg): 3 x 12
Sumo Squat Pulses: 3 x 15
Plank Hip Dips: 3 x 12 each side
Skater Jumps: 3 x 15 each side

SATURDAY

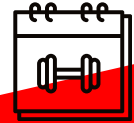
Burpees: 3 x 12
Squat to Press: 3 x 12
Reverse Lunges with Twist (each leg): 3 x 12
Flutter Kicks: 3 x 20 each leg
Agility Ladder Drills: 5 minutes

SUNDAY

Rest



ATHLETIC PERFORMANCE ENHANCEMENT



MONDAY

Barbell Squats: 4 x 10
Deadlifts: 3 x 12
Bulgarian Split Squats (each leg): 3 x 10
Box Jumps: 3 x 15
Kettlebell Swings: 3 x 15

TUESDAY

Plyometric Lunges: 3 x 12 each leg
Sprint Intervals: 5 x 30 seconds
Lateral Banded Walks: 3 x 20 steps each direction
High Knees: 4 x 30 seconds
Tuck Jumps: 3 x 15

WEDNESDAY

Plank Leg Lifts (each leg): 3 x 15
Single-Leg Deadlifts (each leg): 3 x 10
Russian Twists: 3 x 15 each side
Stability Ball Hamstring Curls: 3 x 12
Side Plank with Hip Lifts (each side): 3 x 12

THURSDAY

Step-Ups with Knee Raise (each leg): 3 x 12
Glute Bridges: 3 x 15
Wall Sit: 2 x 1 minute
Mountain Climbers: 3 x 20 each leg
Battle Ropes: 3 x 30 seconds

FRIDAY

Squat Jumps: 3 x 15
Skater Jumps: 3 x 15 each side
Hip Thrusts: 4 x 12
Burpees: 3 x 12
Medicine Ball Slams: 3 x 15

SATURDAY

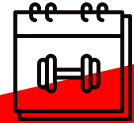
Goblet Squats: 3 x 12
Reverse Lunges (each leg): 3 x 12
Cable Kickbacks (each leg): 3 x 15
Bear Crawl: 3 x 30 seconds
TRX Rows: 3 x 12

SUNDAY

Rest



30-DAY GLUTE MAXIMIZER



MONDAY

Squats: 3 x 12
Hip Thrusts: 4 x 12
Walking Lunges: 3 x 12 each leg
Single-Leg Glute Bridge (each leg): 3 x 12
Donkey Kicks (each leg): 3 x 15

TUESDAY

Sumo Squats: 3 x 15
Bulgarian Split Squats (each leg): 3 x 10
Step-Ups (each leg): 3 x 12
Side Lying Leg Lifts (each side): 3 x 15
Plank with Leg Lift (each leg): 3 x 12

WEDNESDAY

Jump Squats: 3 x 15
Box Jumps: 3 x 12
Kettlebell Swings: 3 x 15
Curtsy Lunges (each leg): 3 x 12
Speed Skaters: 3 x 15 each side

THURSDAY

Light Jog or Walk: 20 minutes
Foam Rolling: Glutes and Legs
Static Stretching: Hamstrings, Quads, Glutes, and Hip Flexors
Yoga or Pilates for Lower Body: 30 minutes
Hydration and Nutrition Focus

FRIDAY

Deadlifts: 3 x 10
Cable Pull Throughs: 3 x 15
Barbell Hip Thrusts: 4 x 10
Lateral Lunges (each side): 3 x 12
Reverse Hyperextensions: 3 x 15

SATURDAY

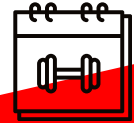
Burpees: 3 x 12
Mountain Climbers: 3 x 20 each leg
Tuck Jumps: 3 x 15
Banded Squat Walks: 3 x 20 steps
Glute Bridge Marches: 3 x 12 each leg

SUNDAY

Rest



60-DAY BOOTY BUILDING CHALLENGE



MONDAY

Squats: 4 x 12
Lunges: 3 x 12 each leg
Glute Bridges: 4 x 15
Romanian Deadlifts: 3 x 12
Standing Glute Kickbacks (each leg): 3 x 15

TUESDAY

Box Jumps: 3 x 15
Step-Ups with High Knee (each leg): 3 x 12
Bulgarian Split Squats (each leg): 3 x 10
Cable Pull Throughs: 3 x 15
Side Plank with Leg Raise (each side): 3 x 12

WEDNESDAY

Sumo Squats: 4 x 15
Walking Lunges with Dumbbells: 4 x 20 steps
Hip Thrusts: 4 x 12
Banded Lateral Walks: 3 x 20 each direction
Plank with Leg Lift (each leg): 3 x 15

THURSDAY

Light Cardio (e.g., brisk walking or cycling): 30 minutes
Yoga or Pilates focusing on Lower Body: 30 minutes
Foam Rolling: Glutes, Hamstrings, and Calves
Dynamic Stretching: Lower Body Focus
Nutrition and Hydration Optimization

FRIDAY

Jump Squats: 3 x 15
Curtsey Lunges (each leg): 3 x 12
Single-Leg Deadlifts (each leg): 3 x 10
Stability Ball Hamstring Curls: 3 x 15
Mountain Climbers: 3 x 20 each leg

SATURDAY

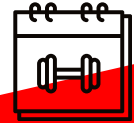
Deadlifts: 4 x 10
Kettlebell Swings: 3 x 15
Russian Twists: 3 x 15 each side
Barbell Hip Thrusts: 4 x 12
Reverse Lunges with Twist (each leg): 3 x 12

SUNDAY

Rest



90-DAY ADVANCED GLUTE TRANSFORMATION



MONDAY

Barbell Squats: 4 x 10
Deadlifts: 3 x 10
Bulgarian Split Squats (each leg): 4 x 10
Kettlebell Swings: 3 x 15
Jump Squats: 3 x 15

TUESDAY

Box Jumps: 4 x 12
Lateral Jump Squats: 3 x 15 each side
Speed Skaters: 3 x 20 each side
Burpees: 3 x 12
Mountain Climbers: 3 x 20 each leg

WEDNESDAY

Single-Leg Deadlifts (each leg): 3 x 10
Hip Thrusts: 4 x 12
Plank with Leg Lifts (each leg): 3 x 15
Side Plank Hip Dips (each side): 3 x 12
Russian Twists: 3 x 15 each side

THURSDAY

Sumo Squats: 4 x 15
Walking Lunges with Dumbbells: 4 x 20 steps
Step-Ups with Knee Raise (each leg): 3 x 12
Glute Bridge Hold: 3 x 30 seconds
High Knees: 4 x 30 seconds

FRIDAY

Cable Kickbacks (each leg): 4 x 15
Reverse Lunges with Dumbbells (each leg): 3 x 12
Curtsy Lunges (each leg): 3 x 12
Stability Ball Hamstring Curls: 3 x 15
Jumping Lunges: 3 x 12 each leg

SATURDAY

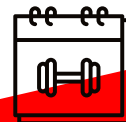
Squat to Overhead Press: 3 x 12
Romanian Deadlifts: 4 x 10
Banded Squat Walks: 3 x 20 steps each direction
Clamshells with Resistance Band (each side): 3 x 15
Tuck Jumps: 3 x 15

SUNDAY

Rest



45-DAY INTENSE GLUTE & LOWER BODY SHRED



MONDAY

Barbell Squats: 4 x 12
Deadlifts: 3 x 12
Bulgarian Split Squats (each leg): 3 x 10
Weighted Step-Ups (each leg): 3 x 12
Hip Thrusts: 4 x 12

TUESDAY

Jump Squats: 3 x 15
Box Jumps: 3 x 12
Lateral Lunges (each side): 3 x 12
Burpees: 3 x 10
High Knees: 4 x 30 seconds

WEDNESDAY

Sumo Squats: 4 x 15
Glute Bridge Hold: 3 x 30 seconds
Walking Lunges: 3 x 15 each leg
Cable Kickbacks (each leg): 3 x 15
Plank with Leg Lift (each leg): 3 x 12

THURSDAY

Light Cardio (e.g., brisk walking or cycling): 20 minutes
Yoga or Pilates focusing on Lower Body: 30 minutes
Foam Rolling: Glutes, Hamstrings, and Calves
Dynamic Stretching: Lower Body Focus
Nutrition and Hydration Optimization

FRIDAY

Goblet Squats: 3 x 15
Reverse Lunges with Dumbbells (each leg): 3 x 12
Stability Ball Hamstring Curls: 3 x 15
Skater Jumps: 3 x 15 each side
Mountain Climbers: 3 x 20 each leg

SATURDAY

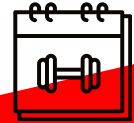
Romanian Deadlifts: 4 x 10
Curtsey Lunges (each leg): 3 x 12
Kettlebell Swings: 3 x 15
Side Plank Hip Lifts (each side): 3 x 12
Banded Squat Walks: 3 x 20 steps

SUNDAY

Rest



75-DAY BOOTY & ATHLETIC PERFORMANCE PROGRAM



MONDAY

Barbell Squats: 4 x 10
Romanian Deadlifts: 3 x 12
Bulgarian Split Squats (each leg): 3 x 10
Hip Thrusts: 4 x 12
Broad Jumps: 3 x 12

TUESDAY

Plyometric Lunges: 3 x 12 each leg
Sprint Intervals: 6 x 30 seconds
Agility Ladder Drills: 5 minutes
Tuck Jumps: 3 x 15
Skater Jumps: 3 x 15 each side

WEDNESDAY

Single-Leg Deadlifts (each leg): 3 x 10
Stability Ball Hamstring Curls: 3 x 15
Side Plank with Leg Raises (each side): 3 x 12
Russian Twists: 3 x 15 each side
Plank with Leg Lifts (each leg): 3 x 12

THURSDAY

Sumo Squats: 4 x 15
Step-Ups with Knee Raise (each leg): 3 x 12
Glute Bridge Marches: 3 x 15 each leg
Wall Sit: 2 x 1 minute
Mountain Climbers: 3 x 20 each leg

FRIDAY

Jump Squats: 3 x 15
Box Jumps: 3 x 12
Kettlebell Swings: 3 x 15
Burpees: 3 x 12
Medicine Ball Slams: 3 x 15

SATURDAY

Deadlifts: 4 x 10
Walking Lunges with Dumbbells: 3 x 15 each leg
TRX Rows: 3 x 12
Cable Kickbacks (each leg): 3 x 15
Banded Squat Walks: 3 x 20 steps

SUNDAY

Rest

