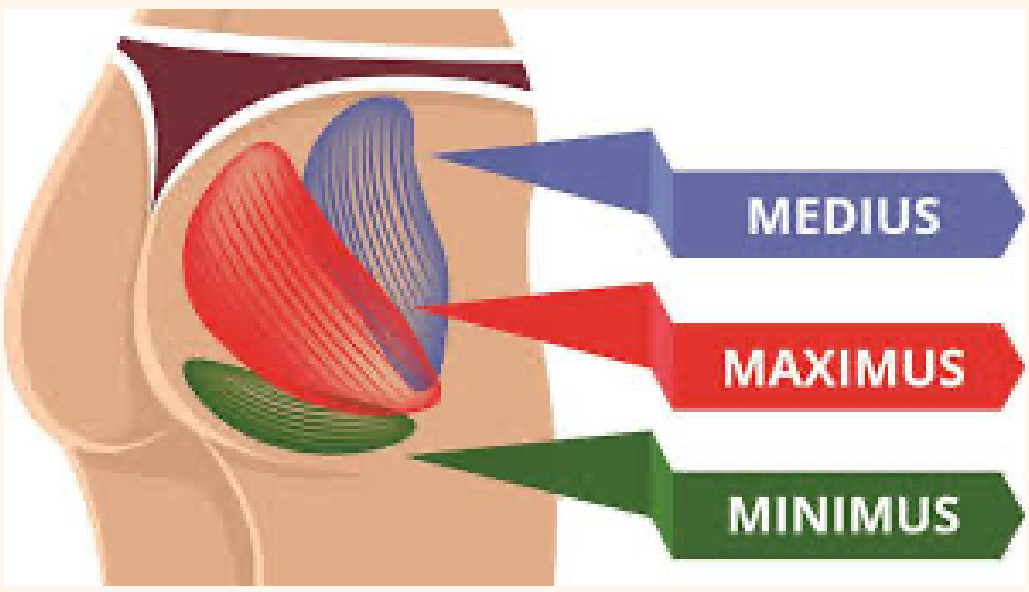
HOW TO GROW YOUR BOOTY



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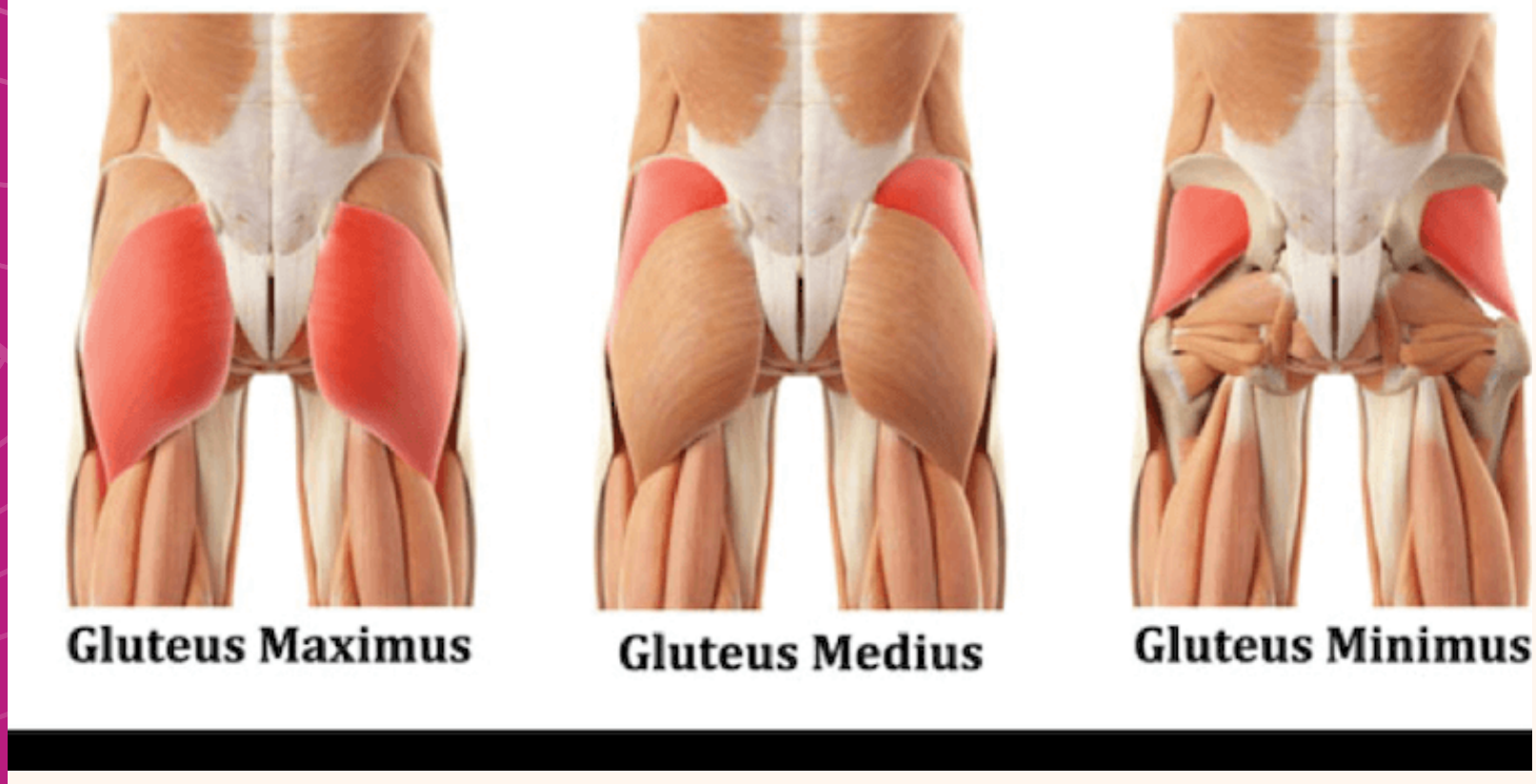

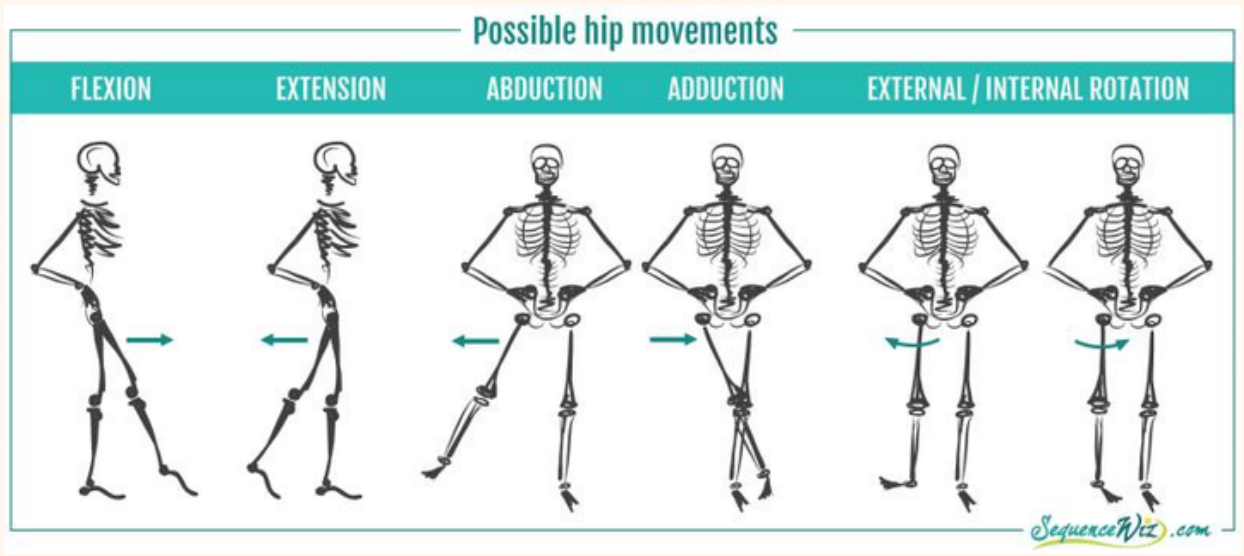

GLUTEAL ANATOMY

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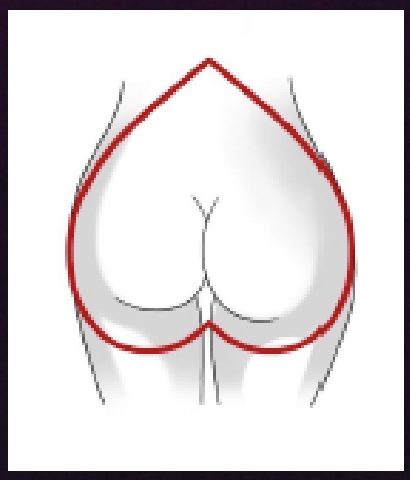
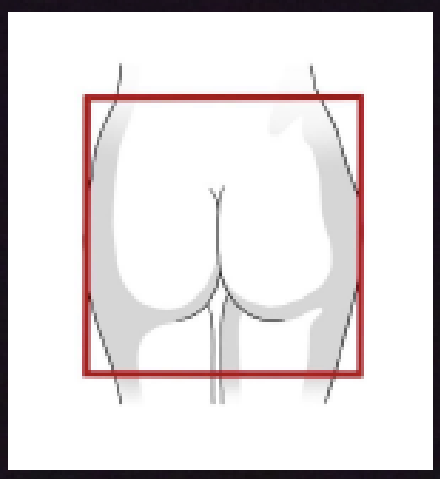
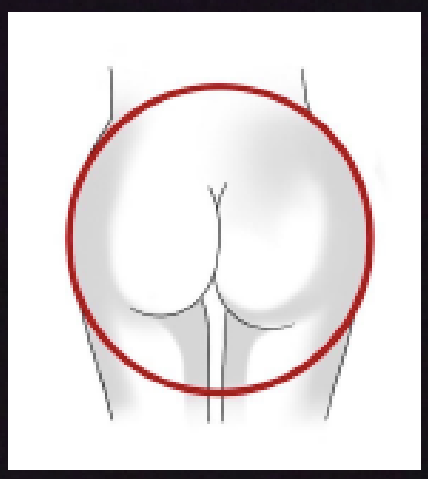
Your skeletal anatomy heavily influences the appearance and overall shape of your glutes, regardless of how much muscle you have. For example, If you have medium or narrow ilium bones, long femoral necks, and pronounced greater trochanters, you might have heart or pear shaped glutes.

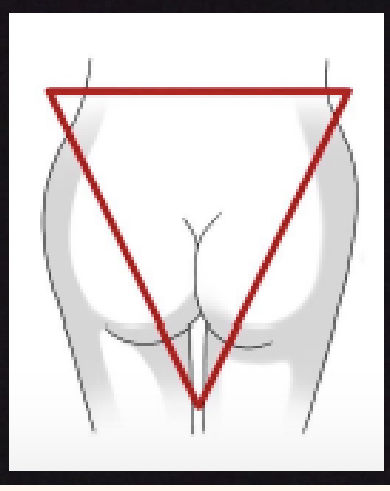


Whereas, if you have wide ilium bones, wide femoral necks, and a pronounced greater trochanters, you might have square or round shaped glutes.

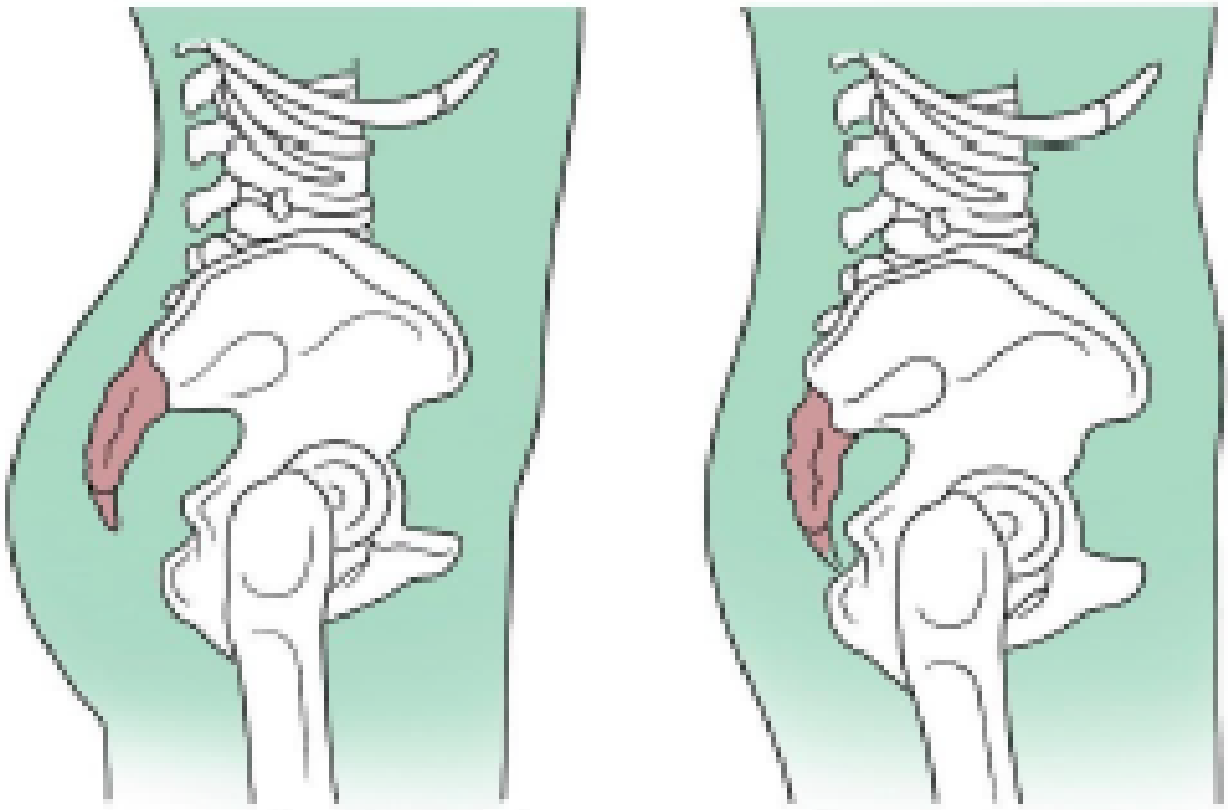




And if you have wide ilium bones, short femoral necks, and small greater trochanters, you might have V shaped glutes.



the degree of sacrial slope influences gluteal appearance



a more horizontal sacral slope

A more vertical sacral slope

Activation of Glutes maximus

There are many exercises that help in activation of Glutes maximus each exercise activate Glutes maximus by a certain percentage as shown by EMG activity. We divide them as following[2] :

Level of activation of Glutes maximus	Type of exercises
Low level of activation (0_20%MVIC)	1. prone bridge/plank (9% ± 7%MVIC). 2. Lunge with backward trunk lean (19% ±12% MVIC). 3. Bridging on Swiss ball (20% ±14% MVIC).
Moderate-level activation (21–40% MVIC)	1. Side-lying hip abduction (21%± 16% MVIC) 2. Lunge with forward trunk lean (22%± 12% MVIC) 3. Bridging on stable surface (25%± 14% MVIC) 4. Clam with 30° hip flexion (34%± 27% MVIC) 5. Lunge neutral trunk position (36% MVIC) 6. Clam with 60° hip flexion (39%± 24%MVIC) 7. Unilateral bridge (40% ± 20% MVIC).
High-level activation (41–60% MVIC)	1. Sideways lunge (41% ± 20% MVIC) 2. Lateral step-up (41% MVIC) 3. Transverse lunge (49% ± 20% MVIC) 4. Quadruped with contralateral arm/leg lift (56% ± 22% 5. MVIC) 6. Unilateral mini-squat (57% ± 44%MVIC) 7. Retro step-up (59% ± 35% MVIC) 8. Wall squat (59% MVIC) 9. Single-limb squat (59% ± 27% MVIC) 10. Single-limb deadlift (59% ± 28% MVIC)
Very high-level activation (>60% MVIC)	1. Forward step-up (74% ± 43% MVIC).

WHAT STOPS THE GLUTE MAX FIRING:
HIP PAIN AND INJURIES
SEDENTARY LIFESTYLE

GLUTE MEDIUS

FUNCTION:
GLUTEUS MEDIUS IS THE PRIME MOVER OF ABDUCTION AT HIP JOINT. ANTERIOR PORTION OF GLUTEUS MEDIUS ABDUCT, ASSIST IN FLEXION AND MEDIAL ROTATION OF HIP

[3]POSTERIOR PORTION OF GLUTEUS MEDIUS ABDUCT, ASSIST IN EXT AND LATERAL ROTATION OF HIP. IN HIP FLEXION ALL PORTIONS INTERNALLY ROTATE THE HIP AND IT HAS SHOWN THAT AT 90` OF HIP FLEXION THE LEVERAGE OF MEDIAL ROTATION OF GLUTEUS MEDIUS IS INCREASED EIGHT FOLDS.[1][3]ALL PORTIONS OF GLUTEUS MEDIUS WILL PRODUCE HIP ABDUCTION REGRADES THE POSITION O THE HIP.

[1]GLUTES MEDIUS IS AN EXTREMELY IMPORTANT MUSCLE IN MAINTAINING FRONTAL PLANE STABILITY OF THE PELVIS IT FORMS WITH THE IPSILATERAL TENSOR FASCIA LATAE AND CONTRALATERAL QUADRATUS LUMBORUM A LATERAL FASCIAL SLING WHOSE MAIN ROLE IS TO PROVIDE FRONTAL PLANE STABILITY.

GLUTEUS MEDIUS IS AN IMPORTANT MUSCLE IN WALKING, RUNNING AND SINGLE-LEG WEIGHT-BEARING BECAUSE IT PREVENTS THE OPPOSITE SIDE OF THE PELVIS FROM DROPPING DURING WALKING, RUNNING AND SINGLE LEG WEIGHT-BEARING. WHEN A LIMB IS TAKEN OFF THE GROUND THE PELVIS ON THE OPPOSITE SIDE WILL TEND TO DROP THROUGH LOSS OF SUPPORT FROM BELOW. GLUTEUS MEDIUS WORKS TO MAINTAIN THE SIDE OF THE PELVIS THAT DROPS THEREFORE ALLOWING THE OTHER LIMB TO SWING FORWARD FOR THE NEXT STEP.[1]

[4]GLUTEUS MEDIUS ALSO SUPPORTS THE PELVIS DURING GAIT BY PRODUCING ROTATION OF HIP WITH ASSISTANCE FROM GLUTEUS MINIMUS AND TENSOR FASCIA LATA. CONVERSELY, THE HIP IS SUPPORTED DURING THE STANCE PHASE BY ACTING ON THE SAME SIDE.

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GLUTE MEDIUS

THINGS THAT PREVENT GLUTE MEDIUS FIRING:

1. STANDING WITH BODY WEIGHT SHIFTED MAINLY ON ONE LOWER LIMB WITH THE PELVIS SWAYED SIDEWAYS AND HIP JOINT ADDUCTED.

[4]SLEEPING SIDELINE WITH NO BILLOW IN BETWEEN TWO LOWER EXTREMITIES WILL LEAD TO THE TOP LEG FLEXED AND ADDUCTED. OVER THE OTHER LEG

[4]SITTING WITH CROSSED LEGS FOR A LONG PERIOD OF TIME WILL POTENTIALLY WEAKEN THE HIP ABDUCTOR MUSCLES BY PUTTING THE MUSCLE IN A SOMEWHAT ELONGATED POSITION (BEYOND RESTING PHYSIOLOGICAL LENGTH) .

TIGHT HIP ADDUCTORS WHICH SENDS A RECIPROCAL INHIBITION TO GLUTES MEDIUS WHEN GLUTES MEDIUS IS INHIBITED BODY MUST TRY TO COMPENSATE BY OTHER MUSCLES TO MAINTAIN FRONTAL PLANE STABILITY AND PREVENTING PELVIS FROM DROPPING SO THE ACTIVITY OF IPSILATERAL TENSOR FASCIA LATAE AND CONTRALATERAL QUADRATUS LUMBORUM WILL INCREASE CAUSING THESE MUSCLES TO BECOME TIGHT AND OVERACTIVE. [5]N.B JANDA MENTIONED THAT QUADRATUS LUMBORUM AND TENSOR FASCIA LATAE ARE TONIC MUSCLES THAT TEND TO BE TIGHT AND OVERACTIVE.

LOWER EXTREMITY INJURIES SUCH AS: TRENDELENBURG GAIT, ILLIO-TIBIAL BAND (ITB) SYNDROME, PATELLOFEMORAL PAIN SYNDROME (PFPS) , ANTERIOR CRUCIATE LIGAMENT (ACL) AND OTHER KNEE INJURIES, ANKLE INJURIES.

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GLUTE MEDIUS

Activation of Glutes medius

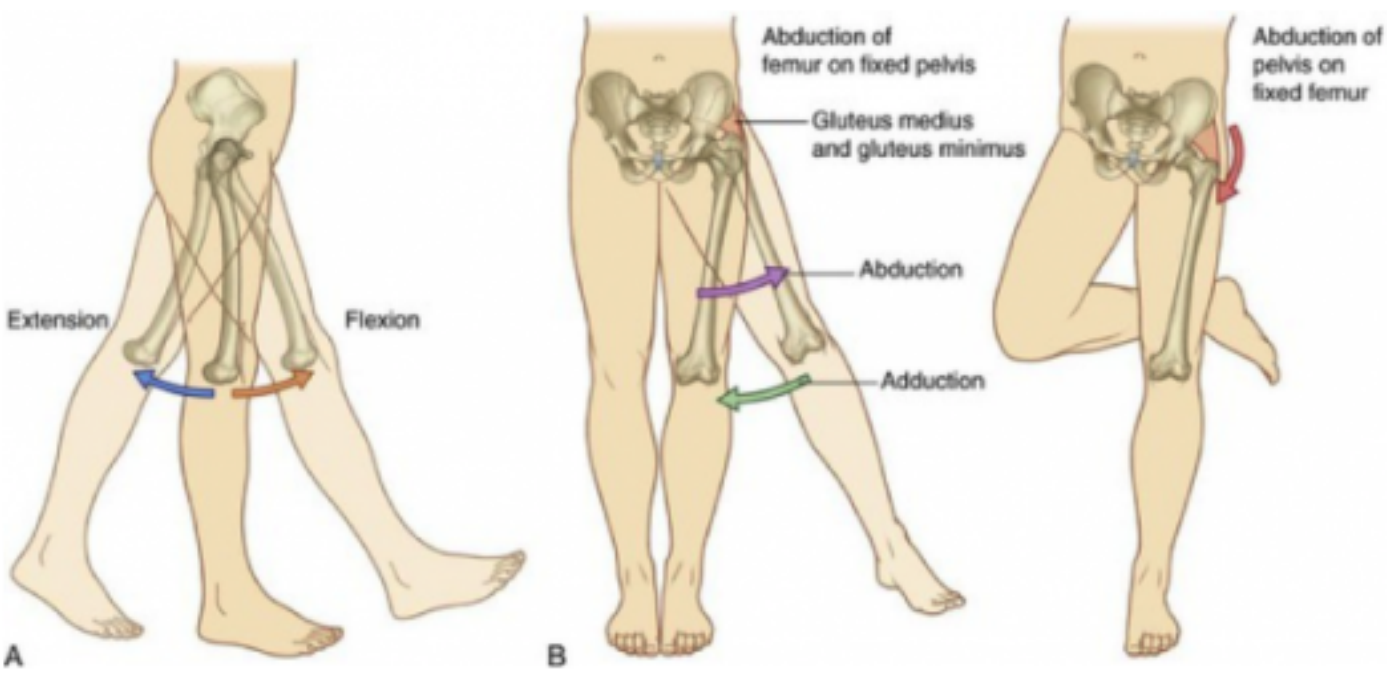
There are many exercises that help in activation of Glutes medius each exercise activate Glutes medius by a certain percentage as shown by EMG activity. We divide them as following[3]:

level of Gluteus medius activation	Types of exercises
Moderate-level activation (21–40% MVIC)	1. Prone bridge plank (27% ± 11% MVIC) 2. Bridging on stable surface (28% ± 17% MVIC) 3. Lunge-neutral trunk position (34% MVIC) 4. Unilateral mini-squat (36% ± 17% MVIC) 5. Retro step-up (37% ± 18% MVIC) 6. Clam with 60° hip flexion (38% ± 29% MVIC) 7. Sideways lunge (39% ± 19& MVIC) 8. Clam with 30° hip flexion (40% ± 38% MVIC)
High-level activation (41–60% MVIC)	1. Lateral step-up (41% MVIC) 2. Quadruped with contralateral arm and leg lift (42% ± 17% MVIC) 3.) Forward step-up (44% ± 17% MVIC) 4. Unilateral bridge (47% ± 24% MVIC) 5. Transverse lunge (48% ± 21% MVIC) 6. Wall squat (52% ± 22% MVIC) 7. Side-lying hip abduction (56% MVIC) 8. Pelvic drop (57% ± 32% MVIC) 9. Single-limb deadlift (58% ± 22% MVIC)
Very high-level activation (>60% MVIC)	1. Single-limb squat (64% ± 24% MVIC) 2. Side-bridge to neutral spine position (74% ± 30% MVIC).

GLUTE MINIMUS

Action

Its main action is hip abduction. It stabilizes the pelvic during single limb support in the gait, as it is activated on the supported side, to keep the pelvic from dropping on the opposite swing side. Its anterior segment medially rotates the thigh.[1]


Extension
Flexion
A
Abduction of
femur on fixed pelvis
Gluteus medius
and gluteus minimus
Abduction
Adduction
B
Abduction of
pelvis on
fixed femur

As the gluteus maximus is the largest and most powerful of the gluteal muscles, it would seem logical to have the heaviest, compound movement target the glute max, and thus the heaviest exercise would focus on hip extension.

Exercises involving hip extension (from a flexed starting position of the hip);Deadlifts;
Romanian
Stiff-legged
Conventional
Sumo

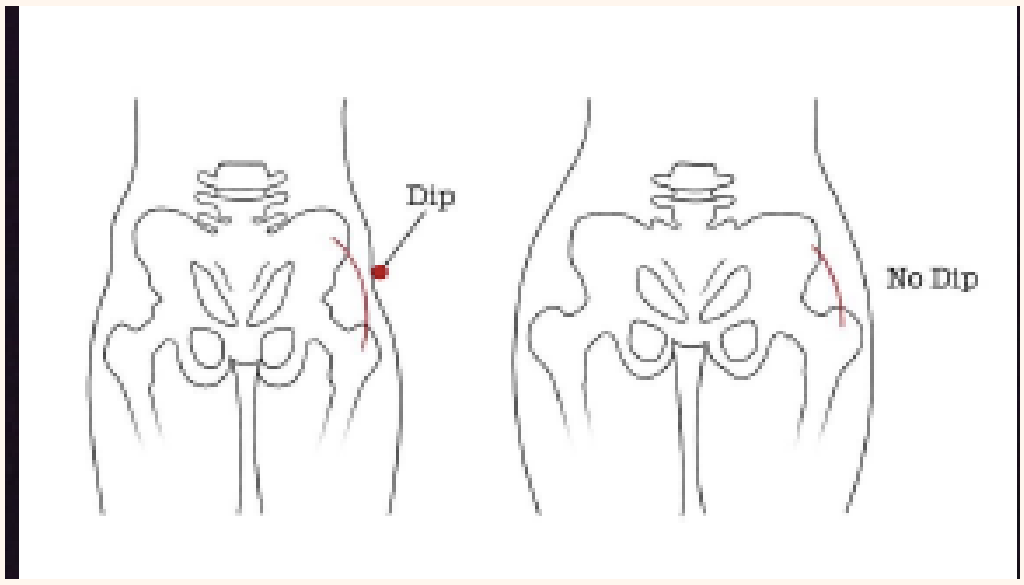
Lunges/split squats;
Stationary
Walking
Smith machine
Rear foot elevated (Bulgarian)
Front foot elevated

Squat;Back
Front
Goblet
Hip thrusts and glute bridges

Leg press (with the feet placed higher on the platform)
4
5° hip extension (commonly referred to as back extension)
Step ups

Examples of these would be in a squat or leg press, during which the common cue is two drive the ‘knees out’. While this cue is well-intended, external rotation of the femur starts at the feet. Making sure to ground yourself with the floor, with the main points of contact being the heel, first metatarsophalangeal joint and fifth metatarsophalangeal joint (see figure 3 below), then think of ‘screwing’ or ‘grabbing’ the floor to create tension with your feet, you should notice that the arch of your foot becomes more pronounced and your knees naturally turn slightly and align over your mid-foot, leading to external rotation at the hip joint and thus engagement of the glutes.

Figure 3. *Points of contact for the foot during weightlifting*



Hip dips are naturally occurring, inward curves that are caused by the shape of your pelvis. We all have unique individual skeletal anatomies and it's for this reason that some people have more noticeable hip dips than others, and why some people don't have visible hip dips - it is entirely dependent on your individual genetics and pelvis shape.

Once you realise that this is something out of your control, you should stop focussing on your perceived 'flaws' and shift your energy and focus onto what you can control - your body composition (muscle and fat distribution), exercise selection, nutrition and mindset.

The amount of muscle and fat you store around you hips and waist hugely impacts the appearance of your shape and can give the appearance of rounder and shapelier glutes and hips. The training plan in this guide will help you to develop the appearance of your glutes and maximise muscle growth by targeting certain areas with specific exercises and implementing effective training and nutritional strategies (e.g. bulking and cutting).

I need to emphasise that hip dips are perfectly normal and should not be considered an unattractive feature or become an obsession. I assure you that the majority of women have hip dips and even the most 'perfect' women you see on Instagram know how to use flattering angles, poses, lighting and editing to give the illusion of a 'flawless' body.

Obsessing over any part of your body, particularly those that cannot be changed, can cause damage to your mental health, wellbeing and self-esteem. It's important for women to learn to love their bodies, rather than being continuously determined to find flaws. While it's important to accept that you cannot 'get rid' of hip dips; you must keep in mind that you can absolutely change and improve the appearance of your shape by growing your gluteal

muscles and adjusting your body fat percentage by losing or gaining weight.

(Stijn van Willigen, 2016)

Gym Beginner Booty day 1

Warm up:
walking lunges bodyweight 2 laps
glute foam roll 15 seconds each glute
hip circles 15 each side in and out
single leg glute bridges 15 each leg
side shuffles 2 laps
rest if needed

below- as heavy as possible:
sit squats 3 x 8 - 90 sec rest
sumo deadlifts 3 x 8- 90 sec rest
step ups alternating 3 x 15 each leg - superset legs then 0 sec rest
seated abductions 3 x 15 60 sec rest
side clam shells 3 x 15 30 sec rest
single leg deadlifts 3 x 15 supersey legs

Cool down:
lying glute stretch 30 sec hold each side
lying hamstring stretch 30 sec hold each side
quad stretch 30 sec hold each side

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Gym Beginner Booty day 2

Warm up:
walking lunges bodyweight 1 lap
glute foam roll 30 sec each glute
hip circles 10 in and out each side
fire hydrants 20 each side
kickbacks bodyweight 20 each side

below- as heavy as possible:
lunges 3 laps- 90 sect rest
conventional deadlifts 3 x 8: 90 sec rest
leg press high and wide 3 x 12 90 sec rest
romanian/straight leg deadlifts 3 x 12 90 sec rest

band abductions supsset with
fire hydrants banded 3 x 15 - 30sec rest

Cool down:
lying glute stretch 30 sec hold each side
lying hamstring stretch 30 sec hold each side
quad stretch 30 sec hold each side

Gym Beginner Booty day 3

Warm up:
3 rounds- no rest
goblet squats light 3 x15
alt groiners 3 x 15 each leg
leg swings 20 each side

below- as heavy as possible:
reverse lunges 3 x 10 with dumbells or barbell :superset legs
90 sec rest after both legs

bulgarian split squats 3 x 10 each leg : superset legs: 90 sec rest after both legs

single leg reaches 3 x 10 each leg: superset legs : 90 sec rest after both legs

standing abductor/adductors- cable or banded 3 x 20 each leg- superset legs

plank squeeze hold 30 seconds - 3sets : 90 sec rest after

Cool down:
lying glute stretch 30 sec hold each side
lying hamstring stretch 30 sec hold each side
lying face down quad stretch 30 sec hold each side
pigeon stretch 30 secs
butterfly stretch 30 secs

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Intermediate Gym Booty day 1

Warm up:

walking lunges bodyweight 3 laps

glute foam roll: 30 sec each side

hip circles 10 in and 10 out each side

single leg glute bridges 20 each side

side shuffles: 2 laps

below- as heavy as possible:

sit squats 4 x 10 - 90 sec rest

sumo deadlifts 4 x 10- 90 sec rest

step ups alternating 3 x 15 each leg: with dumbbells

seated abductions 3 x 15 superset with side clam shells 3 x 15: then 90 sec rest

single leg deadlifts 3 x 15- superset legs

Cool down:

lying glute stretch 30 sec hold each side

lying hamstring stretch 30 sec hold each side

quad stretch 15 sec hold each side

Intermediate Booty day 2

Warm up:
walking lunges bodyweight 3 laps
glute foam roll 3 x 30 secs each side
hip circles 3 x 10 each side in and out
fire hydrants 3 x 20 each side
kickbacks bodyweight 3 x 15 each side

below- as heavy as possible:
lunges
conventional deadlifts 4 x 10 -90 sec rest
leg press high and wide 4 x 10- 90 sec rest
romanian/straight leg deadlifts 4 x10 -superset legs

band abductions 4 x 20 superset with
fire hydrants banded 4 x 20 each side

Cool down:
lying glute stretch 30 sec hold each side
lying hamstring stretch 30 sec hold each side
quad stretch 30 sec hold each side

Intermediate Booty Gym Day 3

Warm up:
3 rounds- no rest
goblet squats light 3 x15
alt groiners 3 x 15 each leg
leg swings 20 each side

below- as heavy as possible:
reverse lunges 4 x 10 with dumbells or barbell :superset legs
90 sec rest after both legs

bulgarian split squats 4 x 10 each leg : superset legs: 90 sec rest after both legs

single leg reaches 4 x 10 each leg: superset legs : 90 sec rest after both legs

standing abductor/adductors- cable or banded 4 x 20 each leg- superset legs

plank squeeze hold 30 seconds - 3sets : 90 sec rest after

Cool down:
lying glute stretch 30 sec hold each side
lying hamstring stretch 30 sec hold each side
lying face down quad stretch 30 sec hold each side
pigeon stretch 30 secs

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Nutrition and other important things

1. recovery at least 1 day between sessions
2. aim for 5 portions of fruit and veg per day
3. 2-2.8g protein/kg bodyweight for example if you weigh 60kg then aim for 120g-168g protein per day (muscles need protein to repair and recover)
4. calories- you will do better at mainteance or over by around 100-200 calories- visit my website for a free calorie calculator
5. stress- keep stress low, muscles wont recover or repair quick enough if stress is high
6. sleep- 7-8hrs a night
7. 2-3l water per day
8. carbs will help

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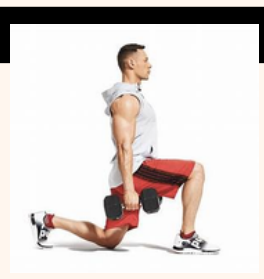
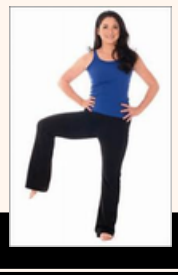
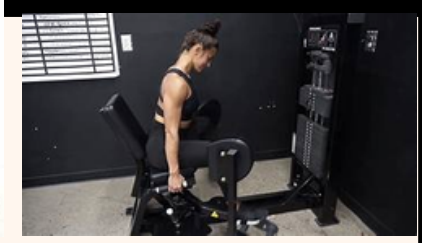
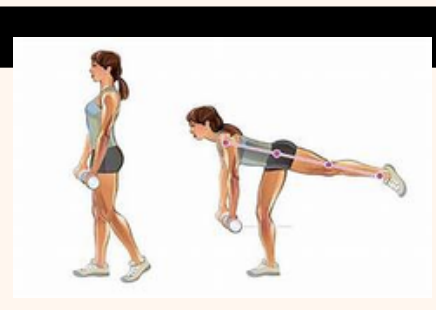
Exercise glossary

walking lunges	
goblet squats	
hip circles	
side shuffles	
bulgarian split squats	
single leg glute bridges	

Exercise glossary

sit squats	
sumo deadlifts	
step ups	
seated abductions	 
side clam shells	
single leg deadlifts	

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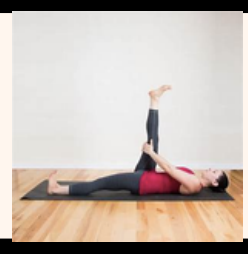
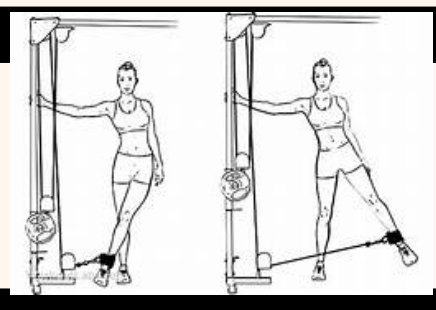
Exercise glossary

lying glute stretch	
lying hamstring stretch	
lunges	
deadlifts	
single leg reaches	
standing abductor/adductor cable	

plank squeeze