

Glute Building Guide 101

To build big glutes, you can try the following exercises and tips:

- With weights, perform the exercises below weekly.
- Slowly increase the resistance gradually.
- The number of reps do matter! Low reps and heavy weight can make the difference.
- Avoid bad form.
- Switch up your training to avoid “muscle boredom” – get in touch for a tailored training plan.
- Give your glutes time to recover.
- Start eating more than usual. Maintaining a diet that supports muscle growth, with well-balanced meals, enough protein content, healthy fats, and lots of water (around 2-3L a day).

Big glutes are built, not bought.

Add these booty building exercises into your workouts over the next 3 weeks, feel the difference and see the progress.

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Training Plan - Week 1 Day 1

Exercise	Sets	Reps	Equipment / notes	Rest
Ham string curls	3	12	1 warm up set to get blood flow. Work on the same weight for the 3 working sets and feel the muscle engage	60 seconds
Glute bridge	3	10	2 warm up set to get blood flow. Work on the same weight for the 3 working sets and feel the muscle engage	90 seconds

Training Plan - Week 1 Day 2

Exercise	Sets	Reps	Equipment / notes	Rest
Stiff leg deadlift	3	8 to 12	2-3 warm up sets to work up to working weight Set 1 – work towards 10 reps with good weight Set 2 – reduce weight for 12 reps	60 seconds
Bulgarian split squat	3	12	Do on smith machine with a bench behind to support. 12 reps each set keeping the weight the same	90 seconds

Training Plan - Week 1 Day 3

Exercise	Sets	Reps	Equipment / notes	Rest
Cable kick backs	3	10 to 12 per leg	Push down through the heel and sweep the leg through to feel the glute fire. Keep the weight the same throughout.	30 seconds
Normal leg press	4 to 5	10	10 reps per set, increasing the weight each time until you cant reach 10. Good depth to feel the ham strings and glutes engage	90 seconds

WEEK 1

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Training Plan - Week 2 Day 1

Exercise	Sets	Reps	Equipment / notes	Rest
Ham string curls	3	12	1 warm up set to get blood flow. Work on the same weight for the 3 working sets and then follow this up with a final drop set.	60 seconds
Glute bridge	3	10	1 warm up set to get blood flow. Start on a steady weight and increase the weight each set up to 10 reps.	90 seconds

Training Plan - Week 2 Day 3

Exercise	Sets	Reps	Equipment / notes	Rest
Stiff leg deadlift	3	8 to 15	2-3 warm up sets to work up to working weight Set 1 – 8 to 10 reps with increased weight Set 2 – reduce weight for 15 reps	60 seconds
Bulgarian split squat	3	15	Do on smith machine with a bench behind to support. 15 reps each set keeping the weight the same	90 seconds

Training Plan - Week 2 Day 3

Exercise	Sets	Reps	Equipment / notes	Rest
Cable kick backs	3	15 per leg	Push down through the heel and sweep the leg through to feel the glute fire. Keep the weight the same throughout.	30 seconds
Normal leg press	4 to 5	15	15 reps per set, increasing the weight each time until you cant reach 15. Good depth to feel the ham strings and glutes engage	90 seconds

WEEK 2

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Training Plan - Week 3 Day 1

Exercise	Sets	Reps	Equipment / notes	Rest
Ham string curls	3	15	1 warm up set to get blood flow. Work on the same weight for the 3 working sets and then follow this up with a final drop set.	60 seconds
Glute bridge	3	12	1 warm up set to get blood flow. Start on a steady weight and increase the weight each set up to 12 reps.	90 seconds

Training Plan - Week 3 Day 3

Exercise	Sets	Reps	Equipment / notes	Rest
Stiff leg deadlift	3	5 to 12	2-3 warm up sets to work up to working weight Set 1 – 5 to 8 reps with further increased weight Set 2 – reduce weight for 12 reps	60 seconds
Bulgarian split squat	3	15	Do on smith machine with a bench behind to support. 12 reps each set increasing weight on each set. Follow the final set with a drop set.	90 seconds

Training Plan - Week 3 Day 3

Exercise	Sets	Reps	Equipment / notes	Rest
Cable kick backs	3	12 per leg	Push down through the heel and sweep the leg through to feel the glute fire. Increase the weight each set.	30 seconds
Normal leg press	4 to 5	20	20 reps per set, increasing the weight each time until you cant reach 20. Good depth to feel the ham strings and glutes engage	90 seconds

WEEK 3