

Glute Focused Program

Enjoy the sample program we have created! It demonstrates how Primal Strength designs our programs and the results we achieve for our clients.

Review the sample program provided and aim to make progress each week. With this structure, watch your physique change!



Typical Questions on How to Train

Every week, aim to progress from the previous week by building on what you did in the last working set through either increased repetitions or added load.

Q: When should I change weights?

A: Strive to increase the weight or repetitions each week to achieve progressive overload. Focus on adding weight to each set while emphasising more repetitions until you reach the prescribed rep range. Then, add load to your last set in the following week.

Q: How long should I rest for?

A: We recommend a 90 to 120-second rest for the first and second sets.

- For the third and fourth sets, typically considered your 'working sets, ' rest for 3 minutes between those sets.
- Between exercises, take a 3-minute rest.

Q: Why do the later sets have fewer reps than the initial or previous sets?

A: The first set is a warm-up, and the second is a "feeder" set. These two sets help to 'potentiate' or acclimate your body to the current exercise, allowing you to perform the form correctly before training with the intensity necessary for muscle growth and strength. The last one or two sets (usually sets 3 and 4) should be taken to the point of "proximity to failure," where you can do no more than 0 to 3 additional reps with good form.

Q: What is proximity to failure?

A: Proximity to failure refers to working until you can no longer perform the exercise with good form (for example, using your back too much in a deadlift or shifting position under a bar in a bench press) or reaching a point of contractual failure (consider a bicep curl where you can no longer bring your forearm to your bicep, indicating contractual failure). Ideally, we want this to happen in the last one or two sets of an exercise within the last 4 to 5 repetitions of these sets.

Q: How hard should I push myself?

A: Gradually increase the weight for each set, but avoid pushing yourself too hard too quickly. The aim is to reach failure in the last set, keeping in mind the progression from the previous week (more load or more reps). Overall, ensure you can still perform the prescribed number of reps or more in the last set with good form.

- First Set: Aim to leave at least 5 reps until failure or a difficulty rating of 5 out of 10.
- Second Set: Aim to leave at least 3 reps until failure or a difficulty rating of 7 out of 10.
- Third and Fourth Set: Aim to reach failure, feeling like an 8 or higher out of 10.

Q: How do I know I am close to 'proximity to failure' in the last set?

A: It feels like a 9 out of 10.

The last 5 or so repetitions become involuntarily slower, no matter how hard you push.

If this does not occur in the last set, ensure it happens in the next and every subsequent exercise; this is how we subjectively identify the mechanisms of muscle growth during our sessions.

Example

Consider sets and reps as guidelines. If you need fewer or more reps or sets to improve from the previous week, go for it. Remember, the more sets and reps you do, the greater the fatigue, making it harder to progress.

When a - is used, the number following it indicates a working set in which you should train close to failure, if not to failure itself. In this situation, we have set a goal of 10 reps. Over the following weeks, this individual maintained their approach until reaching the prescribed rep range, after which they added load and continued this pattern to facilitate further progress.

As seen from their warm-up sets (before their working set), they increased the load in these to prepare for the heavier load of the working set.

Each set before the working set gradually increases in load and difficulty while reducing reps to minimise fatigue from excessive repetitions before they reach their working set, which is the most crucial part of the exercise.

Each of the exercises comes with a video; just click on the name, and it will display a YouTube link of Jess demonstrating the movement.

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Leg Press	Glute focused - Requires the top of your thigh to touch your stomach and or close to, press with your whole foot	4 x 10,8,6 - 10	50x10, 70x8, 90x6 110x6	50x10, 70x8, 90x6 110x8	50x10, 70x8, 90x6 110x10	70x10, 90x8, 110x6 130x4	70x10, 90x8, 110x6 130x6	70x10, 90x8, 110x6 130x8

Lower 1

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
1A. <u>Ab-Wheel Rollout</u>	Keep your arms underneath as you descend, maintaining a flexed upper back (like Hunchback), then thrust to return to flexion.	2 x 10					
1B. <u>Side Bend</u>	Drive your opposite hip as far out to the side as you can, all while flexing your ribcage into your pelvis	2 x 10					
<u>Leg Extension</u>	Go 3/4 way up, hold for a second, go all the way back into knee flexion	4 x 12,10,8 - 10					
<u>Barbell Hip-Thrust</u>	Thrust with your pelvis, not your stomach or legs. When your knees come towards you at the bottom, that's the motion range. Thrust, holding the top position for 2 seconds each rep.	5 x 10,8,6 - 8,15 2 working sets, rest 2 minutes between sets, reduce the load for last set aiming for 15 reps.					
<u>Barbell RDL</u>	Drive your glutes back fully until you can't, then thrust the barbell as you stand tall. Allow your knees to flex for complete pelvic translation.	3 x 8,6, - 10					
<u>Reverse Lunge</u>	Stabilise with a support, keep a wide stance, and drive your knee into the ground behind you.	4 x 10,8 - 8,15 2 working sets, rest 2 minutes between sets, reduce load for last set aiming for 15 reps.					

Upper

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
<u>Supinated Lat Pulldown</u>	Lean slightly back, arched lower back, chest high, drive elbows towards your hips, don't go past your torso	4 x 12,10 - 6/8 12/15 2 working sets, rest 2 minutes between sets, reduce load for last set aiming for 12/15 reps.					
<u>Smith Machine Shoulder Press</u>	Hold the barbell at your chin when beginning the movement, and push it to an extended elbow position at the peak. If a Smith machine isn't available, a shoulder press machine with the same cues can work well too.	3 x 10,8 - 10					
Horizontal Cable Row	Drive elbows towards your hips, think of dragging your elbows on your thighs - Don't go past your torso	4 x 10,8 - 6/8 12/15 2 working sets, rest 2 minutes between sets, reduce the load for the last set aiming for 12/15 reps.					
<u>Dumbbell Lateral Raise</u>	Keeping your shoulders at about 45 degrees to your body, think about pushing your shoulders toward the walls, not just aiming your dumbbells to the sky	3 x 15,12 - 10+10 Once you fail on that last set, use the same weight and only raise your arms halfway. Do so till you can no longer move your arms to the side					

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
<u>Reverse Pec</u> <u>Dec</u>	Start with arms in front; as you move back, flex elbows to bring shoulder blades together.	3 x 15,12 - 10					
<u>Dumbbell</u> <u>Skull Crusher</u>	With a slightly arched back, bring your forearm to your bicep, and then straighten your elbow. If you need a wider arm path instead of keeping them parallel, that's also fine	3 x 10,8 - 10					

Lower 2

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
1A. <u>Russian Twist</u>	Look at the plate the whole time, exhaling as your rotate	2 x 10					
1B. <u>Captain Chair</u>	If you can't raise your legs all the way past your hips, start with knees to chest and then progress from there	2 x 12/15					
<u>Lying Leg Curl</u>	Grip the handles firmly, keeping an acute angle between your forearm and bicep. Drive your calf towards your hamstrings while your quad stays on the pad.	3 x 10,8 - 12					
<u>Rear Foot Elevated Split Squat</u>	Wider stance to touch thighs to stomach at the bottom; stand 3/4 up, then go back down.	4 x 10,8 - 6/8, 12/15 2 working sets, rest 2 minutes between sets, reduce the load for the last set aiming for 12/15 reps					
<u>Leg Press</u>	Narrow stance, touch thigh to stomach, hold for a second, push	4 x 8,6 - 6/8 10/12 2 working sets, rest 2 minutes between sets, reduce the load for the last set, aiming for 10/12 reps					
<u>Cable Adductors</u>	Hold onto something to stabilise your pelvis, drive your foot past your stance foot to fully shorten the adductors	3 x 15,12 - 15					

