

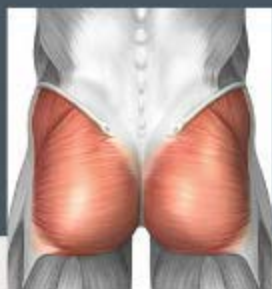
A HOW-TO GUIDE

Transform your Glutes

Tynisha Blanco
Buns blueprint



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Who am I?

Im your Glute guru!

My name is Tynisha Blanco, a passionate individual who finds joy in hiking, exploring new activities, unwinding at the beach, training both myself and my athletes, and constantly seeking ways to enhance my health and fitness journey.

My dynamic lifestyle reflects my commitment to personal growth and holistic well-being, as I continuously strive to push boundaries and elevate my physical and mental wellness through various enriching experiences and challenges.

As a personal trainer with 7 years of experience and a background in various sports, I bring a wealth of knowledge on building muscle effectively. Some of my expertise lies in sculpting and enhancing glutes using proven methods that combine both traditional techniques and science-based approaches.

I am here to guide you through the most effective ways to strengthen and shape your glutes, drawing upon my years of practical experience and scientific understanding to help you achieve your fitness goals with precision and efficiency.



*Tynisha
Blanco*

Glutes

What are glutes exactly?

Glutes, short for gluteal muscles, are a group of three muscles in the buttocks region of the human body. These muscles include the gluteus maximus, gluteus medius, and gluteus minimus. The glutes play a crucial role in stabilizing the pelvis, supporting the lower back, and facilitating movements such as hip extension, abduction, and rotation. Strong and well-developed glutes not only contribute to overall lower body strength and power but also play a key role in posture, athletic performance, and injury prevention.



why is it important to train your glutes?

Training your glutes is like giving your booty a VIP makeover! Think of your glutes as your body's powerful engine that drives you forward, powers up your squats, and keeps you looking sexy in those jeans. Strong glutes are not just about making heads turn; they are your secret weapon for rocking that hike up the mountain, dominating your workouts, and feeling like a boss on the beach. So, train those glutes!



Are people born with a Great Set of Buns?

While some people may have a genetic advantage when it comes to their glute shape and size, having "sexy" and great-looking glutes is not solely determined by genetics. Training, nutrition, and lifestyle play a significant role in sculpting and toning the glutes. With the right exercises, consistency, and dedication, anyone can enhance the shape, strength, and appearance of their glutes. So, whether you were born with it or not, you can work towards achieving those enviable and fabulous glutes through hard work and commitment.



Science Based Research on Glutes

Research studies have shown the significant impact of exercise on gluteal muscle development and appearance. For example, a study published on NCBI concluded that various exercises induce high levels of activation in the gluteus maximus muscle, showcasing the effectiveness of specific workouts in targeting and strengthening the glutes (Source: NCBI - Gluteus Maximus activation during common strength and...). Additionally, another research article on NCBI focused on an eight-week gluteal muscle-specific training program and found improvements in jump height, speed, and power, highlighting the positive outcomes of targeted glute workouts (Source: NCBI - Effects of a Gluteal Muscles Specific Exercise Program...).



How to Build your Glutes!

Get ready to sculpt those buns with these fun and effective tips to build your glutes!

Buty Moves: Incorporate exercises like squats, lunges, hip thrusts, and donkey kicks into your workout routine. This will shape and lift them to perfection.

2. **Pump up the Volume:** Challenge yourself with higher reps and heavier weights.

3. **Mix It Up:** Keep things exciting by trying new variations and techniques. Variety makes it more interesting and targets your glutes from all angles.

4. **Fuel Your Booty Gains:** Remember, nutrition plays a key role in muscle building. Feed your glutes with protein-packed foods like chicken, eggs, and beans to help them grow and stay strong.

5. **Rest and Recover:** Give your glutes time to rest and recover.

So, grab your workout gear, choose your favorite playlist, and get ready to build your glutes!



Science Explained

When it comes to glute exercises, science has your back! Let's break it down in a fun and informative way:

1. **Squats:** Picture this - squats are like the superhero of glute exercises. They engage your glutes, quads, and hamstrings, strengthening your lower body. Science says squats activate the gluteus maximus muscle, giving you that power to push through any workout.
2. **Hip Thrusts:** These hip-hinging movements activate the gluteus maximus effectively, helping you lift and shape your booty. It's like a targeted glute workout endorsed by science!
3. **Lunges:** Think of lunges as the dynamic duo for balanced glute development. These unilateral exercises engage your glutes and stabilize your hips, improving strength and symmetry. Science shows lunges activate different glute muscles, giving you that well-rounded booty shape.
4. **Glute Bridges:** Visualize glute bridges as the bridge to strong glutes. This exercise targets the gluteus maximus and medius, enhancing your posterior chain strength. Science confirms that glute bridges activate key glute muscles, making them essential for a well-rounded glute routine.
5. **Deadlifts:** Deadlifts are like the heavyweight champion of glute exercises. They engage multiple muscle groups, including the glutes, hamstrings, and lower back. Science-backed benefits include increased muscle activation in the glutes, making deadlifts a powerhouse move for overall strength and muscle development.

So, next time you hit the gym, remember that these glute exercises are not just fun and effective - they're scientifically proven to help you build strong, shapely, and powerful glutes.



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MONDAY

STRETCH 5 TO 10 MIN

- ✓ Standing Quad Stretch 30 sec hold each leg
- ✓ Hamstring Stretch 30 sec hold each leg
- ✓ Seated Glute Stretch 30 sec hold
- ✓ Butterfly Stretch 30 sec hold
- ✓ Childs Pose 30 sec hold

CARDIO WARM UP 5 TO 15 MIN

GLUTE WORKOUT

- ✓ Side Step ups 3 sets 12,10,10 reps each leg

Superset: In this workout technique, you perform two exercises back-to-back without resting in between.

- ✓ Exercise A: Leg Curls 4 sets 15,12,10,8 reps
- ✓ Exercise B: Lunges 4 sets 10 reps each leg

- ✓ Hip Thrust with Weight 4 sets 15,12,10,8 reps

- ✓ Abductor Machine 3 sets 20,15,12 reps

Superset:

- ✓ Exercise A: Fire Hydrate 3 sets 10 each leg
- ✓ Exercise B: Donkey kicks 3 sets 10 each leg

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THURSDAY

STRETCH 5 TO 10 MIN

- ✔ Start with a dynamic warm-up to increase blood flow and prepare your muscles for exercise. Include movements like leg swings, hip circles, and bodyweight squats.

CARDIO WARM UP 5 TO 15 MIN

GLUTE WORKOUT

- ✔ Squats 3 sets 12 reps

- ✔ Hip Thrust with Weight 3 sets 12 reps

- ✔ Lunges 3 sets 10 reps each Leg

- ✔ Glute Bridges - 3 sets of 15 reps

- ✔ Superset Finisher
- Exercise A: Bulgarian Split Squats - 3 sets of 10 reps per leg
 - Exercise B: Donkey Kicks - 3 sets of 15 reps per leg

- ✔ Finish with static stretches for the glutes, hamstrings, and hip flexors to promote flexibility and recovery.



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