

THE 12-WEEK BOOTY BLUEPRINT NO.1

5-
DAY
PROGRAM



GYM
PROGRAM

ACCEPTANCE OF TERMS AND ACKNOWLEDGMENT OF RISKS

BY DOWNLOADING OR STARTING ANY FREE PROGRAM FROM THIS WEBSITE, YOU CONFIRM THAT YOU HAVE READ, UNDERSTOOD, AND AGREE TO THE TERMS OUTLINED IN THIS DISCLAIMER. YOUR DOWNLOAD AND PARTICIPATION SIGNIFY ACCEPTANCE OF ALL RISKS ASSOCIATED WITH PHYSICAL ACTIVITY AND DIETARY CHANGES AND YOUR AGREEMENT TO SEEK PROFESSIONAL GUIDANCE AS RECOMMENDED.

EDUCATIONAL AND ENTERTAINMENT PURPOSES ONLY

THESE FREE DOWNLOADABLE PROGRAMS ARE PROVIDED SOLELY FOR EDUCATIONAL AND ENTERTAINMENT PURPOSES. THEY ARE NOT SUBSTITUTES FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, TREATMENT, OR INDIVIDUALIZED GUIDANCE IN HEALTH, FITNESS, OR NUTRITION. THE CONTENT OF THESE PROGRAMS DOES NOT CONSTITUTE MEDICAL ADVICE AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROVIDER.

1. NO MEDICAL ADVICE OR SERVICES: SIMON DINGEMANS IS NOT A LICENSED PHYSICIAN OR REGISTERED DIETITIAN. THE INFORMATION PROVIDED IN THESE DOWNLOADABLE PROGRAMS DOES NOT DIAGNOSE, TREAT, PREVENT, OR CURE ANY MEDICAL CONDITION AND SHOULD NOT REPLACE PERSONALIZED MEDICAL ADVICE. ALWAYS CONSULT YOUR PHYSICIAN OR QUALIFIED HEALTHCARE PROVIDER ON ANY MATTERS REGARDING YOUR HEALTH BEFORE STARTING THESE PROGRAMS.

2. PROPRIETARY RIGHTS: ALL DOCUMENTS, PROGRAMS, AND CONTENT PROVIDED BY DR.GLUTES BV ARE PROPRIETARY AND INTENDED SOLELY FOR PERSONAL USE. NO MATERIAL MAY BE COPIED, SOLD, OR REDISTRIBUTED WITHOUT PRIOR WRITTEN CONSENT FROM DR.GLUTES BV.

3. CONSULT WITH A HEALTHCARE PROFESSIONAL: BEFORE BEGINNING ANY FITNESS, EXERCISE, OR DIETARY PROGRAM, CONSULT WITH A LICENSED HEALTHCARE PROVIDER, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION, INJURY, DIETARY RESTRICTION, OR ARE PREGNANT. THESE DOWNLOADABLE PROGRAMS DO NOT REPLACE INDIVIDUALIZED MEDICAL ADVICE, AND ONLY A HEALTHCARE PROFESSIONAL CAN EVALUATE YOUR SPECIFIC HEALTH NEEDS.

4. INDIVIDUAL RESULTS AND TESTIMONIALS: RESULTS VARY SIGNIFICANTLY AMONG INDIVIDUALS DUE TO DIFFERENCES IN GENETICS, LIFESTYLE, FITNESS HISTORY, AND DEDICATION. TESTIMONIALS AND TRANSFORMATIONS SHARED ON SOCIAL MEDIA, ON THIS WEBSITE OR IN PROGRAM MATERIALS ARE REAL BUT DO NOT REPRESENT TYPICAL RESULTS. YOUR RESULTS MAY DIFFER BASED ON YOUR PERSONAL COMMITMENT AND CIRCUMSTANCES.

5. ASSUMPTION OF RISKS IN EXERCISE AND DIETARY PROGRAMS: ENGAGING IN PHYSICAL ACTIVITIES OR DIETARY CHANGES INVOLVES INHERENT RISKS, INCLUDING INJURY, ADVERSE HEALTH EFFECTS, AND OTHER COMPLICATIONS. YOU ASSUME FULL RESPONSIBILITY FOR YOUR HEALTH AND SAFETY AND VOLUNTARILY ACCEPT ALL RISKS. IF YOU EXPERIENCE DISCOMFORT, STOP IMMEDIATELY AND CONSULT A HEALTHCARE PROVIDER.

6. SAFETY AND RESPONSIBILITY: TO ENSURE SAFETY, PRIORITIZE PROPER FORM, TECHNIQUE, AND MODERATION. IF YOU EXPERIENCE PAIN, DISCOMFORT, OR UNUSUAL SYMPTOMS AT ANY TIME, STOP AND SEEK MEDICAL ADVICE. PARTICIPATION IN THESE PROGRAMS IS VOLUNTARY, AND YOU BEAR FULL RESPONSIBILITY FOR ANY INJURIES OR HEALTH ISSUES THAT MAY ARISE FROM FOLLOWING THE PROGRAM'S RECOMMENDATIONS.

7. LISTEN TO YOUR BODY: EXERCISE CAUTION AND BE MINDFUL OF YOUR BODY'S SIGNALS. SYMPTOMS SUCH AS DIZZINESS, NAUSEA, OR DISCOMFORT INDICATE A NEED TO STOP AND REST. SUDDEN DIETARY CHANGES OR OVERTRAINING CAN LEAD TO SERIOUS HEALTH ISSUES, INCLUDING INJURY AND ILLNESS. PERSISTENT SYMPTOMS SHOULD BE ADDRESSED BY A HEALTHCARE PROVIDER.

8. GRADUAL PROGRESSION AND SUSTAINABLE PRACTICES: START AT A LEVEL SUITABLE FOR YOUR CURRENT FITNESS AND GRADUALLY INCREASE ACTIVITY OR DIETARY CHANGES OVER TIME. RAPID ESCALATION OR EXTREME DIETING CAN RESULT IN ADVERSE HEALTH OUTCOMES. GRADUAL PROGRESSION HELPS REDUCE RISKS ASSOCIATED WITH SUDDEN CHANGES IN EXERCISE AND DIET.

9. NUTRITION AND DIETARY RECOMMENDATIONS: WE RECOMMEND CONSULTING A REGISTERED DIETITIAN OR NUTRITIONIST BEFORE IMPLEMENTING ANY DIETARY CHANGES SUGGESTED IN THESE PROGRAMS. NUTRITIONAL NEEDS ARE HIGHLY INDIVIDUAL, ESPECIALLY FOR SPECIFIC GOALS LIKE WEIGHT LOSS OR MUSCLE GAIN. AVOID RESTRICTIVE DIETS OR EXTREME MEASURES, WHICH MAY NOT BE HEALTHY OR SUSTAINABLE.

10. AGE AND FITNESS LEVEL CONSIDERATIONS: THESE PROGRAMS MAY NOT BE APPROPRIATE FOR ALL AGES OR FITNESS LEVELS. CONSIDER YOUR AGE, HEALTH STATUS, AND PHYSICAL ABILITIES. INDIVIDUALS WITH SPECIFIC AGE-RELATED OR HEALTH LIMITATIONS SHOULD CONSULT A HEALTHCARE PROVIDER TO DETERMINE SUITABILITY AND MAKE MODIFICATIONS AS NEEDED.

11. PROFESSIONAL GUIDANCE FOR NEW PARTICIPANTS: IF YOU ARE NEW TO FITNESS OR NUTRITION PLANNING, SEEK GUIDANCE FROM A CERTIFIED TRAINER OR DIETITIAN. THESE DOWNLOADABLE PROGRAMS ARE INTENDED AS INTRODUCTORY GUIDES AND DO NOT REPLACE PERSONALIZED PLANS CREATED BY PROFESSIONALS.

12. SPECIAL HEALTH CONSIDERATIONS: INDIVIDUALS WITH CONDITIONS SUCH AS HEART DISEASE, DIABETES, ORTHOPEDIC ISSUES, OR DIETARY RESTRICTIONS SHOULD CONSULT THEIR HEALTHCARE PROVIDER BEFORE BEGINNING THESE PROGRAMS. ADDITIONAL RISKS MAY EXIST FOR CERTAIN MEDICAL CONDITIONS, MAKING PROFESSIONAL ADVICE ESSENTIAL.

13. AT-HOME PROGRAM LIMITATIONS: THE HOME PROGRAMS ARE SPECIFICALLY DESIGNED FOR INDIVIDUALS USING MINIMAL EQUIPMENT AT HOME. CONVERSELY, THE GYM PROGRAMS ARE TAILORED FOR THOSE WITH ACCESS TO GYM FACILITIES AND MORE ADVANCED EQUIPMENT. USING THE HOME PROGRAMS IN A GYM SETTING, WHERE HEAVIER EQUIPMENT IS AVAILABLE, MAY LEAD TO OVERTRAINING DUE TO THE DIFFERING INTENSITY LEVELS. THEREFORE, WE RECOMMEND USING THE APPROPRIATE PROGRAM BASED ON YOUR LOCATION AND EQUIPMENT AVAILABILITY TO ENSURE SAFE AND EFFECTIVE WORKOUTS.

14. ASSUMPTION OF RISK AND LIABILITY: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU VOLUNTARILY ACCEPT ALL RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES. DR.GLUTES BV AND ITS AFFILIATES DISCLAIM LIABILITY FOR ANY INJURIES, HEALTH PROBLEMS, OR ADVERSE OUTCOMES. ANY RELIANCE ON INFORMATION PROVIDED THROUGH THESE PROGRAMS IS AT YOUR OWN RISK.

15. ADULTS ONLY: THESE PROGRAMS ARE INTENDED FOR INDIVIDUALS AGED 18 AND OLDER. PARTICIPATION BY MINORS SHOULD OCCUR ONLY WITH DIRECT SUPERVISION AND APPROPRIATE PROFESSIONAL GUIDANCE.

16. PROGRESS PICTURE SUBMISSIONS: ONLY INDIVIDUALS AGED 18 OR OLDER MAY SUBMIT PROGRESS PICTURES OR OTHER MEDIA DOCUMENTING THEIR FITNESS JOURNEY. BY SUBMITTING CONTENT, YOU CONFIRM THAT YOU ARE AT LEAST 18 YEARS OLD. SUBMISSIONS FROM THOSE UNDER 18 WILL NOT BE ACCEPTED AND WILL BE DELETED.

17. NO WARRANTIES OR GUARANTEES: THESE PROGRAMS ARE PROVIDED "AS IS" WITH NO GUARANTEES REGARDING RESULTS, SAFETY, OR SUITABILITY FOR ANY PARTICULAR PURPOSE. DR.GLUTES BV DISCLAIMS LIABILITY FOR INCIDENTAL, INDIRECT, OR CONSEQUENTIAL DAMAGES THAT MAY ARISE FROM THE USE OF THESE PROGRAMS.

18. AGREEMENT TO TERMS: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU CONFIRM YOUR ACCEPTANCE OF ALL TERMS WITHIN THIS DISCLAIMER. YOU ACKNOWLEDGE THE RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES AND AGREE TO SEEK PROFESSIONAL ADVICE AS NEEDED.

FINAL REMINDER: BEGINNING ANY FITNESS OR NUTRITION PROGRAM IS A PERSONAL CHOICE THAT REQUIRES CAREFUL CONSIDERATION OF YOUR HEALTH, GOALS, AND OVERALL WELL-BEING. WE ENCOURAGE SEEKING PROFESSIONAL GUIDANCE TO ENSURE YOUR JOURNEY IS SAFE, EFFECTIVE, AND TAILORED TO YOUR INDIVIDUAL NEEDS.

Want to join my free Booty Blueprint Club?



✨ This is NOT just another fitness group.

🍑 This is the ultimate FREE community for women serious about growing their glutes & leveling up.

Inside, you'll get:

- ✓ Daily motivation & support (never feel alone in your journey!)
 - ✓ Glute-building tips & exclusive workouts
 - ✓ A tribe of like-minded women crushing their goals together
- 🌟 Want in? DM me 'ACCESS' and I'll send you a special invite!

Dr.glutes training program



Transformation pictures:

Taking before and after pictures is super important.

They let you see the amazing results of your investment and hard work!

If you're comfortable with it, sharing these photos can be a great addition to the online Dr.Glutes community.

You'll not only inspire other women but also become part of a supportive group that encourages each other to improve and succeed!

Schedule:

The “**best**” way to plan your week, is to leave a day in between the glute days. For example:

Monday: training day 1

Tuesday: rest

Wednesday: training day 2

Thursday: rest

Friday: training day 3

Saturday: training day 4

Sunday: rest

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



How to calculate calories if you want to lose or gain weight

Weight loss example:

Step 1: Calculate Your Daily Calorie Needs (TDEE)

1.Calculate TDEE: The Total Daily Energy Expenditure (TDEE) is the number of calories your body needs to maintain your current weight. To lose weight, you should consume fewer calories than your TDEE.

USE AN ONLINE CALCULATOR FOR YOUR SPECIFIC NEEDS! THIS IS ONLY AN EXAMPLE! DO NOT COPY THESE EXACT NUMBERS!

2.Example Calculation: Assuming an example woman weighing 70 kg with a moderate activity level, her estimated TDEE is around 1950 calories/day.

3.Set Calorie Target for Weight Loss: To lose weight, she can reduce her calorie intake by 300–500 calories from her TDEE. Using a 300-calorie deficit as an example:

- Calorie Target = $1950 - 300 = 1650$ calories/day

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.

Step 2: Calculate Protein, Fat, and Carbohydrates (Macros)



To break down the 1650 calories into macronutrients, use these guidelines:

- Protein: 2 grams per kg of body weight
- Fat: 0.7 grams per kg of body weight
- Carbohydrates: The remaining calories

1. Calculate Protein

Protein helps maintain muscle mass, which is especially important during weight loss.

- Formula: 2g of protein per kg of body weight
- For a 70 kg woman:
 - Protein = 70 kg × 2g = 140g of protein per day
 - Protein has 4 calories per gram, so:
 - 140g × 4 = 560 calories from protein

2. Calculate Fats

Healthy fats are essential for hormone balance and overall health.

- Formula: 0.7g of fat per kg of body weight
- For a 70 kg woman:
 - Fat = 70 kg × 0.7g = 49g of fat per day
 - Fat has 9 calories per gram, so:
 - 49g × 9 = 441 calories from fat

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.



3. Calculate Carbs

Carbohydrates are essential for energy, especially for fueling workouts. The remaining calories after accounting for protein and fat go to carbs.

1. Subtract calories from protein and fat from the total target:
 - $1650 - (560 + 441) = 649$ calories for carbs
2. Carbs have 4 calories per gram, so:
 - $649 \div 4 = 162\text{g}$ of carbs per day

Summary for a 70 kg Woman:

- Calories for weight loss: 1650 calories/day
- Protein: 140g/day
- Fat: 49g/day
- Carbs: 162g/day

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.



How to calculate calories if you want to lose or gain weight

Weight gain example:

Step 1: Calculate Caloric Surplus

1. Assuming the TDEE of 1950 calories/day for a 70 kg woman, to gain weight, she would need to consume 200–500 calories above maintenance.

USE AN ONLINE CALCULATOR FOR YOUR SPECIFIC NEEDS! THIS IS ONLY AN EXAMPLE! DO NOT COPY THESE EXACT NUMBERS!

2. Example Calorie Target for Muscle Gain: $1950 + 300 = 2250$ calories/day (This is within the 200–500 calorie surplus range for weight gain).

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.

Step 2: Calculate Protein, Fat, and Carbohydrates (Macros)



For muscle gain, slightly adjusted macros are used:

- Protein: 1.6 grams per kg of body weight
- Fat: 0.7 grams per kg of body weight
- Carbohydrates: The remaining calories

1. Calculate Protein

- Formula: 1.6g of protein per kg of body weight
- For a 70 kg woman:
 - Protein = $70 \text{ kg} \times 1.6\text{g} = 112\text{g}$ of protein per day
 - Protein has 4 calories per gram, so:
 - $112\text{g} \times 4 = 448$ calories from protein

2. Calculate Fats

- Formula: 0.7g of fat per kg of body weight
- For a 70 kg woman:
 - Fat = $70 \text{ kg} \times 0.7\text{g} = 49\text{g}$ of fat per day
 - Fat has 9 calories per gram, so:
 - $49\text{g} \times 9 = 441$ calories from fat

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.



3. Calculate Carbs

The remaining calories go to carbohydrates.

1. Subtract calories from protein and fat from the total target:
 - $2250 - (448 + 441) = 1361$ calories for carbs
2. Carbs have 4 calories per gram, so:
 - $1361 \div 4 = 340\text{g}$ of carbs per day

Summary for a 70 kg Woman:

- Calories for muscle gain: 2250 calories/day
- Protein: 112g/day
- Fat: 49g/day
- Carbs: 340g/day

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.

Examples of food choices



Carbs

1. Oats
2. Quinoa
3. Sweet Potatoes
4. Brown Rice
5. Whole Wheat Bread
6. Barley
7. Bulgur
8. Buckwheat
9. Lentils
10. Chickpeas
11. Black Beans
12. Kidney Beans
13. Bananas
14. Apples
15. Berries
16. Butternut Squash
17. Carrots
18. Beets
19. Whole Grain Pasta
20. Couscous

Fats

1. Avocados
2. Olive Oil
3. Coconut Oil
4. Almonds
5. Walnuts
6. Chia Seeds
7. Flaxseeds
8. Hemp Seeds
9. Pumpkin Seeds
10. Macadamia Nuts
11. Pecans
12. Cashews
13. Brazil Nuts
14. Sesame Oil
15. Grass-Fed Butter
16. Ghee
17. Dark Chocolate (70%+ cacao)
18. Fatty Fish (salmon, mackerel)
19. Full-Fat Yogurt
20. Peanut Butter

Protein

1. Chicken Breast
2. Turkey Breast
3. Salmon
4. Tuna
5. Shrimp
6. Eggs
7. Greek Yogurt
8. Cottage Cheese
9. Tofu
10. Tempeh
11. Lentils
12. Black Beans
13. Quinoa
14. Edamame
15. Hemp Seeds
16. Pumpkin Seeds
17. Almonds
18. Lean Beef
19. Bison
20. Seitan

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.



Weeks:

The weeks are made into 6-week cycles. The 6th week being a deload week.

That means half the intensity of a normal week for recovery.

So 1 cycle is 6 weeks, with the 6th week being “active recovery” by using half the weight on all the exercises.

At week 7, try using the weights of week 2 or 3.

Starting weight:

If you are completely new, or you have never done a certain exercise before, and you don't know what weight to pick, then here's the technique for finding it.

So let's say the first set of an exercise is 15 reps.

Then you want to use a weight you can 18 times in your first week.

Don't worry if it's too light.

It better to go too light than too heavy in the beginning.

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



How to progress:

What weight should you use?

I'll break it down for you:

Try picking a weight you can do 2 more times than what the reps are.

Meaning: if the reps are 15, then you pick a weight you can do 17 times.

You don't do it 17 times, you do it 15.

But you pick a weight you can do a few more times.

Example:

Squat:

Set 1: 15 reps -> pick a weight you can 17 times

Set 2: 13 reps -> pick a weight you can 15 times

Set 3: 11 reps -> pick a weight you can 13 times

Set 4: 9 reps -> pick a weight you can 11 times

You do this for every exercise, except the ones with the same reps for every set.

You'll grow stronger, especially in the first weeks.

Try increasing the weight every set, and every week.

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



Weight increase example:

WEEK 1

Squat:

Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **20kg**

Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **30kg**

Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **40kg**

Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **50kg**

WEEK 2

Squat:

Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **25kg**

Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **35kg**

Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **45kg**

Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **55kg**

WEEK 3

Squat:

Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **30kg**

Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **40kg**

Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **50kg**

Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **60kg**

We do this up until week 6. Week 6 is a deload week. Meaning: you only do 3 sets of 15 reps with a very light weight. Then the cycle starts again.

DO NOT DO THIS if you feel like you can't do it. DO NOT hurt yourself just to go heavier!

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



How to start this training plan

Take it very easy!

Go for 2-3 sets max. per exercise if you're a beginner. Do NOT OVERDO IT.

Even if you're advanced, ease into the program.

Always start of too light.

Heavy weights look cool, but hurting yourself is anything but cool.

Be careful, and do not rush it!

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



Exercises:

Every exercise has a complete tutorial linked to it.

You just have to click on the exercise, and it will take you to the exercise tutorial.

If anything, and I mean ANYTHING, is not clear about an exercise, then please do not hesitate to send me a message.

I want you to feel completely comfortable with every exercise.

And I will help you until everything is clear for you.

I don't bite, so just send me a DM!

Keeping track:

You can write in this PDF next to the reps and sets, or you can print the printable part of this PDF, so you can write it down.

For printing, its page: **20-34**

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



Warm-ups:

Warm-ups are necessary, but don't waste your time on them.

A perfect warm up is this: 3 sets of 15 reps of the first exercise with no weight.

This is enough because the best way to warm up for example a squat is by doing a squat.

Don't waste your valuable energy on a 5 part warm-up.

Rest:

Take as much rest as you need.

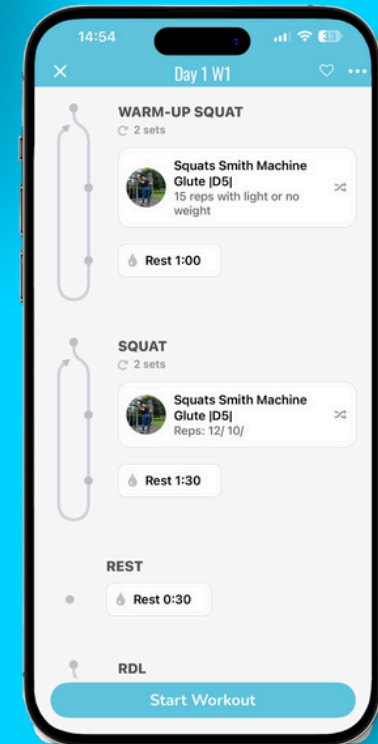
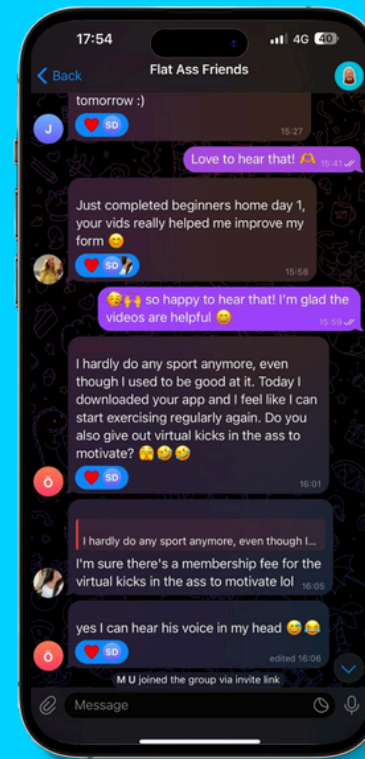
This means until your muscles are re energized, and your heart rate has lowered. Not waiting 30 seconds or 15 minutes.

Also, DON'T time your rest! Rest changes depending on the set, so wait until calmed down and feel okay again, and then go.

This can 2 or 3 minutes, but it can also be 45 seconds. Women re-energize very quickly.

Want more of this?

DM me the word “app” on Instagram and let’s make those glutes explode!



PROGRESS DIARY



Date	Weight	Waist inch/cm	Hip inch/cm	Quad inch/cm	Chest inch/cm

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



CLICK FOR VIDEO

DAY 1

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>ROMANIAN DEADLIFT</u>	15/ 13/ 11		15/ 13/ 11/ 9		15/ 13/ 11/ 9		15/ 13/ 11/ 9	
2) <u>BULGARIAN SPLIT SQUATS</u> (EACH SIDE)	14/ 12/ 10		14/ 12/ 10		14/ 12/ 10/ 8		14/ 12/ 10/ 8	
3) <u>REVERSE LUNGES</u> (EACH SIDE)	12/ 10/ 8		12/ 10/ 8		12/ 10/ 8/ 7		12/ 10/ 8/ 7	
4) <u>ABDUCTION</u>	25/ 22/ 20		25/ 22/ 20		25/ 22/ 20/ 18		25/ 22/ 20/ 18	
5) <u>CALF RAISES</u>	20/ 17/ 15		20/ 17/ 15		20/ 17/ 15/ 13		20/ 17/ 15/ 13	

PREFERABLY A STANDING CALF
RAISE MACHINE.

- If you're a **BEGINNER** then feel free to do **LESS SETS** in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning



DAY 2

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>ROW MACHINE</u>	13/ 11 /9		13/ 11 /9		13/ 11 /9 /8		13/ 11 /9 /8	
2) <u>LAT PULL DOWN</u>	25/ 20/ 18		25/ 20/ 18		25/ 20/ 18/ 15		25/ 20/ 18/ 15	
3) <u>LAT PUSH DOWN</u>	18/ 15 /13		18/ 15 /13		18/ 15 /13 /11		18/ 15 /13 /11	
4) <u>FACE PULLS</u>	25/ 20/ 18		25/ 20/ 18		25/ 20/ 18/ 15		25/ 20/ 18/ 15	
5) <u>INCLINE CURLS</u>	20/ 18/ 15		20/ 18/ 15		20/ 18/ 15/ 13		20/ 18/ 15/ 13	
6) <u>HAMMER CURLS</u>	18/ 15/ 12		18/ 15/ 12		18/ 15/ 12/ 11		18/ 15/ 12/ 11	
7) <u>CRUNCHES</u>	3 X 25		3 X 25		3 X 25		3 X 25	

- If you're a **BEGINNER** then feel free to do **LESS SETS** in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning



DAY 3

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>DEFICIT SUMO DEADLIFT</u>	13/ 11/ 9		13/ 11/ 9		13/ 11/ 9/ 7		13/ 11/ 9/ 7	
2) <u>B-STANCE RDLs</u>	14/ 12/ 10		14/ 12/ 10/ 8		14/ 12/ 10/ 8		14/ 12/ 10/ 8	
3) <u>STATIC LUNGES</u>	15/ 13 /11		15/ 13 /11		15/ 13 /11 /10		15/ 13 /11 /10	
4) <u>LEG EXTENSIONS</u>	18/ 15/ 13		18/ 15/ 13		18/ 15/ 13/ 10		18/ 15/ 13/ 10	
5) <u>ADDUCTION MACHINE</u>	25/ 22/ 20/ 18		25/ 22/ 20/ 18		25/ 22/ 20/ 18		25/ 22/ 20/ 18	

- If you're a **BEGINNER** then feel free to do **LESS SETS** in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning



DAY 4

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>CHEST PRESS</u>	15/ 13/ 11/ 9		15/ 13/ 11/ 9		15/ 13/ 11/ 9		15/ 13/ 11/ 9	
2) <u>INCLINE FLYS</u>	18/ 15/ 13		18/ 15/ 13/ 11		18/ 15/ 13/ 11		18/ 15/ 13/ 11	
3) <u>BENCH DIPS</u>	15/ 12/ 10		15/ 12/ 10		15/ 12/ 10/ 8		15/ 12/ 10/ 8	
4) <u>OVERHEAD TRICEP EXTENSIONS</u>	20/ 18/ 15		20/ 18/ 15/ 13		20/ 18/ 15/ 13		20/ 18/ 15/ 13	
5) <u>SKULLCRUSHERS</u>	15/ 14/ 12		15/ 14/ 12		15/ 14/ 12/ 11		15/ 14/ 12/ 11	
6) <u>SIDE RAISES</u>	15/ 12/ 10		15/ 12/ 10		15/ 12/ 10/ 8		15/ 12/ 10/ 8	
7) <u>CRUNCHES</u>	3 X 25		3 X 25		3 X 25		3 X 25	

- If you're a **BEGINNER** then feel free to do **LESS SETS** in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning



DAY 5

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>GOOD MORNINGS</u>	15/ 12/ 11		15/ 12/ 11		15/ 12/ 11/ 8		15/ 12/ 11/ 8	
2) <u>SUMO SQUATS</u>	13/ 11/ 9		13/ 11/ 9/ 8		13/ 11/ 9/ 8		13/ 11/ 9/ 8	
3) <u>HIP THRUSTS</u>	23/ 20/ 18		23/ 20/ 18		23/ 20/ 18/ 15		23/ 20/ 18/ 15	
4) <u>GLUTE EXTENSIONS</u>	20/ 18/ 15		20/ 18/ 15		20/ 18/ 15		20/ 18/ 15	
5) <u>LEG CURLS</u>	15/ 12/ 10		15/ 12/ 10/ 8		15/ 12/ 10/ 8		15/ 12/ 10/ 8	

- If you're a **BEGINNER** then feel free to do **LESS SETS** in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning



CLICK FOR VIDEO

DAY 1

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>ROMANIAN DEADLIFT</u>	15/ 13/ 11/ 9		3 X 15		15/ 13/ 11/ 9		15/ 13/ 11/ 9	
2) <u>BULGARIAN SPLIT SQUATS</u> (EACH SIDE)	14/ 12/ 10/ 8		3 X 15		14/ 12/ 10		14/ 12/ 10	
3) <u>REVERSE LUNGES</u> (EACH SIDE)	12/ 10/ 8/ 7		3 X 15		12/ 10/ 8/ 7		12/ 10/ 8/ 7	
4) <u>ABDUCTION</u>	25/ 22/ 20/ 18		3 X 15		25/ 22/ 20		25/ 22/ 20	
5) <u>CALF RAISES</u>	20/ 17/ 15/ 13		3 X 15		20/ 17/ 15/ 13		20/ 17/ 15/ 13	

**PREFERABLY A STANDING CALF
RAISE MACHINE.**

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



DAY 2

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>ROW MACHINE</u>	13/ 11 /9 /8		3 X 15		13/ 11 /9 /8		13/ 11 /9 /8	
2) <u>LAT PULL DOWN</u>	25/ 20/ 18/ 15		3 X 15		25/ 20/ 18		25/ 20/ 18	
3) <u>LAT PUSH DOWN</u>	18/ 15 /13 /11		3 X 15		18/ 15 /13 /11		18/ 15 /13 /11	
4) <u>FACE PULLS</u>	25/ 20/ 18/ 15		3 X 15		25/ 20/ 18		25/ 20/ 18/	
5) <u>INCLINE CURLS</u>	20/ 18/ 15/ 13		3 X 15		20/ 18/ 15/ 13		20/ 18/ 15/ 13	
6) <u>HAMMER CURLS</u>	18/ 15/ 12/ 11		3 X 15		18/ 15/ 12		18/ 15/ 12/	
7) <u>CRUNCHES</u>	3 X 25		3 X 15		3 X 25		3 X 25	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



DAY 3

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>DEFICIT SUMO DEADLIFT</u>	13/ 11/ 9/ 7		3 X 15		13/ 11/ 9		13/ 11/ 9	
2) <u>B-STANCE RDLs</u>	14/ 12/ 10/ 8		3 X 15		14/ 12/ 10/ 8		14/ 12/ 10/ 8	
3) <u>STATIC LUNGES</u>	15/ 13 /11 /10		3 X 15		15/ 13 /11		15/ 13 /11	
4) <u>LEG EXTENSIONS</u>	18/ 15/ 13/ 10		3 X 15		18/ 15/ 13/		18/ 15/ 13/	
5) <u>ADDUCTION MACHINE</u>	25/ 22/ 20/ 18		3 X 15		25/ 22/ 20/ 18		25/ 22/ 20/ 18	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



DAY 4

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>CHEST PRESS</u>	15/ 13/ 11/ 9		3 X 15		15/ 13/ 11/ 9		15/ 13/ 11/ 9	
2) <u>INCLINE FLYS</u>	18/ 15/ 13/ 11		3 X 15		18/ 15/ 13/ 11		18/ 15/ 13/ 11	
3) <u>BECNH DIPS</u>	15/ 12/ 10/ 8		3 X 15		15/ 12/ 10		15/ 12/ 10	
4) <u>OVERHEAD TRICEP EXTENSIONS</u>	20/ 18/ 15/ 13		3 X 15		20/ 18/ 15/ 13		20/ 18/ 15/ 13	
5) <u>SKULLCRUSHERS</u>	15/ 14/ 12/ 11		3 X 15		15/ 14/ 12		15/ 14/ 12/	
6) <u>SIDE RAISES</u>	15/ 12/ 10/ 8		3 X 15		15/ 12/ 10/		15/ 12/ 10/	
7) <u>CRUNCHES</u>	3 X 25		3 X 15		3 X 25		3 X 25	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



DAY 5

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>GOOD MORNINGS</u>	15/ 12/ 11/ 8		3 X 15		15/ 12/ 11		15/ 12/ 11	
2) <u>SUMO SQUATS</u>	13/ 11/ 9/ 8		3 X 15		13/ 11/ 9/ 8		13/ 11/ 9/ 8	
3) <u>HIP THRUSTS</u>	23/ 20/ 18/ 15		3 X 15		23/ 20/ 18		23/ 20/ 18	
4) <u>GLUTE EXTENSIONS</u>	20/ 18/ 15		3 X 15		20/ 18/ 15		20/ 18/ 15	
5) <u>LEG CURLS</u>	15/ 12/ 10/ 8		3 X 15		15/ 12/ 10/ 8		15/ 12/ 10/ 8	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



CLICK FOR VIDEO

DAY 1

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>ROMANIAN DEADLIFT</u>	15/ 13/ 11/ 9		15/ 13/ 11/ 9		15/ 13/ 11/ 9		3 X 15	
2) <u>BULGARIAN SPLIT SQUATS</u> (EACH SIDE)	14/ 12/ 10/ 8		14/ 12/ 10/ 8		14/ 12/ 10/ 8		3 X 15	
3) <u>REVERSE LUNGES</u> (EACH SIDE)	12/ 10/ 8/ 7		12/ 10/ 8/ 7		12/ 10/ 8/ 7		3 X 15	
4) <u>ABDUCTION</u>	25/ 22/ 20/ 18		25/ 22/ 20/ 18		25/ 22/ 20/ 18		3 X 15	
5) <u>CALF RAISES</u>	20/ 17/ 15/ 13		20/ 17/ 15/ 13		20/ 17/ 15/ 13		3 X 15	

**PREFERABLY A STANDING CALF
RAISE MACHINE.**

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



DAY 2

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>ROW MACHINE</u>	13/ 11 /9 /8		13/ 11 /9 /8		13/ 11 /9 /8		3 X 15	
2) <u>LAT PULL DOWN</u>	25/ 20/ 18/ 15		25/ 20/ 18/ 15		25/ 20/ 18/ 15		3 X 15	
3) <u>LAT PUSH DOWN</u>	18/ 15 /13 /11		18/ 15 /13 /11		18/ 15 /13 /11		3 X 15	
4) <u>FACE PULLS</u>	25/ 20/ 18/ 15		25/ 20/ 18/ 15		25/ 20/ 18/ 15		3 X 15	
5) <u>INCLINE CURLS</u>	20/ 18/ 15/ 13		20/ 18/ 15/ 13		20/ 18/ 15/ 13		3 X 15	
6) <u>HAMMER CURLS</u>	18/ 15/ 12/ 11		18/ 15/ 12/ 11		18/ 15/ 12/ 11		3 X 15	
7) <u>CRUNCHES</u>	3 X 25		3 X 25		3 X 25		3 X 15	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



DAY 3

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>DEFICIT SUMO DEADLIFT</u>	13/ 11/ 9/ 7		13/ 11/ 9/ 7		13/ 11/ 9/ 7		3 X 15	
2) <u>B-STANCE RDLs</u>	14/ 12/ 10/ 8		14/ 12/ 10/ 8		14/ 12/ 10/ 8		3 X 15	
3) <u>STATIC LUNGES</u>	15/ 13 /11 /10		15/ 13 /11 /10		15/ 13 /11 /10		3 X 15	
4) <u>LEG EXTENSIONS</u>	18/ 15/ 13/ 10		18/ 15/ 13/ 10		15/ 13/ 10/ 8		3 X 15	
5) <u>ADDUCTION MACHINE</u>	25/ 22/ 20/ 18		25/ 22/ 20/ 18		25/ 22/ 20/ 18		3 X 15	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



DAY 4

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>CHEST PRESS</u>	15/ 13/ 11/ 9		15/ 13/ 11/ 9		15/ 13/ 11/ 9		3 X 15	
2) <u>INCLINE FLYS</u>	18/ 15/ 13/ 11		18/ 15/ 13/ 11		18/ 15/ 13/ 11		3 X 15	
3) <u>BENCH DIPS</u>	15/ 12/ 10/ 8		15/ 12/ 10/ 8		15/ 12/ 10/ 8		3 X 15	
4) <u>OVERHEAD TRICEP EXTENSIONS</u>	20/ 18/ 15/ 13		20/ 18/ 15/ 13		20/ 18/ 15/ 13		3 X 15	
5) <u>SKULLCRUSHERS</u>	15/ 14/ 12/ 11		15/ 14/ 12/ 11		15/ 14/ 12/ 11		3 X 15	
6) <u>SIDE RAISES</u>	15/ 12/ 10/ 8		15/ 12/ 10/ 8		15/ 12/ 10/ 8		3 X 15	
7) <u>CRUNCHES</u>	3 X 25		3 X 25		3 X 25		3 X 25	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



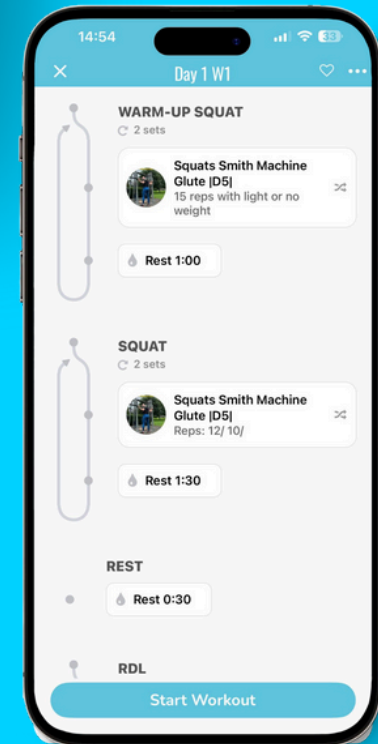
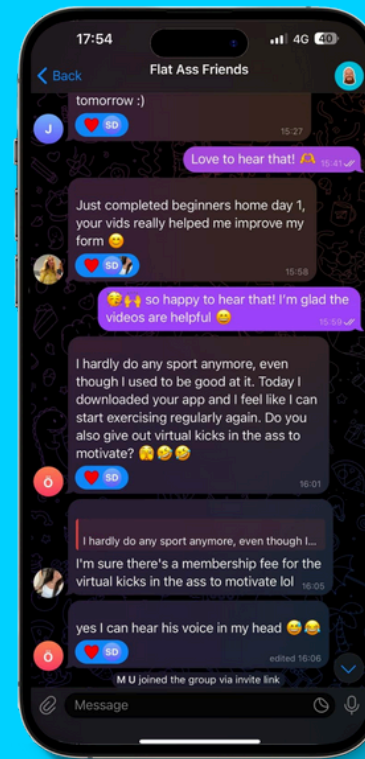
DAY 5

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>GOOD MORNINGS</u>	15/ 12/ 11/ 8		15/ 12/ 11/ 8		15/ 12/ 11/ 8		3 X 15	
2) <u>SUMO SQUATS</u>	13/ 11/ 9/ 8		13/ 11/ 9/ 8		13/ 11/ 9/ 8		3 X 15	
3) <u>HIP THRUSTS</u>	23/ 20/ 18/ 15		23/ 20/ 18/ 15		23/ 20/ 18/ 15		3 X 15	
4) <u>GLUTE EXTENSIONS</u>	20/ 18/ 15		20/ 18/ 15		20/ 18/ 15		3 X 15	
5) <u>LEG CURLS</u>	15/ 12/ 10/ 8		15/ 12/ 10/ 8		15/ 12/ 10/ 8		3 X 15	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.

Want more of this?

DM me the word “app” on Instagram and let’s make those glutes explode!



ACCEPTANCE OF TERMS AND ACKNOWLEDGMENT OF RISKS

BY DOWNLOADING OR STARTING ANY FREE PROGRAM FROM THIS WEBSITE, YOU CONFIRM THAT YOU HAVE READ, UNDERSTOOD, AND AGREE TO THE TERMS OUTLINED IN THIS DISCLAIMER. YOUR DOWNLOAD AND PARTICIPATION SIGNIFY ACCEPTANCE OF ALL RISKS ASSOCIATED WITH PHYSICAL ACTIVITY AND DIETARY CHANGES AND YOUR AGREEMENT TO SEEK PROFESSIONAL GUIDANCE AS RECOMMENDED.

EDUCATIONAL AND ENTERTAINMENT PURPOSES ONLY

THESE FREE DOWNLOADABLE PROGRAMS ARE PROVIDED SOLELY FOR EDUCATIONAL AND ENTERTAINMENT PURPOSES. THEY ARE NOT SUBSTITUTES FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, TREATMENT, OR INDIVIDUALIZED GUIDANCE IN HEALTH, FITNESS, OR NUTRITION. THE CONTENT OF THESE PROGRAMS DOES NOT CONSTITUTE MEDICAL ADVICE AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROVIDER.

1. NO MEDICAL ADVICE OR SERVICES: SIMON DINGEMANS IS NOT A LICENSED PHYSICIAN OR REGISTERED DIETITIAN. THE INFORMATION PROVIDED IN THESE DOWNLOADABLE PROGRAMS DOES NOT DIAGNOSE, TREAT, PREVENT, OR CURE ANY MEDICAL CONDITION AND SHOULD NOT REPLACE PERSONALIZED MEDICAL ADVICE. ALWAYS CONSULT YOUR PHYSICIAN OR QUALIFIED HEALTHCARE PROVIDER ON ANY MATTERS REGARDING YOUR HEALTH BEFORE STARTING THESE PROGRAMS.

2. PROPRIETARY RIGHTS: ALL DOCUMENTS, PROGRAMS, AND CONTENT PROVIDED BY DR.GLUTES BV ARE PROPRIETARY AND INTENDED SOLELY FOR PERSONAL USE. NO MATERIAL MAY BE COPIED, SOLD, OR REDISTRIBUTED WITHOUT PRIOR WRITTEN CONSENT FROM DR.GLUTES BV.

3. CONSULT WITH A HEALTHCARE PROFESSIONAL: BEFORE BEGINNING ANY FITNESS, EXERCISE, OR DIETARY PROGRAM, CONSULT WITH A LICENSED HEALTHCARE PROVIDER, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION, INJURY, DIETARY RESTRICTION, OR ARE PREGNANT. THESE DOWNLOADABLE PROGRAMS DO NOT REPLACE INDIVIDUALIZED MEDICAL ADVICE, AND ONLY A HEALTHCARE PROFESSIONAL CAN EVALUATE YOUR SPECIFIC HEALTH NEEDS.

4. INDIVIDUAL RESULTS AND TESTIMONIALS: RESULTS VARY SIGNIFICANTLY AMONG INDIVIDUALS DUE TO DIFFERENCES IN GENETICS, LIFESTYLE, FITNESS HISTORY, AND DEDICATION. TESTIMONIALS AND TRANSFORMATIONS SHARED ON SOCIAL MEDIA, ON THIS WEBSITE OR IN PROGRAM MATERIALS ARE REAL BUT DO NOT REPRESENT TYPICAL RESULTS. YOUR RESULTS MAY DIFFER BASED ON YOUR PERSONAL COMMITMENT AND CIRCUMSTANCES.

5. ASSUMPTION OF RISKS IN EXERCISE AND DIETARY PROGRAMS: ENGAGING IN PHYSICAL ACTIVITIES OR DIETARY CHANGES INVOLVES INHERENT RISKS, INCLUDING INJURY, ADVERSE HEALTH EFFECTS, AND OTHER COMPLICATIONS. YOU ASSUME FULL RESPONSIBILITY FOR YOUR HEALTH AND SAFETY AND VOLUNTARILY ACCEPT ALL RISKS. IF YOU EXPERIENCE DISCOMFORT, STOP IMMEDIATELY AND CONSULT A HEALTHCARE PROVIDER.

6. SAFETY AND RESPONSIBILITY: TO ENSURE SAFETY, PRIORITIZE PROPER FORM, TECHNIQUE, AND MODERATION. IF YOU EXPERIENCE PAIN, DISCOMFORT, OR UNUSUAL SYMPTOMS AT ANY TIME, STOP AND SEEK MEDICAL ADVICE. PARTICIPATION IN THESE PROGRAMS IS VOLUNTARY, AND YOU BEAR FULL RESPONSIBILITY FOR ANY INJURIES OR HEALTH ISSUES THAT MAY ARISE FROM FOLLOWING THE PROGRAM'S RECOMMENDATIONS.

7. LISTEN TO YOUR BODY: EXERCISE CAUTION AND BE MINDFUL OF YOUR BODY'S SIGNALS. SYMPTOMS SUCH AS DIZZINESS, NAUSEA, OR DISCOMFORT INDICATE A NEED TO STOP AND REST. SUDDEN DIETARY CHANGES OR OVERTRAINING CAN LEAD TO SERIOUS HEALTH ISSUES, INCLUDING INJURY AND ILLNESS. PERSISTENT SYMPTOMS SHOULD BE ADDRESSED BY A HEALTHCARE PROVIDER.

8. GRADUAL PROGRESSION AND SUSTAINABLE PRACTICES: START AT A LEVEL SUITABLE FOR YOUR CURRENT FITNESS AND GRADUALLY INCREASE ACTIVITY OR DIETARY CHANGES OVER TIME. RAPID ESCALATION OR EXTREME DIETING CAN RESULT IN ADVERSE HEALTH OUTCOMES. GRADUAL PROGRESSION HELPS REDUCE RISKS ASSOCIATED WITH SUDDEN CHANGES IN EXERCISE AND DIET.

9. NUTRITION AND DIETARY RECOMMENDATIONS: WE RECOMMEND CONSULTING A REGISTERED DIETITIAN OR NUTRITIONIST BEFORE IMPLEMENTING ANY DIETARY CHANGES SUGGESTED IN THESE PROGRAMS. NUTRITIONAL NEEDS ARE HIGHLY INDIVIDUAL, ESPECIALLY FOR SPECIFIC GOALS LIKE WEIGHT LOSS OR MUSCLE GAIN. AVOID RESTRICTIVE DIETS OR EXTREME MEASURES, WHICH MAY NOT BE HEALTHY OR SUSTAINABLE.

10. AGE AND FITNESS LEVEL CONSIDERATIONS: THESE PROGRAMS MAY NOT BE APPROPRIATE FOR ALL AGES OR FITNESS LEVELS. CONSIDER YOUR AGE, HEALTH STATUS, AND PHYSICAL ABILITIES. INDIVIDUALS WITH SPECIFIC AGE-RELATED OR HEALTH LIMITATIONS SHOULD CONSULT A HEALTHCARE PROVIDER TO DETERMINE SUITABILITY AND MAKE MODIFICATIONS AS NEEDED.

11. PROFESSIONAL GUIDANCE FOR NEW PARTICIPANTS: IF YOU ARE NEW TO FITNESS OR NUTRITION PLANNING, SEEK GUIDANCE FROM A CERTIFIED TRAINER OR DIETITIAN. THESE DOWNLOADABLE PROGRAMS ARE INTENDED AS INTRODUCTORY GUIDES AND DO NOT REPLACE PERSONALIZED PLANS CREATED BY PROFESSIONALS.

12. SPECIAL HEALTH CONSIDERATIONS: INDIVIDUALS WITH CONDITIONS SUCH AS HEART DISEASE, DIABETES, ORTHOPEDIC ISSUES, OR DIETARY RESTRICTIONS SHOULD CONSULT THEIR HEALTHCARE PROVIDER BEFORE BEGINNING THESE PROGRAMS. ADDITIONAL RISKS MAY EXIST FOR CERTAIN MEDICAL CONDITIONS, MAKING PROFESSIONAL ADVICE ESSENTIAL.

13. AT-HOME PROGRAM LIMITATIONS: THE HOME PROGRAMS ARE SPECIFICALLY DESIGNED FOR INDIVIDUALS USING MINIMAL EQUIPMENT AT HOME. CONVERSELY, THE GYM PROGRAMS ARE TAILORED FOR THOSE WITH ACCESS TO GYM FACILITIES AND MORE ADVANCED EQUIPMENT. USING THE HOME PROGRAMS IN A GYM SETTING, WHERE HEAVIER EQUIPMENT IS AVAILABLE, MAY LEAD TO OVERTRAINING DUE TO THE DIFFERING INTENSITY LEVELS. THEREFORE, WE RECOMMEND USING THE APPROPRIATE PROGRAM BASED ON YOUR LOCATION AND EQUIPMENT AVAILABILITY TO ENSURE SAFE AND EFFECTIVE WORKOUTS.

14. ASSUMPTION OF RISK AND LIABILITY: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU VOLUNTARILY ACCEPT ALL RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES. DR.GLUTES BV AND ITS AFFILIATES DISCLAIM LIABILITY FOR ANY INJURIES, HEALTH PROBLEMS, OR ADVERSE OUTCOMES. ANY RELIANCE ON INFORMATION PROVIDED THROUGH THESE PROGRAMS IS AT YOUR OWN RISK.

15. ADULTS ONLY: THESE PROGRAMS ARE INTENDED FOR INDIVIDUALS AGED 18 AND OLDER. PARTICIPATION BY MINORS SHOULD OCCUR ONLY WITH DIRECT SUPERVISION AND APPROPRIATE PROFESSIONAL GUIDANCE.

16. PROGRESS PICTURE SUBMISSIONS: ONLY INDIVIDUALS AGED 18 OR OLDER MAY SUBMIT PROGRESS PICTURES OR OTHER MEDIA DOCUMENTING THEIR FITNESS JOURNEY. BY SUBMITTING CONTENT, YOU CONFIRM THAT YOU ARE AT LEAST 18 YEARS OLD. SUBMISSIONS FROM THOSE UNDER 18 WILL NOT BE ACCEPTED AND WILL BE DELETED.

17. NO WARRANTIES OR GUARANTEES: THESE PROGRAMS ARE PROVIDED "AS IS" WITH NO GUARANTEES REGARDING RESULTS, SAFETY, OR SUITABILITY FOR ANY PARTICULAR PURPOSE. DR.GLUTES BV DISCLAIMS LIABILITY FOR INCIDENTAL, INDIRECT, OR CONSEQUENTIAL DAMAGES THAT MAY ARISE FROM THE USE OF THESE PROGRAMS.

18. AGREEMENT TO TERMS: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU CONFIRM YOUR ACCEPTANCE OF ALL TERMS WITHIN THIS DISCLAIMER. YOU ACKNOWLEDGE THE RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES AND AGREE TO SEEK PROFESSIONAL ADVICE AS NEEDED.

FINAL REMINDER: BEGINNING ANY FITNESS OR NUTRITION PROGRAM IS A PERSONAL CHOICE THAT REQUIRES CAREFUL CONSIDERATION OF YOUR HEALTH, GOALS, AND OVERALL WELL-BEING. WE ENCOURAGE SEEKING PROFESSIONAL GUIDANCE TO ENSURE YOUR JOURNEY IS SAFE, EFFECTIVE, AND TAILORED TO YOUR INDIVIDUAL NEEDS.