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# 12-Week Peach Era Program



**V1.1**

By Dr.Glutes 2025

# **Starting your program in 3 steps**

**1**

**Read the intro on the next  
page**

**2**

**Complete Zeta's nutrition  
questionnaire**

**3**

**Take your first progress  
pictures as stated in the email.**

# Intro

Welcome to the 12-Week Peach Era Program.

This is your step-by-step system to build strong, round glutes through focused, efficient training — with workouts that take around 60 minutes, or slightly more, to complete.

Before you dive in, here's what you need to know to get the most out of it:

## Warm-ups:

Warm-ups are essential, but they shouldn't drain your time or energy. The ideal warm-up? Three sets of 15 reps of your first exercise using no weight.

This is effective because the best way to prepare for a movement—like a squat—is simply by doing that movement. Skip the overly complicated, multi-step routines and save your strength for your actual workout.

## Rest:

Rest as long as you need. This means waiting until your muscles feel strong again and your heart isn't racing—not just picking a random time like 30 seconds.

Resting depends on how hard the set was, so wait until you feel ready, then go again. Sometimes this takes 2–3 minutes, other times just 45 seconds. Listen to your body, and rest until you feel good to go!

## Starting weight:

If you're new to lifting or trying a new exercise and don't know what weight to use, here's a simple way to find it: If your first set calls for 15 reps, choose a weight you can lift 18 times.

Don't stress if it feels too light—it's always better to start too light than too heavy. You can increase the weight as you get stronger and more comfortable with the movement.

## Phases

The program is broken into 6 structured phases, each lasting 2 weeks and building on the last. You'll see changes in reps, finishers, and set structure to keep your glutes adapting and growing.

## How to start this training plan

- If you're a beginner, stick to 2–3 sets max per exercise—don't overdo it.
- Even if you're experienced, ease into the workout. New things can make you feel sore.
- Always start lighter than you think you need to.

## Deload/Recovery Week (Week 6 and 12)

Here's where we train at half power or even less. We do 3 sets of 15 reps with light weight. Light weight means: no more than half of what your max weight on that exercise is.

## Single Leg Exercises

When it comes to single leg exercises, make sure to rest 30–60 seconds between legs. Look at them as 1 set. They don't count as 1 set (a set per leg = 1 set), but don't immediately switch legs after 1 is done, rest a little, then go again.

Single leg exercises can take longer than 2-legged exercise.

## Cardio

Feel free to cardio before or after your training. I would do it after, so that I'm as fresh as possible for my training.

## Steps

Getting in 10,000 steps a day is never a bad idea — especially during recovery weeks. Keep your body moving, boost circulation, and support recovery with light, consistent activity.

Even a few short walks throughout the day can make a big difference. So throw on a podcast, get outside, and just move.

## Videos Demos

Click the exercise name to watch a short video demo — no guesswork needed.

## Important

If there is not a video linked to the name, that means I don't have that machine yet. If that's the case, then just follow the instructions of the machine that is in your gym. Examples: Peck Deck/Fly Machine, Chest Press.

## **Injury & modification guidance**

If an exercise hurts your joints or feels off — stop. Switch to the substitute exercise or DM me in Telegram for a quick fix.

Always train within your comfort zone. If you experience joint pain, stop immediately. Modify or skip the exercise and consult a medical professional if needed. You're training at your own pace and responsibility.

If you can't squat deep due to injury, only go to 90°. Skip deficits or steps. Focus on control and range that feels safe.

## **What to do if you miss a workout**

Just continue where you left off — don't restart the week. Consistency beats perfection.

# Your Roadmap To Round Juicy Glutes

## Chapter 1 “Foundation”

Week 1-2

Your transformation begins here. In this phase, you'll get familiar with the exercises, the structure, and how to train with intention. You're building the foundation, learning how to feel your glutes, move with control, and lock in your form.

## Chapter 2 “Build”

Week 3-4

Now that you've got the basics, it's time to push a little more. We add in an additional exercise, new finisher, new core routines, more reps and sets, and the all-new “Glute Games” to build those glutes while having fun, and leaving the gym pumped and glowing.

## Chapter 3 “Grow”

Week 5-6

Your first challenge block. This is where we push close to your limit, training just 1 rep from failure. It's intense, but strategic. After this, we deload so your body can recover and get ready for a brand-new cycle of exercises.

## Chapter 4 “Become”

Week 7-8

New exercises, finishers, rep ranges, core routines, glute games and follow-along challenges. This isn't a restart, it's your next level. The structure stays familiar, but we challenge your body in new ways to spark more growth.

## Chapter 5 “Thrive”

Week 9-10

This phase turns up the volume, not with intensity tricks, but with precision. You'll hit more sets on key lifts, introduce new glute finishers, an additional exercise, new core routines, and we keep training 2-3 reps from failure.

## Chapter 6 “Glow”

Week 11-12

New finishers and core, more reps and sets. Max effort. One rep from failure. This isn't the end, it's the peak. Week 11 pushes your limits. Week 12 pulls back to recover and lock in results. You're not just wrapping up, you're setting the stage for what's next, **Chapter 7**.

# Chapter 1: Foundation

This is where your journey starts, your transformation from flat-ass friend to round-cheeked buddy.

Phase 1 is all about getting to know the exercises, understanding how this program works, and getting comfortable with the rhythm of training.

This isn't about going light, it's about moving with purpose, feeling your glutes work, and setting a solid base to build from.

You'll be learning key movement patterns that will repeat and evolve throughout the program. So dial in your form, focus on control, and get familiar with how we do things around here.



**Upload progress pictures**

## First progress pic

Here's how to take them: use your favorite gym outfit, search for good lighting, and take the sideways shot. Just standing sideways in front of a light wall or closed door. That's the most honest one. You can do as many poses as you'd like, but I would always include that one. For the next pictures, use the same outfit, spot and poses.

You don't have to share them, these are just reminders of how strong and determined you are to change your body and booty. But if you do want to send them to me, you can do that right here.



# PRINT THIS PAGE

## Week 1 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
<b>Day 1</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 2</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 3</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 4</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 5</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	

# Glute Day 1

**Week 1  
Day 1**

Click the name for the video

Warm-Up	Hip thrust	Hip thrust	Squats
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.



Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<a href="#">Smith Machine Squats</a>	<a href="#">Low Bar Back Squat</a>	<a href="#">Leg Press</a>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				X
<a href="#">Reverse Lunges</a>	<a href="#">Static Lunges</a>	<a href="#">Single Leg Leg Press</a>	Set 1: 11 reps Set 2: 9 reps <b>Each Side</b>			X	X
<a href="#">RDL</a>	<a href="#">B-Stance RDL</a>	<a href="#">Hyper-extensions</a>	Set 1: 10 reps Set 2: 8 reps			X	X
<a href="#">Bull-DL Finisher Left</a>	<a href="#">Bull-DL Finisher Right</a>		1 set on both side.		X	X	X

## Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 1**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Leg Raises</u>
<u>Side-to-sides</u>
<u>Mountainclimber</u> <u>Slow</u>
<u>Glute Bridge</u> <u>March</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 1**  
**Day 2**

**Pull Day**

		Warm-Up	Row Machine	Row Machine				
		All done with light weight	15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Row Machine</u>	<u>Bent Over Row</u>	<u>Seated Cable Row</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>Lat Pulldown</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X	
<u>Lat Push Down</u>	<u>Close Grip Cable Row</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>Push step shoulder finisher</u>			1 set	X	X	X	X	
<u>Hammer Curls</u>	<u>Alternating Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>EZ bar Curls</u>	<u>Cable Curls</u>	<u>Incline Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X	

**Dr.Glutes Cues**

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- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 1**  
**Day 3**

# Glute Day 2

Warm-Up	Hip thrust	Hip thrust	B-Stance RDL
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>B-Stance RDL</u>	<u>B-Stance RDL Cable</u>	<u>Bench Assisted RDL</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Dumbbell Step-Up</u>	<u>Cable Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 11 reps Set 2: 9 reps <b>Each Side</b>			X	X
<u>Leg Press</u>	<u>Smith Machine Sumo Squat</u>	<u>Barbell Sumo Squat</u>	Set 1: 10 reps Set 2: 8 reps			X	X
<u>Elf On A Shelf</u>	<u>Cable combination left</u>	<u>Cable combination right</u>	1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps				X

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- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 1**  
**Day 4**

**Push Day**



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

		<b>Warm-Up</b>	<b>Dumbbell Press</b>	<b>Dumbbell Press</b>			
		All done with light weight	15 reps	15 reps			
<b>Main exercise</b>	<b>Substitute 1</b>	<b>Substitute 2</b>	<b>Reps And Sets</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				<del>X</del>
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 10 reps				<del>X</del>
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				<del>X</del>
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				<del>X</del>
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 1**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bulgarian Split Squat</u>	<u>Smith Machine Bulgarian</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				<del>X</del>
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			<del>X</del>	<del>X</del>
<u>10-10-10</u>			1 set		<del>X</del>	<del>X</del>	<del>X</del>
<u>Cable Glute Kickbacks</u>	<u>Abduction Machine</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps <b>Each Side</b>		<del>X</del>	<del>X</del>	<del>X</del>

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- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 1**  
**Day 5**

# Snatched Waist Core Glute Day 3

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Bicycle Kicks</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Knee-To Elbow</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>V Sit-Up</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

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## Week 2 Tracker

Workout	Workout Done		Soreness					Notes
Day 1	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 2	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 3	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 4	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 5	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	

**Week 2**  
**Day 1**

# Glute Day 1

Warm-Up	Hip thrust	Hip thrust	Squats
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	<u>Leg Press</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				X
<u>Reverse Lunges</u>	<u>Static Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps Set 2: 9 reps <b>Each Side</b>			X	X
<u>RDL</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 10 reps Set 2: 8 reps			X	X
<u>Bull-DL Finisher Left</u>	<u>Bull-DL Finisher Right</u>		1 set on both side.		X	X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 2**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Leg Raises</u>
<u>Side-to-sides</u>
<u>Mountainclimber</u> <u>Slow</u>
<u>Glute Bridge</u> <u>March</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 2**  
**Day 2**

**Pull Day**

		<b>Warm-Up</b>	<b>Row Machine</b>	<b>Row Machine</b>			
		All done with light weight	15 reps	15 reps			
<b>Main exercise</b>	<b>Substitute 1</b>	<b>Substitute 2</b>	<b>Reps And Sets</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>
<u>Row Machine</u>	<u>Bent Over Row</u>	<u>Seated Cable Row</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Lat Pulldown</u>	Assisted Pull-Up	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>Lat Push Down</u>	<u>Close Grip Cable Row</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Push step shoulder finisher</u>			1 set	X	X	X	X
<u>Hammer Curls</u>	<u>Alternating Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>EZ bar Curls</u>	<u>Cable Curls</u>	<u>Incline Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
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- **Try training 2-3 reps away from failure.**
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- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 2**  
**Day 3**

# Glute Day 2

Warm-Up	Hip thrust	Hip thrust	B-Stance RDL
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>B-Stance RDL</u>	<u>B-Stance RDL Cable</u>	<u>Bench Assisted RDL</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Dumbbell Step-Up</u>	<u>Cable Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 11 reps Set 2: 9 reps <b>Each Side</b>			X	X
<u>Leg Press</u>	<u>Smith Machine Sumo Squat</u>	<u>Barbell Sumo Squat</u>	Set 1: 10 reps Set 2: 8 reps			X	X
<u>Elf On A Shelf</u>	<u>Cable combination left</u>	<u>Cable combination right</u>	1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps				X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 2**  
**Day 4**

**Push Day**

**Warm-Up**

**Dumbbell Press**

**Dumbbell Press**

All done with light weight

15 reps

15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

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- **Try going heavier each set.**
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**Week 2**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bulgarian Split Squat</u>	<u>Smith Machine Bulgarian</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				<del>X</del>
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			<del>X</del>	<del>X</del>
<u>10-10-10</u>			1 set		<del>X</del>	<del>X</del>	<del>X</del>
<u>Cable Glute Kickbacks</u>	<u>Abduction Machine</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps <b>Each Side</b>		<del>X</del>	<del>X</del>	<del>X</del>

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- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 2**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Bicycle Kicks</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Knee-To Elbow</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>V Sit-Up</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

# Chapter 2: Build

You've already crushed 2 weeks! Who said you couldn't stick with things? Look at you, you're becoming the person you used to daydream about.

In Chapter 2, we're turning things up, just a notch. You'll see extra sets added to your glute-focused work to start building volume and pushing your muscles a little further.

We're also switching up the finishers to keep your body adapting and your workouts from feeling stale. You're still training 2-3 reps from failure, so stay focused on form, control, and consistency, this is the sweet spot where real growth starts to kick in.



**Upload progress pictures**

## **! Important !**

Snap your second pic using the same clothes and same pose. Consistency is key – you'll want that transformation to be obvious.



# PRINT THIS PAGE

## Week 3 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
<b>Day 1</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 2</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 3</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 4</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 5</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	

**Week 3**  
**Day 1**

# Glute Day 1

Warm-Up	Hip thrust	Hip thrust	Squats
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	<u>Leg Press</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				<del>X</del>
<u>Reverse Lunges</u>	<u>Static Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps <b>Each Side</b>				<del>X</del>
<u>RDL</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 10 reps Set 2: 8 reps			<del>X</del>	<del>X</del>
<u>Cheeky Step Finisher Left</u>	<u>Cheeky Step Finisher Right</u>		1 set on both side.		<del>X</del>	<del>X</del>	<del>X</del>

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 3**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Leg Raises</u>
<u>Side-to-sides</u>
<u>Mountainclimber</u> <u>Slow</u>
<u>Glute Bridge</u> <u>March</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 3**  
**Day 2**

**Pull Day**

		Warm-Up	Row Machine	Row Machine				
		All done with light weight	15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Row Machine</u>	<u>Bent Over Row</u>	<u>Seated Cable Row</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps					
<u>Lat Pulldown</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps					
<u>Lat Push Down</u>	<u>Close Grip Cable Row</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>Back Burner Finisher</u>			1 set	X	X	X	X	
<u>Hammer Curls</u>	<u>Alternating Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>EZ bar Curls</u>	<u>Cable Curls</u>	<u>Incline Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X	

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

# Week 3 Day 3

## Glute Day 2

Warm-Up	Hip thrust	Hip thrust	B-Stance RDL
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>B-Stance RDL</u>	<u>B-Stance RDL Cable</u>	<u>Bench Assisted RDL</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Dumbbell Step-Up</u>	<u>Cable Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 11 reps Set 2: 9 reps <b>Each Side</b>			X	X
<u>Leg Press</u>	<u>Smith Machine Sumo Squat</u>	<u>Barbell Sumo Squat</u>	Set 1: 10 reps Set 2: 8 reps			X	X
<u>Peach Piñata Left Side</u>	<u>Peach Piñata Right Side</u>		1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps				X

### Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 3**  
**Day 4**

**Push Day**



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

		Warm-Up	Dumbbell Press	Dumbbell Press			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				<del>X</del>
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				<del>X</del>
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 3**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bulgarian Split Squat</u>	<u>Smith Machine Bulgarian</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>30-20-10 Finisher</u>			1 set		X	X	X
<u>Cable Glute Kickbacks</u>	<u>Abduction Machine</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps <b>Each Side</b>			X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 3**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Bicycle Kicks</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Knee-To Elbow</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>V Sit-Up</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

# PRINT THIS PAGE

## Week 4 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
<b>Day 1</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 2</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 3</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 4</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 5</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	

**Week 4**  
**Day 1**

# Glute Day 1

Warm-Up	Hip thrust	Hip thrust	Squats
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	<u>Leg Press</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				<del>X</del>
<u>Reverse Lunges</u>	<u>Static Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps <b>Each Side</b>				<del>X</del>
<u>RDL</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 10 reps Set 2: 8 reps			<del>X</del>	<del>X</del>
<u>Cheeky Step Finisher Left</u>	<u>Cheeky Step Finisher Right</u>		1 set on both side.		<del>X</del>	<del>X</del>	<del>X</del>

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 4**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Leg Raises</u>
<u>Side-to-sides</u>
<u>Mountainclimber</u> <u>Slow</u>
<u>Glute Bridge</u> <u>March</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 4**  
**Day 2**

**Pull Day**

		Warm-Up	Row Machine	Row Machine				
		All done with light weight	15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Row Machine</u>	<u>Bent Over Row</u>	<u>Seated Cable Row</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps					
<u>Lat Pulldown</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps					
<u>Lat Push Down</u>	<u>Close Grip Cable Row</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>Back Burner Finisher</u>			1 set	X	X	X	X	
<u>Hammer Curls</u>	<u>Alternating Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>EZ bar Curls</u>	<u>Cable Curls</u>	<u>Incline Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X	

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 4**  
**Day 3**

# Glute Day 2

Warm-Up	Hip thrust	Hip thrust	B-Stance RDL
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>B-Stance RDL</u>	<u>B-Stance RDL Cable</u>	<u>Bench Assisted RDL</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Dumbbell Step-Up</u>	<u>Cable Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 11 reps Set 2: 9 reps <b>Each Side</b>			X	X
<u>Leg Press</u>	<u>Smith Machine Sumo Squat</u>	<u>Barbell Sumo Squat</u>	Set 1: 10 reps Set 2: 8 reps			X	X
<u>Peach Piñata Left Side</u>	<u>Peach Piñata Right Side</u>		1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps				X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 4**  
**Day 4**

**Push Day**

**Warm-Up**

**Dumbbell Press**

**Dumbbell Press**

All done with light weight

15 reps

15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Incline Fles</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 4**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bulgarian Split Squat</u>	<u>Smith Machine Bulgarian</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				<del></del>
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			<del></del>	<del></del>
<u>30-20-10 Finisher</u>			1 set		<del></del>	<del></del>	<del></del>
<u>Cable Glute Kickbacks</u>	<u>Abduction Machine</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps <b>Each Side</b>			<del></del>	<del></del>

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 4**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Bicycle Kicks</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Knee-To Elbow</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>V Sit-Up</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

# Chapter 3: Grow

One full month down, and I'm proud as hell. Most people tap out by now. But not you. You're just getting warmed up.

This is Peak Week, your first real challenge block. We're pushing closer to your limits, training 1 rep from failure, and turning up the intensity across the board. You'll feel it, but you'll also earn it.

**Remember:** Going hard doesn't mean going reckless. This is about smart intensity, form first, ego last. Add weight only if you've truly earned it with clean reps and control.

Why push now? Because after this, you'll get a recover week (lower weight, lighter volume) to recover, absorb your gains, and get primed for Cycle 2 — where we bring in new exercises and fresh glute-building variations.

## ! Important !

It's time for the third progress picture! Same clothes. Same pose. New glutes. Let's document this glow-up.

If you want to share your awesome transformation, you can do it right here.



**Upload progress pictures**



# PRINT THIS PAGE

## Week 5 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
Day 1	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 2	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 3	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 4	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 5	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	

# Week 5 Day 1

# PEAK WEEK Glute Day 1



Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side

In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	<u>Leg Press</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				X
<u>Reverse Lunges</u>	<u>Static Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps <b>Each Side</b>				X
<u>RDL</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 10 reps Set 2: 8 reps			X	X
<u>Lunge Lock-In Left</u>	<u>Lunge Lock-In Right</u>		1 set on both side.		X	X	X

## Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 5**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Leg Raises</u>
<u>Side-to-sides</u>
<u>Mountainclimber</u> <u>Slow</u>
<u>Glute Bridge</u> <u>March</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

# Week 5 Day 2

# PEAK WEEK Pull Day



In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

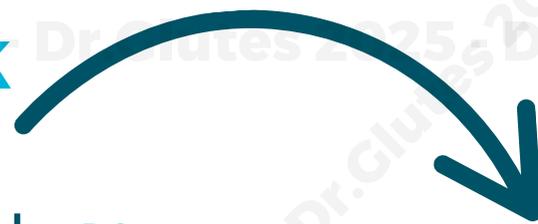
	Warm-Up		Row Machine	Row Machine				
	All done with light weight		15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Row Machine</u>	<u>Bent Over Row</u>	<u>Seated Cable Row</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps					
<u>Lat Pulldown</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps					
<u>Lat Push Down</u>	<u>Close Grip Cable Row</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>Lat Pulse Party</u>			1 set	X	X	X	X	
<u>Hammer Curls</u>	<u>Alternating Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X	
<u>EZ bar Curls</u>	<u>Cable Curls</u>	<u>Incline Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X	

## Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

# Week 5 Day 3

# PEAK WEEK Glute Day 2



Warm-Up	Hip thrust	Hip thrust	B-Stance RDL
All done with body weight	15 reps	15 reps	15 reps each side

In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

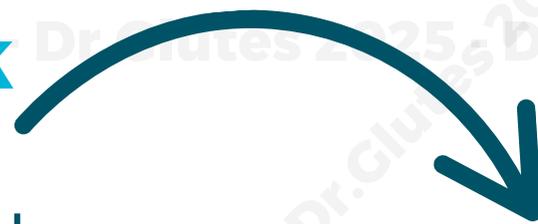
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>B-Stance RDL</u>	<u>B-Stance RDL Cable</u>	<u>Bench Assisted RDL</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Dumbbell Step-Up</u>	<u>Cable Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 11 reps Set 2: 9 reps <b>Each Side</b>			X	X
<u>Leg Press</u>	<u>Smith Machine Sumo Squat</u>	<u>Barbell Sumo Squat</u>	Set 1: 10 reps Set 2: 8 reps			X	X
<u>Peach Piñata Left Side</u>	<u>Peach Piñata Right Side</u>		1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps				X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 5  
Day 4**

**PEAK WEEK  
Push Day**



In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

		Warm-Up	Dumbbell Press	Dumbbell Press			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 5  
Day 5**

**PEAK WEEK  
Glute Day 3**



Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side

In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bulgarian Split Squat</u>	<u>Smith Machine Bulgarian</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Bulgarian Finisher Left Side</u>	<u>Bulgarian Finisher Right Side</u>		1 set		X	X	X
<u>Cable Glute Kickbacks</u>	<u>Abduction Machine</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps <b>Each Side</b>			X	X

**Dr.Glutes Cues**

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 5**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	<b>Beginner</b>		<b>Intermediate</b>		<b>Advanced</b>	
	<b>On</b>	<b>Rest</b>	<b>On</b>	<b>Rest</b>	<b>On</b>	<b>Rest</b>
<u>Bicycle Kicks</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Knee-To Elbow</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>V Sit-Up</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	<b>1 round</b>		<b>2 rounds</b>		<b>3 rounds</b>	

# PRINT THIS PAGE

## Week 6 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
<b>Day 1</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 2</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 3</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 4</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 5</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	

# RECOVER WEEK

## Glute Day 1



### Week 6 Day 1

Warm-Up	Hip thrust	Hip thrust	Squats
All done with body weight	15 reps	15 reps	15 reps

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	<u>Leg Press</u>	3 sets of 15 reps with light weight.				X
<u>Reverse Lunges</u>	<u>Static Lunges</u>	<u>Single Leg Leg Press</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				X
<u>RDL</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	3 sets of 15 reps with light weight.				X
<u>Lunge Lock-In Left</u>	<u>Lunge Lock-In Right</u>		1 set on both side.		X	X	X

### Dr. Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 6**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Leg Raises</u>
<u>Side-to-sides</u>
<u>Mountainclimber</u> <u>Slow</u>
<u>Glute Bridge</u> <u>March</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

# RECOVER WEEK

## Pull Day

Week 6  
Day 2



We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

		Warm-Up	Row Machine	Row Machine				
		All done with light weight	15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Row Machine</u>	<u>Bent Over Row</u>	<u>Seated Cable Row</u>	3 sets of 15 reps with light weight.				X	
<u>Lat Pulldown</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	3 sets of 15 reps with light weight.				X	
<u>Lat Push Down</u>	<u>Close Grip Cable Row</u>		3 sets of 15 reps with light weight.				X	
<u>Lat Pulse Party</u>			1 set	X	X	X	X	
<u>Hammer Curls</u>	<u>Alternating Curls</u>		3 sets of 15 reps with light weight.				X	
<u>EZ bar Curls</u>	<u>Cable Curls</u>	<u>Incline Curls</u>	3 sets of 15 reps with light weight.				X	

### Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

# RECOVER WEEK

## Glute Day 2

**Week 6**  
**Day 3**

Warm-Up	Hip thrust	Hip thrust	B-Stance RDL
All done with body weight	15 reps	15 reps	15 reps each side

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>B-Stance RDL</u>	<u>B-Stance RDL Cable</u>	<u>Bench Assisted RDL</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				X
<u>Dumbbell Step-Up</u>	<u>Cable Step-Up</u>	<u>Reverse Lunges</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				X
<u>Leg Press</u>	<u>Smith Machine Sumo Squat</u>	<u>Barbell Sumo Squat</u>	3 sets of 15 reps with light weight.			X	X
<u>Bouncing Betty Left Side</u>	<u>Bouncing Betty Right Side</u>		1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	3 sets of 15 reps with light weight.				X

### Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

# RECOVER WEEK

## Push Day



**Week 6**  
**Day 4**

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

		Warm-Up	Dumbbell Press	Dumbbell Press			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	3 sets of 15 reps with light weight.				<del>X</del>
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		3 sets of 15 reps with light weight.				<del>X</del>
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	3 sets of 15 reps with light weight.				<del>X</del>
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	3 sets of 15 reps with light weight.				<del>X</del>
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	3 sets of 15 reps with light weight.				<del>X</del>
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		3 sets of 15 reps with light weight.				<del>X</del>

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Dr.Glutes Cues**

# RECOVER WEEK

## Glute Day 3



**Week 6**  
**Day 5**

Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bulgarian Split Squat</u>	<u>Smith Machine Bulgarian</u>	<u>Reverse Lunges</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				<del>X</del>
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	3 sets of 15 reps with light weight.				<del>X</del>
<u>Bulgarian Finisher Left Side</u>	<u>Bulgarian Finisher Right Side</u>		1 set		<del>X</del>	<del>X</del>	<del>X</del>
<u>Cable Glute Kickbacks</u>	<u>Abduction Machine</u>	<u>Dumbbell Sumo Squat</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				<del>X</del>

### Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 6**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Bicycle Kicks</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Knee-To Elbow</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>V Sit-Up</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

# Chapter 4: Become

You've made it through the first 6 weeks, and now it's time to level up. This isn't a restart. It's an upgrade.

In this new training cycle, you'll see:

- New main exercises
- Fresh finishers
- Tweaked rep ranges

We're keeping the structure familiar, but introducing new movement patterns to keep your body adapting and your glutes growing. Expect your brain and body to feel challenged again, like they did back in Week 1. That's a good thing. It means progress. It means you're evolving.

## ! Important !

It's time for the 4th progress picture already! You know what to do. Document this journey to make you future self proud?



**Upload progress pictures**



# PRINT THIS PAGE

## Week 7 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
<b>Day 1</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 2</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 3</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 4</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 5</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	

**Week 7**  
**Day 1**

# Glute Day 1

Warm-Up	Hip thrust	Hip thrust	Leg Press
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Leg Press</u>	<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Smith Machine Lunges</u>	<u>Reverse Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps <b>Each Side</b> Set 2: 9 reps			X	X
<u>Goodmorning</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Leg Press Finisher</u>			1 set on both side		X	X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 7**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

	On	Rest	On	Rest	On	Rest
<u>Reverse Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Knee Tucks</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Leg Raises</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
<u>Windshield Wipers</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 7**  
**Day 2**

# Pull Day

		Warm-Up	Bent Over Row	Bent Over Row			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bent Over Row</u>	<u>Row Machine</u>	<u>Seated Cable Row</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				
<u>Close Grip Cable Row</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Lat Push Down</u>	<u>Lat Pulldown</u>		Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				X
<u>Rail Row Right Side</u>	<u>Rail Row Left Side</u>		1 set	X	X	X	X
<u>Alternating Curls</u>	<u>Incline Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Cable Curls</u>	<u>EZ bar Curls</u>	<u>Hammer Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 7**  
**Day 3**

# Glute Day 2

Warm-Up	Hip thrust	Hip thrust	RDL
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Sumo Squat</u>	<u>Leg Press</u>	<u>Barbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>B-Stance RDL</u>	<u>RDL</u>	<u>Bench Assisted RDL</u>	Set 1: 11 reps <b>Each Side</b> Set 2: 9 reps			X	X
<u>Cable Step-Up</u>	<u>Dumbbell Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 10 reps <b>Each Side</b> Set 2: 8 reps			X	X
<u>Sumo Squat Finisher</u>			1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps Set 4: 10 reps				

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 7**  
**Day 4**

**Push Day**

		Warm-Up	Dumbbell Press	Dumbbell Press			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 7**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Smith Machine Bulgarian
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Bulgarian</u>	<u>Bulgarian Split Squat</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Dirty Thirty Finisher</u>			1 set on both side		X	X	X
<u>Abduction Machine</u>	<u>Cable Glute Extensions</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 15 reps Set 2: 12 reps			X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 7**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Cross Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Slow Mountainclimber</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	<b>1 round</b>		<b>2 rounds</b>		<b>3 rounds</b>	

# PRINT THIS PAGE

## Week 8 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
<b>Day 1</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 2</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 3</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 4</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 5</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	

**Week 8**  
**Day 1**

# Glute Day 1

Warm-Up	Hip thrust	Hip thrust	Leg Press
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Leg Press</u>	<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Smith Machine Lunges</u>	<u>Reverse Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps <b>Each Side</b> Set 2: 9 reps			X	X
<u>Goodmorning</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Leg Press Finisher</u>			1 set on both side		X	X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 8**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Reverse Crunches</u>
<u>Knee Tucks</u>
<u>Leg Raises</u>
<u>Windshield Wipers</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 8**  
**Day 2**

# Pull Day

			Warm-Up	Bent Over Row	Bent Over Row		
			All done with light weight	15 reps	15 reps		
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bent Over Row</u>	<u>Row Machine</u>	<u>Seated Cable Row</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				
<u>Close Grip Cable Row</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Lat Push Down</u>	<u>Lat Pulldown</u>		Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				X
<u>Rail Row Right Side</u>	<u>Rail Row Left Side</u>		1 set	X	X	X	X
<u>Alternating Curls</u>	<u>Incline Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Cable Curls</u>	<u>EZ bar Curls</u>	<u>Hammer Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 8**  
**Day 3**

# Glute Day 2

Warm-Up	Hip thrust	Hip thrust	RDL
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Sumo Squat</u>	<u>Leg Press</u>	<u>Barbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>B-Stance RDL</u>	<u>RDL</u>	<u>Bench Assisted RDL</u>	Set 1: 11 reps <b>Each Side</b> Set 2: 9 reps			X	X
<u>Cable Step-Up</u>	<u>Dumbbell Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 10 reps <b>Each Side</b> Set 2: 8 reps			X	X
<u>Sumo Squat Finisher</u>			1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps Set 4: 10 reps				

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 8**  
**Day 4**

**Push Day**

		<b>Warm-Up</b>	<b>Dumbbell Press</b>	<b>Dumbbell Press</b>			
		All done with light weight	15 reps	15 reps			
<b>Main exercise</b>	<b>Substitute 1</b>	<b>Substitute 2</b>	<b>Reps And Sets</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				<del>X</del>
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				<del>X</del>
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				<del>X</del>

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 8**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Smith Machine Bulgarian
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Bulgarian</u>	<u>Bulgarian Split Squat</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Dirty Thirty Finisher</u>			1 set on both side		X	X	X
<u>Abduction Machine</u>	<u>Cable Glute Extensions</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 15 reps Set 2: 12 reps			X	X

## Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 8**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Cross Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Slow Mountainclimber</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	<b>1 round</b>		<b>2 rounds</b>		<b>3 rounds</b>	

# Chapter 5: Thrive

You've made it through 8 weeks, and you're still going strong. Most people would've dropped off by now, but you? You're on a mission. Respect. In Chapter 5, we level up again, not by making things harder, but by making them smarter. You'll see:

- More sets on your main lifts, to push volume and stimulate new growth
- New finishers, not necessarily tougher, but different in movement and feel, to keep your glutes adapting

You're still training 2-3 reps from failure, but now with more reps, more awareness, and way more strength behind every set. This phase is about showing yourself what consistent effort can build.



**Upload progress pictures**

## **! Important !**

Snap your progress picture using the same clothes and same pose. Consistency is key, you'll want that transformation to be obvious.



# PRINT THIS PAGE

## Week 9 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
<b>Day 1</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 2</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 3</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 4</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	
<b>Day 5</b>	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>	<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	

**Week 9**  
**Day 1**

# Glute Day 1

Warm-Up	Hip thrust	Hip thrust	Leg Press
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Leg Press</u>	<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Smith Machine Lunges</u>	<u>Reverse Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps <b>Each Side</b>				X
<u>Goodmorning</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Peach Burner Left Side</u>	<u>Peach Burner Right Side</u>		1 set on both side		X	X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 9**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Reverse Crunches</u>
<u>Knee Tucks</u>
<u>Leg Raises</u>
<u>Windshield Wipers</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 9**  
**Day 2**

# Pull Day

		Warm-Up	Bent Over Row	Bent Over Row			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bent Over Row</u>	<u>Row Machine</u>	<u>Seated Cable Row</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps Set 4: 7 reps				
<u>Close Grip Cable Row</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Lat Push Down</u>	<u>Lat Pulldown</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 11 reps Set 4: 9 reps				
<u>Cable Crusher Finisher</u>			1 set	X	X	X	X
<u>Alternating Curls</u>	<u>Incline Curls</u>		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps				
<u>Cable Curls</u>	<u>EZ bar Curls</u>	<u>Hammer Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 9**  
**Day 3**

# Glute Day 2

Warm-Up	Hip thrust	Hip thrust	RDL
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Sumo Squat</u>	<u>Leg Press</u>	<u>Barbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>B-Stance RDL</u>	<u>RDL</u>	<u>Bench Assisted RDL</u>	Set 1: 11 reps <b>Each Side</b> Set 2: 9 reps			X	X
<u>Cable Step-Up</u>	<u>Dumbbell Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 10 reps <b>Each Side</b> Set 2: 8 reps			X	X
<u>60-40-20 Finisher</u>			1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps Set 4: 10 reps				

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 9**  
**Day 4**

**Push Day**

		Warm-Up	Dumbbell Press	Dumbbell Press			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 7 reps				
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 18 reps Set 2: 15 reps Set 3: 13 reps Set 4: 10 reps				
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 9**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Smith Machine Bulgarian
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Bulgarian</u>	<u>Bulgarian Split Squat</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Cheek Splitter Left Side</u>	<u>Cheek Splitter Right Side</u>		1 set on both side		X	X	X
<u>Abduction Machine</u>	<u>Cable Glute Extensions</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 15 reps Set 2: 12 reps			X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 9**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Cross Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Slow Mountainclimber</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	<b>1 round</b>		<b>2 rounds</b>		<b>3 rounds</b>	

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## Week 10 Tracker

<b>Workout</b>	<b>Workout Done</b>		<b>Soreness</b>					<b>Notes</b>
Day 1	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 2	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 3	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 4	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 5	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	

**Week 10**  
**Day 1**

# Glute Day 1

Warm-Up	Hip thrust	Hip thrust	Leg Press
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Leg Press</u>	<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Smith Machine Lunges</u>	<u>Reverse Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps <b>Each Side</b>				X
<u>Goodmorning</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Peach Burner Left Side</u>	<u>Peach Burner Right Side</u>		1 set on both side		X	X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 10**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Reverse Crunches</u>
<u>Knee Tucks</u>
<u>Leg Raises</u>
<u>Windshield Wipers</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 10**  
**Day 2**

**Pull Day**

		Warm-Up	Bent Over Row	Bent Over Row			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Bent Over Row</u>	<u>Row Machine</u>	<u>Seated Cable Row</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps Set 4: 7 reps				
<u>Close Grip Cable Row</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Lat Push Down</u>	<u>Lat Pulldown</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 11 reps Set 4: 9 reps				
<u>Cable Crusher Finisher</u>			1 set	X	X	X	X
<u>Alternating Curls</u>	<u>Incline Curls</u>		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps				
<u>Cable Curls</u>	<u>EZ bar Curls</u>	<u>Hammer Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 10**  
**Day 3**

# Glute Day 2

Warm-Up	Hip thrust	Hip thrust	RDL
All done with body weight	15 reps	15 reps	15 reps



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Sumo Squat</u>	<u>Leg Press</u>	<u>Barbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>B-Stance RDL</u>	<u>RDL</u>	<u>Bench Assisted RDL</u>	Set 1: 11 reps <b>Each Side</b> Set 2: 9 reps			X	X
<u>Cable Step-Up</u>	<u>Dumbbell Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 10 reps <b>Each Side</b> Set 2: 8 reps			X	X
<u>60-40-20 Finisher</u>			1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps Set 4: 10 reps				

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 10**  
**Day 4**

**Push Day**

		Warm-Up	Dumbbell Press	Dumbbell Press			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 7 reps				
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 18 reps Set 2: 15 reps Set 3: 13 reps Set 4: 10 reps				
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 10**  
**Day 5**

# Glute Day 3

Warm-Up	Hip thrust	Hip thrust	Smith Machine Bulgarian
All done with body weight	15 reps	15 reps	15 reps each side



Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Bulgarian</u>	<u>Bulgarian Split Squat</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Cheek Splitter Left Side</u>	<u>Cheek Splitter Right Side</u>		1 set on both side		X	X	X
<u>Abduction Machine</u>	<u>Cable Glute Extensions</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 15 reps Set 2: 12 reps			X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 10**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Cross Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Slow Mountainclimber</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	<b>1 round</b>		<b>2 rounds</b>		<b>3 rounds</b>	

# Chapter 6: Glow

10 weeks down. Stronger glutes. Locked-in habits. You didn't just show up, you finished what you started.

Now it's time to seal the deal.

Week 11 is your second Peak Week, training 1 rep from failure, with fresh, targeted finishers to push your shape even further.

Week 12 is your Deload, lighter weight, lower volume, and full recovery to lock in results and prime your body for what's next.

This is where growth happens. This is what sets up your next phase.

## What's Next?

Chapter 7 is coming, new structure, new goals, and a blueprint to build on everything you've earned.

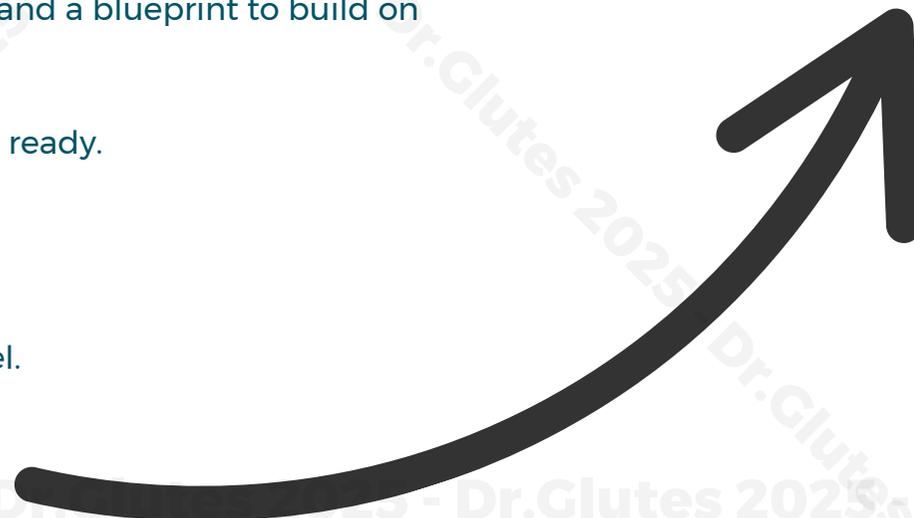
And if you've made it this far? You're more than ready.

## ! Important !

Progress pic – same pose, same outfit, new level.



**Upload progress pictures**



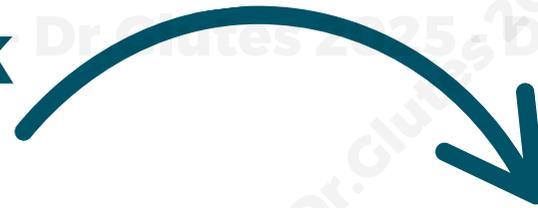
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## Week 11 Tracker

Workout	Workout Done		Soreness					Notes
Day 1	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 2	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 3	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 4	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Day 5	Yes <input type="checkbox"/>	No <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	

## Week 11 Day 1

# PEAK WEEK Glute Day 1



Warm-Up	Hip thrust	Hip thrust	Leg Press
All done with body weight	15 reps	15 reps	15 reps

In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Leg Press</u>	<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Smith Machine Lunges</u>	<u>Reverse Lunges</u>	<u>Single Leg Leg Press</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps <b>Each Side</b>				X
<u>Goodmorning</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Peach Burner Left Side</u>	<u>Peach Burner Right Side</u>		1 set on both side		X	X	X

## Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 11**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Reverse Crunches</u>
<u>Knee Tucks</u>
<u>Leg Raises</u>
<u>Windshield Wipers</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

**Week 11  
Day 2**

**PEAK WEEK  
Pull Day**



In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

		Warm-Up	Bent Over Row	Bent Over Row				
		All done with light weight	15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Bent Over Row</u>	<u>Row Machine</u>	<u>Seated Cable Row</u>	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps Set 4: 7 reps					
<u>Close Grip Cable Row</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps					
<u>Lat Push Down</u>	<u>Lat Pulldown</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 11 reps Set 4: 9 reps					
<u>Face Pull Finisher</u>			1 set	X	X	X	X	
<u>Alternating Curls</u>	<u>Incline Curls</u>		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps					
<u>Cable Curls</u>	<u>EZ bar Curls</u>	<u>Hammer Curls</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X	

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 11  
Day 3**

**PEAK WEEK  
Glute Day 2**



Warm-Up	Hip thrust	Hip thrust	RDL
All done with body weight	15 reps	15 reps	15 reps

In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Sumo Squat</u>	<u>Leg Press</u>	<u>Barbell Sumo Squat</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>B-Stance RDL</u>	<u>RDL</u>	<u>Bench Assisted RDL</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps <b>Each Side</b>				X
<u>Cable Step-Up</u>	<u>Dumbbell Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 10 reps Set 2: 8 reps <b>Each Side</b>				X
<u>60-40-20 Finisher</u>			1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps Set 4: 10 reps				X

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Dr.Glutes Cues**

**Week 11**  
**Day 4**

**PEAK WEEK**  
**Push Day**



In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

		Warm-Up	Dumbbell Press	Dumbbell Press			
		All done with light weight	15 reps	15 reps			
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 7 reps				
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	Set 1: 18 reps Set 2: 15 reps Set 3: 13 reps Set 4: 10 reps				
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

**Dr.Glutes Cues**

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.**
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

**Week 11**  
**Day 5**

**PEAK WEEK**  
**Glute Day 3**



Warm-Up	Hip thrust	Hip thrust	Smith Machine Bulgarian
All done with body weight	15 reps	15 reps	15 reps each side

In the PEAK WEEK we train as hard as possible. This means training to 1 rep away from failure. This is the most intense week before we start the recover week next week.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Bulgarian</u>	<u>Bulgarian Split Squat</u>	<u>Reverse Lunges</u>	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 12 reps Set 2: 10 reps			X	X
<u>Cheek Splitter Left Side</u>	<u>Cheek Splitter Right Side</u>		1 set on both side		X	X	X
<u>Abduction Machine</u>	<u>Cable Glute Extensions</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 15 reps Set 2: 12 reps			X	X

**Dr.Glutes Cues**

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 11**  
**Day 5**

# Snatched Waist Core Glute Day 3

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Cross Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Slow Mountainclimber</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

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## Week 12 Tracker

Workout	Workout Done		Soreness					Notes
	Yes	No	1	2	3	4	5	
Day 1	<input type="checkbox"/>							
Day 2	<input type="checkbox"/>							
Day 3	<input type="checkbox"/>							
Day 4	<input type="checkbox"/>							
Day 5	<input type="checkbox"/>							

# RECOVER WEEK

## Glute Day 1

Week 12  
Day 1

Warm-Up	Hip thrust	Hip thrust	Leg Press
All done with body weight	15 reps	15 reps	15 reps

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Leg Press</u>	<u>Smith Machine Squats</u>	<u>Low Bar Back Squat</u>	3 sets of 15 reps with light weight.				X
<u>Smith Machine Lunges</u>	<u>Reverse Lunges</u>	<u>Single Leg Leg Press</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				X
<u>Goodmorning</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	3 sets of 15 reps with light weight.				X
<u>Peach Burner Left Side</u>	<u>Peach Burner Right Side</u>		1 set on both side		X	X	X

### Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 12**  
**Day 1**

**Snatched Waist Core**  
**Glute Day 1**

**Beginner**

**Intermediate**

**Advanced**

<u>Reverse Crunches</u>
<u>Knee Tucks</u>
<u>Leg Raises</u>
<u>Windshield Wipers</u>

On	Rest
20 sec.	40 sec.

On	Rest
30 sec.	30 sec.

On	Rest
40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

**1 round**

**2 rounds**

**3 rounds**

# RECOVER WEEK

## Pull Day



**Week 12**  
**Day 2**

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

		Warm-Up	Bent Over Row	Bent Over Row				
		All done with light weight	15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Bent Over Row</u>	<u>Row Machine</u>	<u>Seated Cable Row</u>	3 sets of 15 reps with light weight.					
<u>Close Grip Cable Row</u>	<u>Assisted Pull-Up</u>	<u>1-Arm Dumbbell Row</u>	3 sets of 15 reps with light weight.					
<u>Lat Push Down</u>	<u>Lat Pulldown</u>		3 sets of 15 reps with light weight.					
<u>Face Pull Finisher</u>			1 set	X	X	X	X	
<u>Alternating Curls</u>	<u>Incline Curls</u>		3 sets of 15 reps with light weight.					
<u>Cable Curls</u>	<u>EZ bar Curls</u>	<u>Hammer Curls</u>	3 sets of 15 reps with light weight.				X	

### Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

# RECOVER WEEK

## Glute Day 2

**Week 12**  
**Day 3**

Warm-Up	Hip thrust	Hip thrust	RDL
All done with body weight	15 reps	15 reps	15 reps

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Sumo Squat</u>	<u>Leg Press</u>	<u>Barbell Sumo Squat</u>	3 sets of 15 reps with light weight.				X
<u>B-Stance RDL</u>	<u>RDL</u>	<u>Bench Assisted RDL</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				X
<u>Cable Step-Up</u>	<u>Dumbbell Step-Up</u>	<u>Reverse Lunges</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				X
<u>60-40-20 Finisher</u>			1 set in total, or 1 set per leg.		X	X	X
<u>Calves Leg Press</u>	<u>Calves Smith Machine</u>	<u>Calves Dumbbell</u>	3 sets of 15 reps with light weight.				X

### Dr.Glutes Cues

- **Form > weight.** Every rep should feel intentional.
- **If a machine isn't available, pick any similar one** – e.g., Chest Press = Dumbbell Press.
- **Try training 2-3 reps away from failure.**
- **Try going heavier each set.**
- **Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.**

# RECOVER WEEK



**Week 12**  
**Day 4**

## Push Day

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

		Warm-Up	Dumbbell Press	Dumbbell Press				
		All done with light weight	15 reps	15 reps				
Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
<u>Dumbbell Press</u>	<u>Bench Press</u>	Chest Press	3 sets of 15 reps with light weight.				<del>X</del>	
<u>Incline Flyes</u>	Peck Deck/ Fly Machine		3 sets of 15 reps with light weight.				<del>X</del>	
<u>Side Raises</u>	<u>Cable Side Raises</u>	<u>Y Raises</u>	3 sets of 15 reps with light weight.				<del>X</del>	
<u>Upright Rows</u>	<u>Cable Upright Rows</u>	<u>Dumbbell Upright Rows</u>	3 sets of 15 reps with light weight.				<del>X</del>	
<u>Tricep Rope Extensions</u>	<u>Tricep Extensions</u>	<u>Dips</u>	3 sets of 15 reps with light weight.				<del>X</del>	
<u>EZ bar SkullCrushers</u>	<u>Dumbbell SkullCrushers</u>		3 sets of 15 reps with light weight.				<del>X</del>	

### Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

# RECOVER WEEK

## Glute Day 3

**Week 12**  
**Day 5**

Warm-Up	Hip thrust	Hip thrust	Smith Machine Bulgarian
All done with body weight	15 reps	15 reps	15 reps each side

We only do 3 sets of 15 reps with light weight. This week is all about recovering so we can push harder in the next cycle.

Main exercise	Substitute 1	Substitute 2	Reps And Sets	Set 1	Set 2	Set 3	Set 4
<u>Smith Machine Bulgarian</u>	<u>Bulgarian Split Squat</u>	<u>Reverse Lunges</u>	3 sets of 15 reps with light weight. <b>Each Side</b>				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	3 sets of 15 reps with light weight.				X
<u>Cheek Splitter Left Side</u>	<u>Cheek Splitter Right Side</u>		1 set on both side		X	X	X
<u>Abduction Machine</u>	<u>Cable Glute Extensions</u>	<u>Dumbbell Sumo Squat</u>	3 sets of 15 reps with light weight.				X

### Dr.Glutes Cues

- Form > weight. Every rep should feel intentional.
- If a machine isn't available, pick any similar one – e.g., Chest Press = Dumbbell Press.
- Try training 2-3 reps away from failure.
- Try going heavier each set.
- Don't worry if you don't find the "perfect" weight, you'll find it over the coming weeks.

**Week 12**  
**Day 5**

**Snatched Waist Core**  
**Glute Day 3**

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
<u>Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Cross Crunches</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
<u>Slow Mountainclimber</u>	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	<b>1 round</b>		<b>2 rounds</b>		<b>3 rounds</b>	

# You Did It. Peach Era Pt.1 Done!

12 weeks.

Hundreds of reps.

Tons of glute volume.

And you finished strong.

This isn't just a workout plan completed. This is a milestone earned. But it's far from the end.

Chapter 7 is waiting for you, if you're up for the job and bigger glutes, of course.



## But For Now, Let's Take Your Last Progress Picture!

Compare this picture to your first one, and make sure you're sitting down so you don't fall backwards because of your amazing transformation.

[Upload Pictures](#)

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