Jeans-Ripping Glute Activators

These drills won't grow your glutes overnight. But they will teach you to actually feel them, which is the first step to filling out your jeans.

Dr.Glutes 2026

“Jemma is a mom of 2 in her 40s. When she started, she couldn't feel her glutes at all. Her legs took over everything. 12 weeks later, bigger glutes, smaller waist, same weight. This comes down to good tutorials and activation where needed. That's what this guide does.”

Why you can't feel your glutes

If you've been training for a while but still can't feel your glutes working, you're not broken.

You're just recruiting the wrong muscles.

That means your legs take over every time you squat, lunge, or hip thrust, and your glutes go along for the ride without doing much work.

This happens because of three things:

1. Quad dominance: Your legs are stronger, and your nervous system defaults to them.
2. Wrong recruitment patterns: Learned early and never corrected.
3. Poor mind-muscle connection: You haven’t really felt your glute before by really squeezing.

The fix is not a new program or heavier weights.

It's teaching your nervous system to find the muscle before you load it.

That's what this guide does.

The Activation Protocol

You don’t have to do all of these. Just pick 1 or 2 and set those cheeks on fire.

Drill 1 - Bodyweight Hip Thrust

Watch the video here

Get into the hip thrust position.

It doesn't have to be the perfect setup, but if you’re new, it's good to practice it.

Setup:

- Laying weights next to your knees,
- Getting your shoulder blades on the bench
- keeping your upper body straight

Do a normal hip thrust, but squeeze as hard as possible and hold the squeeze **for 3 seconds.**

Do this for 3 sets of 15 reps with no weight.

I feel this in my full glute, but mostly the lower part.

Drill 2 - Donkey Kickback

Watch the video here

On all fours, hands under shoulders, knees under hips.

Keeping your knee bent at 90 degrees, drive one foot up toward the ceiling until your thigh is parallel to the floor.

Squeeze hard at the top and hold for 1 second. Lower slowly, 3 seconds down.

Do this for 3 sets of 15 reps with no weight each side.

I feel this in the lower part of my glute.

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Drill 3 - Frog Pumps

Watch the video here

Grab a bench and lie in front of it.

Put your feet on the bench, open your legs as wide as possible, and put the soles of your feet against each other.

Now thrust your hips and squeeze as hard as possible for 3 seconds while keeping your legs open.

Slowly lower down and repeat.

I feel this is my full glute, including the top part, because I keep my legs wide open.

Drill 4 - Banded Clamshell

Watch the video here

Lie on your side with a light resistance band just above your knees.

Feet stacked, hips stacked.

Keeping your feet touching, rotate your top knee upward like a clamshell opening.

Touch your glute med with your top hand; you should feel it working on the outer hip.

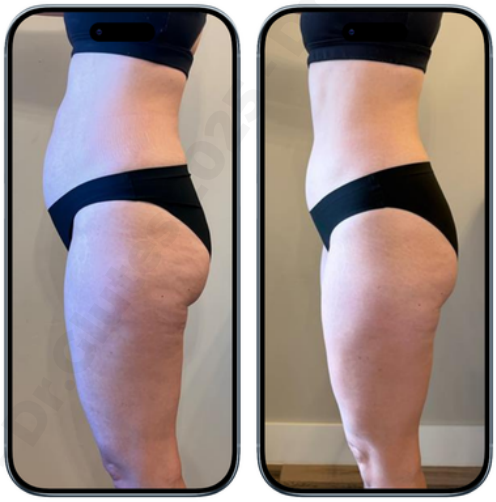
I feel this on the side of my glute.

“Everyone is obsessed with my glutes”

Jemma - 12 weeks

67.4kg to 67.3kg.
Bigger glutes, smaller waist.
Same weight.

Nichole - 12 weeks



Waist down 3 inches. Lost 6.8 pounds.
Bulgarians from 30lbs to 60lbs.

Rebecca - 12 weeks

67kg to 67.1kg.
Hip thrust from 40kg to 76kg.
Leg press from 76kg to 126kg.
Same weight.
Almost double the strength.

Bettina - 12 weeks

RDL from 60kg to 90kg.
Same weight, more defined muscles.
“Everyone is obsessed with my glutes.”

Now That You Can Feel Them Here's How to Grow Them

Activation is step one.

But feeling your glutes fire is very different from building them.

The Peach Era Method gives you the exact program that builds on what you just learned. Progressive overload built in. Week by week. No guessing. Just show up and follow the plan.

Start Your 7-Day Free Trial

Join the Peach Era Method

No charge for 7 days. Cancel anytime.

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