

Peach Era Primer



(Client results from all programs, results may vary)

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By Dr.Glutes 2025

Read Before Starting

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.

Chapters

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.

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.

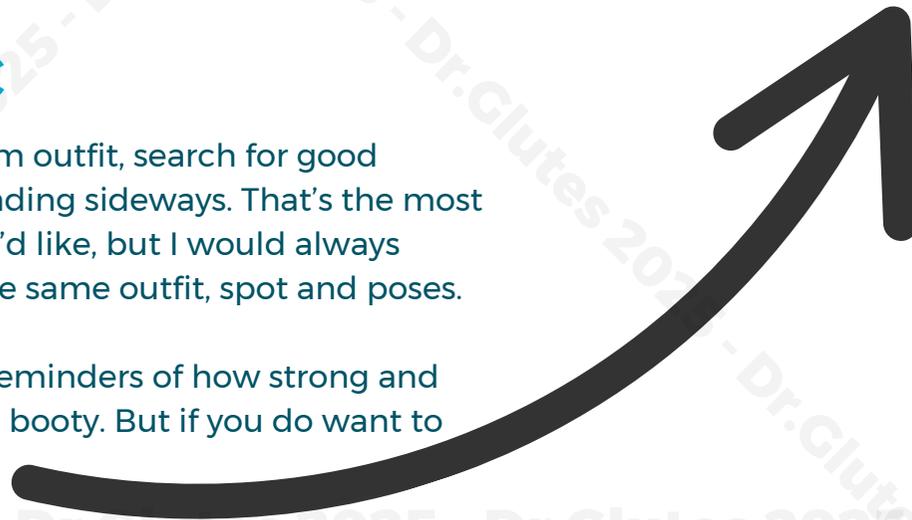
You'll be learning key movement patterns that will repeat and evolve throughout the program. So dial in your form, focus on control, and get familiar with how we do things around here.

[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. 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.



Week 1 Day 1

Glute Grow Day 1



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

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

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 Set 4: 7 reps				
<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 Each Side				X
<u>RDL</u>	<u>B-Stance RDL</u>	<u>Hyper-extensions</u>	Set 1: 10 reps Set 2: 9 reps Set 3: 8 reps				X
<u>Single Leg Hip Thrust</u>	<u>Cable Glute Kickback</u>	<u>Cable Pull Through</u>	Set 1: 15 reps Set 2: 13 reps Each Side			X	X
<u>Lunge Lock-In Left Side</u>	<u>Lunge Lock-In Right Side</u>		1 set on both side.		X	X	X

Dr.Glutes Cues

- 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 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 & Posture

		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 Finisher</u>			1 set	X	X	X	X
<u>Hammer Curls</u>	<u>Incline Curls</u>		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
<u>EZ bar Curls</u>	<u>Cable Curls</u>		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

Dr.Glutes Cues

- 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.

Unlock 
Week 2

Week 1 Day 3

Thrust & Build



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

		Warm-Up	Hip thrust	Hip thrust	B-Stance RDL		
		All done with body weight	15 reps	15 reps	15 reps each side		
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 Set 4: 7 reps Each Side				
<u>Dumbbell Step-Up</u>	<u>Cable Step-Up</u>	<u>Reverse Lunges</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps Each Side				X
<u>Leg Press</u>	<u>Smith Machine Sumo Squat</u>	<u>Barbell Sumo Squat</u>	Set 1: 10 reps Set 2: 9 reps Set 3: 8 reps				X
<u>Elf On A Shelf</u>	<u>Cable Combi Left</u>	<u>Cable Combi 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 Set 4: 10 reps				X

Dr.Glutes Cues

- 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 4

Push & Glow

		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

- 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

Peach Precision



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

	Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat			
	All done with body weight	15 reps	15 reps	15 reps each side			
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 Set 4: 7 reps Each Side				
<u>Goodmorning</u>	<u>RDL</u>	<u>B-Stance RDL</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps				X
<u>Hip Thrust Machine</u>	<u>Barbell Hip Thrust</u>	<u>Single Leg Hip Thrust</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps				X
<u>Peach Piñata Finisher Left</u>	<u>Peach Piñata Finisher Right</u>		1 set		X	X	X
<u>Cable Glute Kickbacks</u>	<u>Abduction Machine</u>	<u>Dumbbell Sumo Squat</u>	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Each Side				X

Dr.Glutes Cues

- 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 2

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

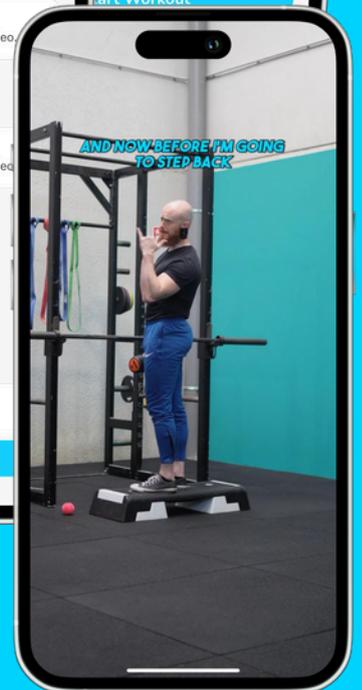
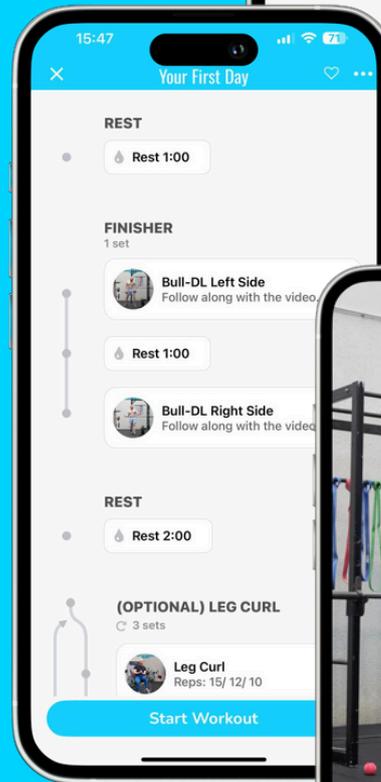
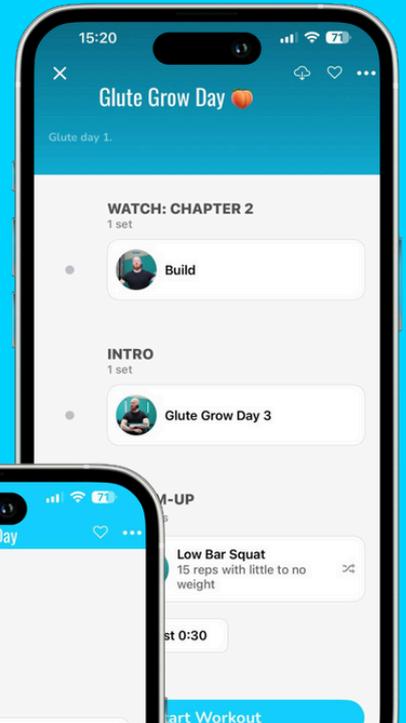
Ready to Unlock Your Peach Era Program?

One week is just a tease. If you want the full juicy, snatched, curve-building transformation... You need the full 12-week Peach Era Program.

Inside you'll find:

- ✓ 12 Weeks of Glute-Focused Training. Progressive and spicy.
- ✓ New challenges & 25 new cheek finishers
- ✓ App access to track reps, weights, and cheek gains
- ✓ Private community support from me (Dr. Glutes) + fellow Flat-Ass Friends
- ✓ No fluff. No confusion.

👉 Start your free trial now and join hundreds of women already inside by tapping **this** or DM me “Era” and I’ll send you the full access link.



Unlock the full Peach Era Program

Are you the next Dr.Glutes Programs Testimonial?

(Testimonials from all programs)

You've even helped the more experienced people like me level up!



Your app literally made me so sore!! But in the best way

The progress is life changing... I was a d1 track athlete and I could never put on weight, and now 3 months retired the progress is ridiculous! I've never felt this good! Thank you so so so much



NO LONGER THE FLAT ASS FRIEND



Used your app for the first time this morning.... Omg I am burning! So happy I've finally found someone who can show me a proper workout routine!



Using your app to make my legs shake since someone's son won't do it 🍑

I am so glad your app finally launched! I just want to say how much I love your app! Your workouts have helped me reach my goals more than any trainer has in the last five years and I've worked with a lot of trainers. The app has a variety of workouts I've never seen, that's probably why I'm actually seeing results! I highly recommend this app to anyone who actually wants to see a change! The best part of the app is that it's you and you make funny comments and it motivates me not have a flat ass ;) This App is a must I give your app ★★★★★ 6 stars if I could!



Hi ❤️ I love the app, I finished the first week 2 days ago and I already feel the difference in my whole body, not just my glutes. Anyway after the first 2 days I couldn't walk 😂 It's the first time I've been able to follow a workout on app but with the videos and the rest time it's so easy. Today I start week 2 🥰🥰



Using your app to make my legs shake since someone's son won't do it 🍑

Oh lord!!!! day 2 and my glutes got me waking funny, sore is an understatement 😬 I'am secretly scared of day 3. Wish me luck 🙏



No you're JOKING only on day 3 and the pump is next level already 🔥



I had to take a week off after day 1 knocking me over 😬 I'm officially on day 3 of week 2 & feeling stronger & even seeing slight changes already! Thankyou for finally creating a program that is actually home friendly & not boring!



Just did day two my cheeks feel like they're going to explode 🤪
The split squat nearly took me out!



I've never lost weight and gained muscle before it was the most wild transformation I've ever had from a challenge style workout



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