

Your Glute Pumping Finishers

The Peach Piñata

Smash your glutes from every angle till they're lit up. Quick. Brutal. Addictive.



Left Side



Right Side

Cable Combination

One cable, non-stop tension, time to grill some cheeks like Jean-Francois sausage.



Left Side



Right Side

Lunge Lock-In

We got to lock those cheeks in if the looks are failing. This one is for you. Sorry. Not really.



Left Side



Right Side

Bouncing Betty

After this one, you can bounce right out the gym on your cheeks. Like a skippyball.



Left Side



Right Side

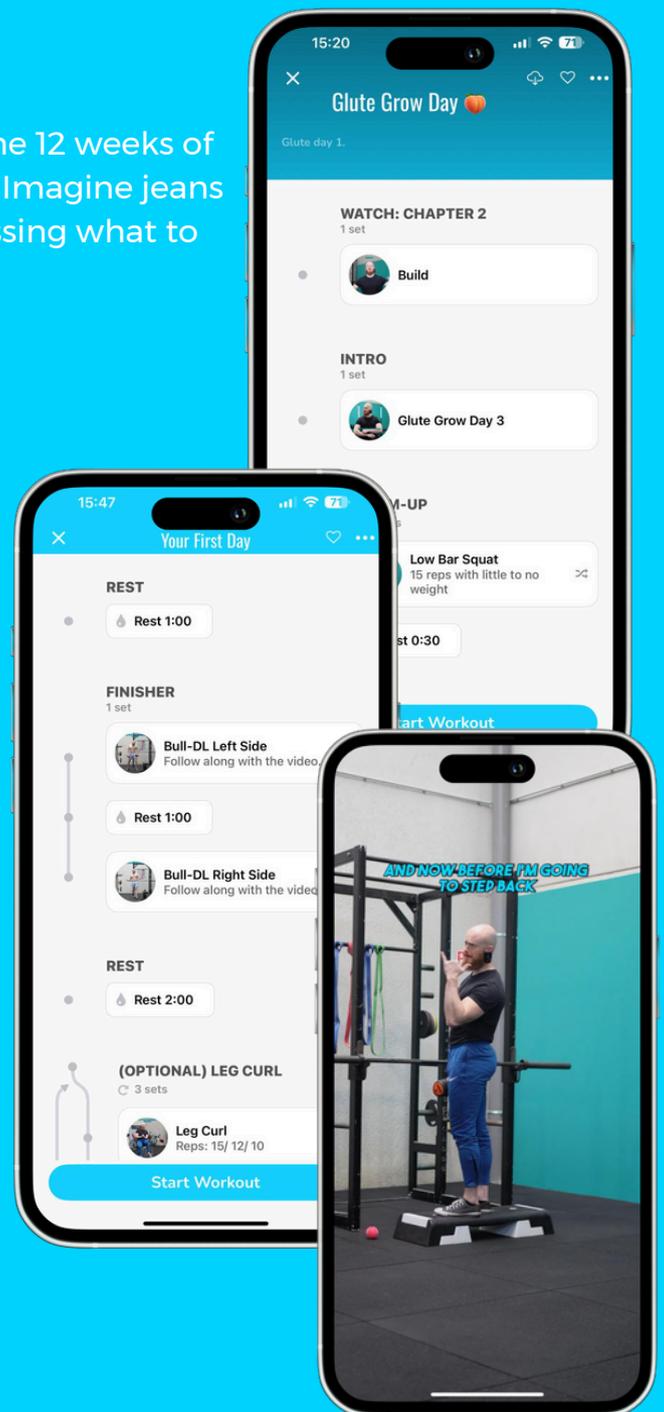
Want your full training to feel like these finishers?

If 3 finishers can light you up like this, imagine 12 weeks of workouts that grow stronger every chapter... Imagine jeans fitting tighter week after week, without guessing what to do.

Inside the Peach Era Program, you'll unlock:

- ✓ 6 Chapters with a storyline that keeps you hooked
- ✓ A full 12-week program that evolves every 2 weeks
- ✓ Glute Games, finishers & challenges, never boring, built to keep you progressing week after week.
- ✓ 3 Snatched Waist Core routines every week
- ✓ In-app progress tracking
- ✓ Direct access to Dr.Glutes + a private community of women on the same journey

Don't wait another week, start your first chapter today.



Unlock the full Peach Era Program

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

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

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

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

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

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

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FINAL REMINDER: BEGINNING ANY FITNESS OR NUTRITION PROGRAM IS A PERSONAL CHOICE THAT REQUIRES CAREFUL CONSIDERATION OF YOUR HEALTH, GOALS, AND OVERALL WELL-BEING. WE ENCOURAGE SEEKING PROFESSIONAL GUIDANCE TO ENSURE YOUR JOURNEY IS SAFE, EFFECTIVE, AND TAILORED TO YOUR INDIVIDUAL NEEDS. THIS GUIDE IS INTENDED FOR GENERAL FITNESS EDUCATION ONLY AND IS NOT A SUBSTITUTE FOR PERSONALIZED MEDICAL OR PROFESSIONAL ADVICE. RESULTS MAY VARY AND DEPEND ON MANY FACTORS, INCLUDING CONSISTENCY, NUTRITION, GENETICS, AND INDIVIDUAL EFFORT.