

Jeans-Ripping Gym Program



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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 or 15 minutes.

Don't use a timer! 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. Women usually recover faster. 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 in your first week.

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.

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 program.
- Always start lighter than you think you need to.

Tap the name of the exercise to see the tutorial.

Week 1

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
<u>Row machine</u> <u>Lat Focused</u>	Warm Up: 3 Sets Of 15 Reps/Light Weight	12 Reps	10 Reps	8 Reps	X
<u>Lat Pull Down</u>	15 Reps	13 Reps	10 Reps	X	X
<u>Bulgarian</u> <u>Split Squat</u>	Warm Up: 3 Sets Of 15 Reps/Light Weight	12 Reps	10 Reps	8 Reps	X
<u>RDL</u>	13 Reps	11 Reps	9 Reps	X	X
<u>Hip Thrusts</u>	18 Reps	15 Reps	12 Reps	10 Reps	X
<u>Glute Finisher</u>	Left side	Right side	X	X	X

Don't forget to take progress pictures!

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
<u>Incline</u> <u>Dumbbell Press</u>	Warm Up: 3 Sets Of 15 Reps/Light Weight	13 Reps	11 Reps	10 Reps	X
<u>Side raises</u>	15 Reps	12 Reps	10 Reps	X	X
<u>B-Stance</u> <u>Good Morning</u>	Warm Up: 3 Sets Of 15 Reps/Light Weight	13 Reps	11 Reps	9 Reps	X
<u>Squats</u>	12 Reps	10 Reps	8 Reps	X	X
<u>Glute Finisher</u>	Available in the app			X	X
<u>Snatched</u> <u>Waist Core</u>	Available in the app			X	X

- Can also be on a smith machine or on a squat machine.

Week 1

Don't forget to take progress pictures!

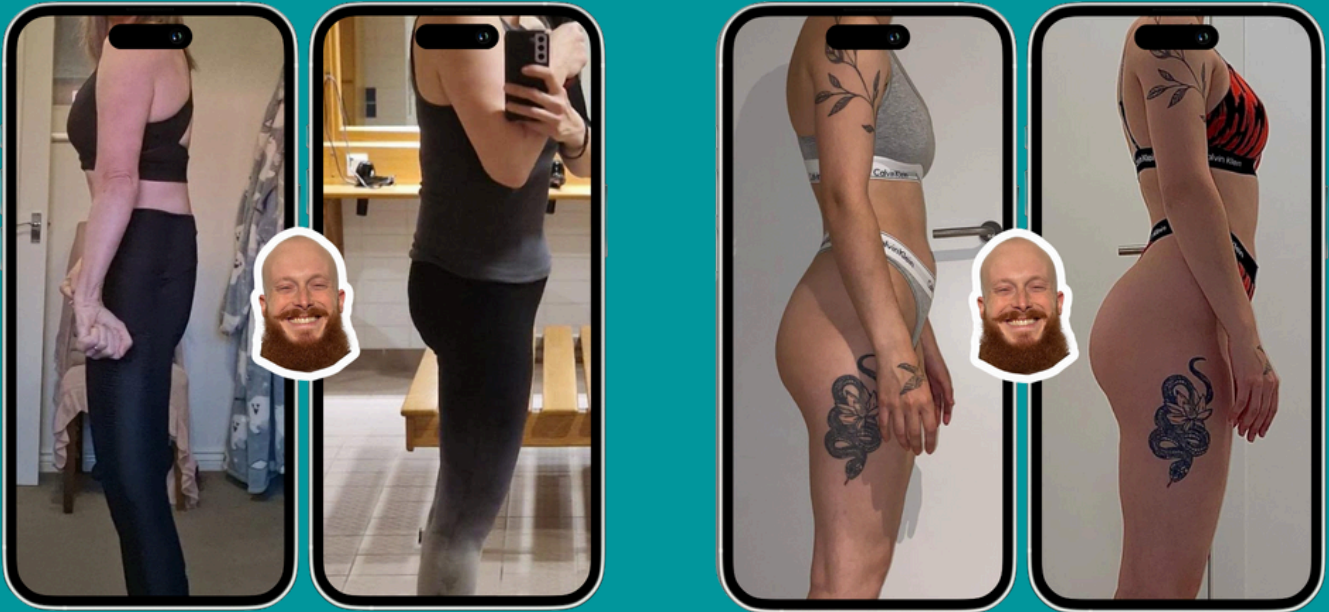
Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
<u>Bent Over Row</u> <u>Upper Back</u>	Warm Up: 3 Sets Of 15 Reps/Light Weight	12 Reps	10 Reps	8 Reps	X
<u>Deficit Sumo</u> <u>Deadlifts</u>	Warm Up: 3 Sets Of 15 Reps/Light Weight	12 Reps	10 Reps	8 Reps	X
<u>B-Stance</u> <u>RDL</u>	13 Reps	11 Reps	9 Reps	X	X
<u>Step-Ups</u> <u>Cable Or Dumbbell</u>	12 Reps	10 Reps	8 Reps	X	X
<u>Glute Finisher</u>	Available in the app			X	X
<u>Calves Raises</u>	15 Reps	12 Reps	10 Reps	X	X

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Day 4	Set 1	Set 2	Set 3	Set 4	Set 5
<u>Upright Rows</u>	Warm Up: 3 Sets Of 15 Reps/Light Weight	12 Reps	10 Reps	8 Reps	X
<u>Tricep</u> <u>Extensions</u>	15 Reps	12 Reps	10 Reps	X	X
<u>Incline Curls</u>	13 Reps	11 Reps	9 Reps	X	X
<u>Single Arm</u> <u>Tricep Ext.</u>	12 Reps	10 Reps	8 Reps	X	X
<u>Hammer</u> <u>Curls</u>	12 Reps	10 Reps	8 Reps	X	X
<u>Snatched</u> <u>Waist Core</u>	Available in the app			X	X

- Start light if you're a beginner, you can always go heavier next set if it's too light.
- Try making the next set a little more challenging if possible. Don't hurt yourself, just do to do so.
- Single leg exercises are the amount of reps per leg. 15 reps = 15 reps left and 15 reps right. Wait 30 seconds between legs.

P.S. - want to grow your glutes and shrink your waist for summer?



The 8-Week Summer Cheeks Challenge is now live in the Dr.Glutes App.

Inside you'll find:

- ✓ 60-minute follow-along sessions
- ✓ Weekly rotating glute finishers
- ✓ Snatched waist core workouts
- ✓ Stretch routines
- ✓ Private community + coaching
- ✓ 400+ exercise demos



If I could give 6/5 I would. This delicious app has been a life saver for me when I travel. Easy to follow, challenging (entertaining) workouts that keep me on track. Working toward getting my cake cheeked up like a corgi. Everyone should get this app. Cheers!

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



Start your 7-day free trial today.

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