

# Why Your Glutes Are Not Growing

The 3 Real Reasons – And What To Do About Each One



By Dr.Glutes 2025

# Before we start

You are not lazy.

You are not inconsistent.

You are not built wrong.

You are just missing three things that nobody ever told you about.

Let's fix that.

# Reason 1:

## **You are doing random workouts, and your glutes do not know it**

Here is what most women do at the gym.

They pick exercises they saw on Instagram.

They choose a weight that feels okay.

They do some sets, feel the burn, and go home.

And then nothing changes.

The problem is not the exercises.

The problem is this: your glutes have no reason to grow without a clear plan.

Muscles grow when you push them more each week. A little more weight. A few more reps. Over and over.

That is called progressive overload.

If you use different weights each session, do exercises in a different order, or follow a new workout every week, your glutes are not being pushed to grow.

They are just getting tired.

### **What to do instead:**

Follow the same structured plan for at least 8 to 12 weeks.

Increase the weight or reps every week, even slightly.

Track what you lifted so you always know what to beat next session.

Your glutes need a plan, not a workout.

## Reason 2:

# You are training your glutes but not feeling them

This one is the silent killer.

You do hip thrusts, squats, and deadlifts.

You feel it in your legs.

You feel it in your lower back.

But your glutes? Barely.

That is called quad dominance.

It is very common.

Most women were never taught how to feel their glutes before training them.

Here is the truth: if you cannot feel a muscle working, you are not building it.

You could do every exercise right and still get almost nothing in your glutes.

### **What to do instead:**

Before every glute session, spend 5 to 10 minutes waking your glutes up.

Do banded clamshells, glute bridges, and donkey kicks. Go slow. Squeeze the glute hard at the top.

During your main exercises, slow down on the way down.

Feel where you feel it.

If you feel squats in your quads and not your glutes, try a wider stance or push your knees out more.

Feeling the muscle is not a bonus. It is the whole point.

## Reason 3:

# You are eating well but not eating to build

This is the one most women never hear.

Eating healthy and eating to build muscle are not the same thing.

If you do not eat enough protein, your body has nothing to build muscle with.

It does not matter how hard you train.

You cannot build something from nothing.

Most women who struggle to grow their glutes are not eating enough protein.

They just do not know it.

Some eat too little overall because they think eating less means looking better.

But growing glutes needs more of the right food. Not less.

And food does more than grow your glutes.

It affects your energy, your sleep, your hormones, your cycle, your digestion, and your mood.

When you do not eat right, everything suffers.

### **What to do instead:**

Eat 1.6 to 2 grams of protein for every kilogram you weigh. Every day.

Spread it across all your meals.

Good sources: chicken, eggs, Greek yogurt, fish, and beans.

Do not be afraid to eat.

Your glutes are built in the kitchen just as much as the gym.

# So what now?

You now know the three reasons your glutes are not growing.

No structure in your workouts.

Not feeling your glutes when you train.

Not eating enough to grow.

Knowing the problem is a great first step.

But knowing what is wrong and having someone fix it for you are two very different things.

That is what the **12-Week Peach Era Coaching** does.

A glute plan built for your level.

A dietitian who designs your food plan around your body, your cycle, and the foods you love.

Two coaches who message you, fix your plan, and keep you moving forward every week.

Women who tried everything came in stuck.

In 12 weeks, some of them needed new jeans.

Ready to stop guessing and start growing?

[Join the Peach Era Coaching](#)

*Results vary based on individual effort, consistency, and starting point.*