

Peach Era Primer



60.000+ Dr.Glutes programs downloaded, rated 4.6/5 by women just like you.



By Dr.Glutes 2025

Most women tell me things like:

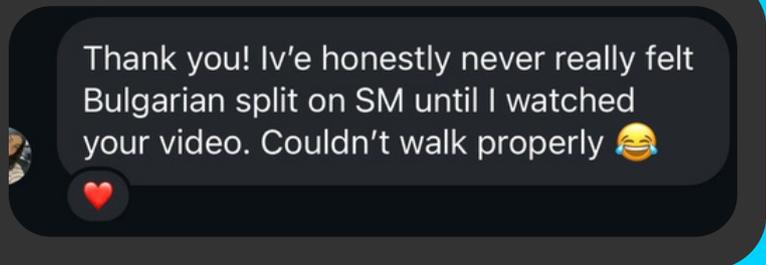
If you've ever trained and thought:

- ✗ I can't feel my glutes
- ✗ My workouts feel random
- ✗ I don't know which exercises actually work

That's why I built the Peach Era Primer, a free solution to those exact problems.

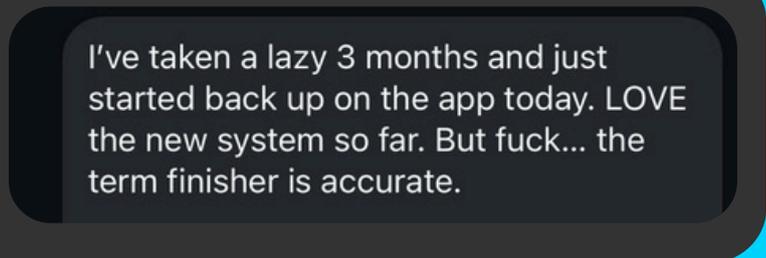
✓ **Can't feel your glutes?**

Try these step-by-step cues, so you can set up any exercise with confidence and improve your form.



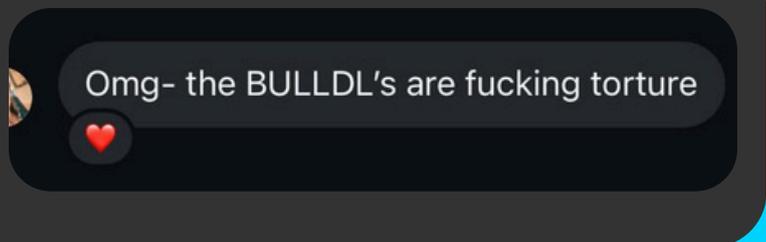
✓ **Workouts feel random?**

Follow this proven structure that's built to help you feel your glutes working.



✓ **Need a pump to end on?**

I've included 2 of my signature finishers that many women say leave them walking out with a serious burn.



If you notice results from this free taste, imagine what could happen with the full 12-week Peach Era Program...

Can't feel your glutes?

so you can set up with confidence, without second-guessing yourself.

Workout 1

		Warm-Up	Hip thrust	Hip thrust	Squats	
		All done with body weight	15 reps	15 reps	15 reps	
Main exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4
1.	Smith Machine Squats	Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps Set 4: 7 reps				
2.	Reverse Lunges Left	Reverse Lunges Right	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps	Each Side		
3.	RDL	Set 1: 10 reps Set 2: 9 reps Set 3: 8 reps				
4.	Single Leg Hip Thrust Left	Single Leg Hip Thrust Right	Set 1: 15 reps Set 2: 13 reps	Each Side		

Glute Finisher

Lunge Lock-In Left Side	Lunge Lock-In Right Side
-------------------------	--------------------------

Need a pump to end on?

Use this finisher if you want to end with intensity, or use it as a stand-alone quick intense workout.

Workouts feel random?

Follow this proven structure with reps and sets, designed to help you feel your glutes working.

Workout 2

Warm-Up	Hip thrust	Hip thrust	Bulgarian Split Squat
All done with body weight	15 reps	15 reps	15 reps each side

Main exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4
1.	<u>Bulgarian Left</u>	<u>Bulgarian Right</u> Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 7 reps Each Side				
2.	<u>Goodmorning</u>	Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps				
3.	<u>Hip Thrust Machine</u>	Set 1: 20 reps Set 2: 15 reps Set 3: 12 reps				
4.	<u>Cable Kickbacks Left</u>	<u>Cable Kickbacks Right</u> Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Each Side				

Glute Finisher

<u>Peach Piñata Finisher Left</u>	<u>Peach Piñata Finisher Right</u>
-----------------------------------	------------------------------------

Ready to Unlock All Your Progress?



(Results from all programs)

After just 2 workouts, many women tell me their glutes feel fired up and their training feels more intentional. Now imagine 12 weeks of that momentum.

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 bored, always progressing
- ✓ 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

This isn't another PDF to forget about. It's your starting point, and the full Peach Era Program is the next step.

👉 Every week you wait is another week where you could be making progress.

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



ACCEPTANCE OF TERMS AND ACKNOWLEDGMENT OF RISKS

BY DOWNLOADING OR STARTING ANY FREE PROGRAM FROM THIS WEBSITE, YOU CONFIRM THAT YOU HAVE READ, UNDERSTOOD, AND AGREE TO THE TERMS OUTLINED IN THIS DISCLAIMER. YOUR DOWNLOAD AND PARTICIPATION SIGNIFY ACCEPTANCE OF ALL RISKS ASSOCIATED WITH PHYSICAL ACTIVITY AND DIETARY CHANGES AND YOUR AGREEMENT TO SEEK PROFESSIONAL GUIDANCE AS RECOMMENDED.

EDUCATIONAL AND ENTERTAINMENT PURPOSES ONLY

THESE PROGRAMS ARE PROVIDED SOLELY FOR EDUCATIONAL AND ENTERTAINMENT PURPOSES. THEY ARE NOT SUBSTITUTES FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, TREATMENT, OR INDIVIDUALIZED GUIDANCE IN HEALTH, FITNESS, OR NUTRITION. THE CONTENT OF THESE PROGRAMS DOES NOT CONSTITUTE MEDICAL ADVICE AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROVIDER.

1. NO MEDICAL ADVICE OR SERVICES: SIMON DINGEMANS IS NOT A LICENSED PHYSICIAN OR REGISTERED DIETITIAN. THE INFORMATION PROVIDED IN THESE DOWNLOADABLE PROGRAMS DOES NOT DIAGNOSE, TREAT, PREVENT, OR CURE ANY MEDICAL CONDITION AND SHOULD NOT REPLACE PERSONALIZED MEDICAL ADVICE. ALWAYS CONSULT YOUR PHYSICIAN OR QUALIFIED HEALTHCARE PROVIDER ON ANY MATTERS REGARDING YOUR HEALTH BEFORE STARTING THESE PROGRAMS.

2. PROPRIETARY RIGHTS: ALL DOCUMENTS, PROGRAMS, AND CONTENT PROVIDED BY DR.GLUTES BV ARE PROPRIETARY AND INTENDED SOLELY FOR PERSONAL USE. NO MATERIAL MAY BE COPIED, SOLD, OR REDISTRIBUTED WITHOUT PRIOR WRITTEN CONSENT FROM DR.GLUTES BV.

3. CONSULT WITH A HEALTHCARE PROFESSIONAL: BEFORE BEGINNING ANY FITNESS, EXERCISE, OR DIETARY PROGRAM, CONSULT WITH A LICENSED HEALTHCARE PROVIDER, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION, INJURY, DIETARY RESTRICTION, OR ARE PREGNANT. THESE DOWNLOADABLE PROGRAMS DO NOT REPLACE INDIVIDUALIZED MEDICAL ADVICE, AND ONLY A HEALTHCARE PROFESSIONAL CAN EVALUATE YOUR SPECIFIC HEALTH NEEDS.

4. INDIVIDUAL RESULTS AND TESTIMONIALS: RESULTS VARY SIGNIFICANTLY AMONG INDIVIDUALS DUE TO DIFFERENCES IN GENETICS, LIFESTYLE, FITNESS HISTORY, AND DEDICATION. TESTIMONIALS AND TRANSFORMATIONS SHARED ON SOCIAL MEDIA, ON THIS WEBSITE OR IN PROGRAM MATERIALS ARE REAL BUT DO NOT REPRESENT TYPICAL RESULTS. YOUR RESULTS MAY DIFFER BASED ON YOUR PERSONAL COMMITMENT AND CIRCUMSTANCES.

5. ASSUMPTION OF RISKS IN EXERCISE AND DIETARY PROGRAMS: ENGAGING IN PHYSICAL ACTIVITIES OR DIETARY CHANGES INVOLVES INHERENT RISKS, INCLUDING INJURY, ADVERSE HEALTH EFFECTS, AND OTHER COMPLICATIONS. YOU ASSUME FULL RESPONSIBILITY FOR YOUR HEALTH AND SAFETY AND VOLUNTARILY ACCEPT ALL RISKS. IF YOU EXPERIENCE DISCOMFORT, STOP IMMEDIATELY AND CONSULT A HEALTHCARE PROVIDER.

6. SAFETY AND RESPONSIBILITY: TO ENSURE SAFETY, PRIORITIZE PROPER FORM, TECHNIQUE, AND MODERATION. IF YOU EXPERIENCE PAIN, DISCOMFORT, OR UNUSUAL SYMPTOMS AT ANY TIME, STOP AND SEEK MEDICAL ADVICE. PARTICIPATION IN THESE PROGRAMS IS VOLUNTARY, AND YOU BEAR FULL RESPONSIBILITY FOR ANY INJURIES OR HEALTH ISSUES THAT MAY ARISE FROM FOLLOWING THE PROGRAM'S RECOMMENDATIONS.

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.

13. ASSUMPTION OF RISK AND LIABILITY: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU VOLUNTARILY ACCEPT ALL RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES. DR.GLUTES BV AND ITS AFFILIATES DISCLAIM LIABILITY FOR ANY INJURIES, HEALTH PROBLEMS, OR ADVERSE OUTCOMES. ANY RELIANCE ON INFORMATION PROVIDED THROUGH THESE PROGRAMS IS AT YOUR OWN RISK.

14. ADULTS ONLY: THESE PROGRAMS ARE INTENDED FOR INDIVIDUALS AGED 18 AND OLDER. PARTICIPATION BY MINORS SHOULD OCCUR ONLY WITH DIRECT SUPERVISION AND APPROPRIATE PROFESSIONAL GUIDANCE.

15. PROGRESS PICTURE SUBMISSIONS: ONLY INDIVIDUALS AGED 18 OR OLDER MAY SUBMIT PROGRESS PICTURES OR OTHER MEDIA DOCUMENTING THEIR FITNESS JOURNEY. BY SUBMITTING CONTENT, YOU CONFIRM THAT YOU ARE AT LEAST 18 YEARS OLD. SUBMISSIONS FROM THOSE UNDER 18 WILL NOT BE ACCEPTED AND WILL BE DELETED.

16. NO WARRANTIES OR GUARANTEES: THESE PROGRAMS ARE PROVIDED "AS IS" WITH NO GUARANTEES REGARDING RESULTS, SAFETY, OR SUITABILITY FOR ANY PARTICULAR PURPOSE. DR.GLUTES BV DISCLAIMS LIABILITY FOR INCIDENTAL, INDIRECT, OR CONSEQUENTIAL DAMAGES THAT MAY ARISE FROM THE USE OF THESE PROGRAMS.

17. AGREEMENT TO TERMS: BY DOWNLOADING AND PARTICIPATING IN THESE PROGRAMS, YOU CONFIRM YOUR ACCEPTANCE OF ALL TERMS WITHIN THIS DISCLAIMER. YOU ACKNOWLEDGE THE RISKS ASSOCIATED WITH EXERCISE AND DIETARY CHANGES AND AGREE TO SEEK PROFESSIONAL ADVICE AS NEEDED.

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.