

100,000+ women have signed up for Dr.Glutes programs and guides.

Wilhelm's 4-Week Glute Griller

Home Edition

Week 1



Week 7



By Dr.Glutes 2026

Before you start!

Join

“Wilhelm’s Après-Ski Bar”

A community for everyone doing the Glute Griller right now. Share your results. Ask questions. See what other women are experiencing on the same 4 weeks you're on.



Join The Après-Ski Bar

Got Transformation Pictures?

Show off your 4, 8 or 12 week progress. Every month, 2 women get picked for a free coaching spot.

If you've trained with any Dr.Glutes program, I want to see your results.

Here's how it works:

Upload your before and after photos.

Every submission is automatically entered into our monthly raffle.

2 winners get a free spot in the 12-Week Peach Era Coaching Program with me and Zeta.

Your face will be cropped or blurred in anything we use publicly. Your transformation, your privacy.

Requirements list:

- Before and after photo
- Must have used a Dr.Glutes program (app, freebie, or coaching)
- 18 years or older

Upload Your Pictures

Jeans-Ripping Glute Activators

These drills won't grow your glutes overnight. But they will teach you to actually feel them, which is the first step to filling out your jeans.

Why you can't feel your glutes

If you've been training for a while but still can't feel your glutes working, you're not broken.

You're just recruiting the wrong muscles.

That means your legs take over every time you squat, lunge, or hip thrust, and your glutes go along for the ride without doing much work.

This happens because of three things:

1. Quad dominance: Your legs are stronger, and your nervous system defaults to them.
2. Wrong recruitment patterns: Learned early and never corrected.
3. Poor mind-muscle connection: You haven't really felt your glute before by really squeezing.

The fix is not a new program or heavier weights.

It's teaching your nervous system to find the muscle before you load it.

That's what this guide does.

The Activation Protocol

You don't have to do all of these. Just pick 1 or 2 and set those cheeks on fire.

Drill 1 - Bodyweight Hip Thrust

Get into the hip thrust position.

It doesn't have to be the perfect setup, but if you're new, it's good to practice it.

Setup:

- Laying weights next to your knees,
- Getting your shoulder blades on the bench
- keeping your upper body straight

Do a normal hip thrust, but squeeze as hard as possible and hold the squeeze **for 3 seconds**.

Do this for 3 sets of 15 reps with no weight.

I feel this in my full glute, but mostly the lower part.

Watch the video here



Drill 2 - Donkey Kickback

On all fours, hands under shoulders, knees under hips.

Keeping your knee bent at 90 degrees, drive one foot up toward the ceiling until your thigh is parallel to the floor.

Squeeze hard at the top and hold for 1 second. Lower slowly, 3 seconds down.

Do this for 3 sets of 15 reps with no weight each side.

I feel this in the lower part of my glute.

Watch the video here



Drill 3 - Frog Pumps

Grab a bench and lie in front of it.

Put your feet on the bench, open your legs as wide as possible, and put the soles of your feet against each other.

Now thrust your hips and squeeze as hard as possible for 3 seconds while keeping your legs open.

Slowly lower down and repeat.

I feel this is my full glute, including the top part, because I keep my legs wide open.

**Watch the
video here**



Drill 4 - Banded Clamshell

Lie on your side with a light resistance band just above your knees.

Feet stacked, hips stacked.

Keeping your feet touching, rotate your top knee upward like a clamshell opening.

Touch your glute med with your top hand; you should feel it working on the outer hip.

I feel this on the side of my glute.

**Watch the
video here**



Peach Era Stretch Routine

	Stretch	Rest
 Figure-4 Glute Stretch on Back left side 	60 sec.	15 sec.
 Figure-4 Glute Stretch on Back right side 	60 sec.	15 sec.
Rest 	30 sec. 	
 Butterfly Stretch 	60 sec.	
Rest 	30 sec. 	
 Childs Pose with Side Reach left side 	30 sec.	20 sec.
 Childs Pose with Side Reach right side 	30 sec.	20 sec.
Rest 	30 sec. 	
 Seated Glute Twist left side 	30 sec.	20 sec.
 Seated Glute Twist right side 	30 sec.	20 sec.
Rest 	30 sec. 	
 Kneeling Hip Flexor Stretch left side 	30 sec.	20 sec.
 Kneeling Hip Flexor Stretch right side 	30 sec.	20 sec.

Warm-ups:

Warm-ups are essential, but they shouldn't drain your time or energy. The ideal warm-up? 3 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.

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.

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.

Videos Demos

Click the exercise name to watch a short video demo, no guesswork needed.

Schedule:

Day 1 - Day 2 - Day 3 - Rest - Day 4 - Day 5 - Rest

Day 1

		Warm-Up	Hip Thrusts	Hip Thrusts			
		All done with body weight	15 reps	15 reps			
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Goblet Squat	3 sets up to 20 reps				X	
	RDL	4 sets up to 25 reps					
	Reverse Lunges	3 sets up to 20 reps Each Side				X	
	Frog	4 sets up to 25 reps					
	Calf Raises	4 sets up to 20 reps					

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W1

Day 1 - Core

		Beginner		Intermediate		Advanced	
		On	Rest	On	Rest	On	Rest
	Leg Raises	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Side-to-sides	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Mountainclimber Slow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	Glute Bridge March	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
		1 round		2 rounds		3 rounds	

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W1

Day 2

Warm-Up	Bent Over Row	Bent Over Row	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
▶	Bent Over Row	4 sets up to 20 reps					
▶	1-Arm Row	3 sets up to 25 reps Each Side					
▶	Reverse Fly	3 sets up to 20 reps					
▶	Upright Rows	4 sets up to 20 reps					
▶	Hammer Curls	3 sets up to 25 reps					
▶	Bicep Curls	3 sets up to 20 reps					

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W1

Day 3

Warm-Up	Hip Thrusts	Hip Thrusts	
All done with body weight	15 reps	15 reps	

	Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Static Lunges		4 sets up to 20 reps Each Side					
	Hip Thrust		4 sets up to 25 reps					
	Sumo squat		3 sets up to 20 reps				X	
	B-Stance RDL		4 sets up to 25 reps Each Side					
	Side Tap-Out		3 sets up to 20 reps Each Side				X	

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W1

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Dumbbell Press	4 sets up to 20 reps					
	Dumbbell Fly	4 sets up to 20 reps					
	Side Raises	4 sets up to 25 reps					
	Y Raises	3 sets up to 20 reps				X	
	Single Arm Tricep Ext.	4 sets up to 25 reps Each Side					

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W1

Day 5

			Warm-Up	Hip Thrusts	Hip Thrusts	
			All done with body weight	15 reps	15 reps	

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W1

Day 5 - Core

		Beginner		Intermediate		Advanced	
		On	Rest	On	Rest	On	Rest
  	Bicycle Kicks	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Knee-To Elbow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	V Sit-Up	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
		1 round		2 rounds		3 rounds	

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W1

Day 1

		Warm-Up	Hip Thrusts	Hip Thrusts			
		All done with body weight	15 reps	15 reps			
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Goblet Squat	3 sets up to 20 reps				X	
	RDL	4 sets up to 25 reps					
	Reverse Lunges	3 sets up to 20 reps Each Side				X	
	Frog	4 sets up to 25 reps					
	Calf Raises	4 sets up to 20 reps					

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W2

Day 1 - Core

		Beginner		Intermediate		Advanced	
		On	Rest	On	Rest	On	Rest
	Leg Raises	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Side-to-sides	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Mountainclimber Slow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	Glute Bridge March	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
		1 round		2 rounds		3 rounds	

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W2

Day 2

Warm-Up	Bent Over Row	Bent Over Row	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
▶	Bent Over Row	4 sets up to 20 reps					
▶	1-Arm Row	3 sets up to 25 reps Each Side				X	
▶	Reverse Fly	3 sets up to 20 reps				X	
▶	Upright Rows	4 sets up to 20 reps					
▶	Hammer Curls	3 sets up to 25 reps				X	
▶	Bicep Curls	3 sets up to 20 reps				X	

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W2

Day 3

Warm-Up	Hip Thrusts	Hip Thrusts	
All done with body weight	15 reps	15 reps	

	Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Static Lunges		4 sets up to 20 reps Each Side					
	Hip Thrust		4 sets up to 25 reps					
	Sumo squat		3 sets up to 20 reps				X	
	B-Stance RDL		4 sets up to 25 reps Each Side					
	Side Tap-Out		3 sets up to 20 reps Each Side				X	

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W2

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Dumbbell Press	4 sets up to 20 reps					
	Dumbbell Fly	4 sets up to 20 reps					
	Side Raises	4 sets up to 25 reps					
	Y Raises	3 sets up to 20 reps					
	Single Arm Tricep Ext.	4 sets up to 25 reps Each Side					

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W2

Day 5

			Warm-Up	Hip Thrusts	Hip Thrusts	
			All done with body weight	15 reps	15 reps	

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W2

Day 5 - Core

		Beginner		Intermediate		Advanced	
		On	Rest	On	Rest	On	Rest
  	Bicycle Kicks	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Knee-To Elbow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	V Sit-Up	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
		1 round		2 rounds		3 rounds	

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W2

Day 1

		Warm-Up	Hip Thrusts	Hip Thrusts			
		All done with body weight	15 reps	15 reps			
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Goblet Squat	4 sets up to 20 reps					
	RDL	4 sets up to 25 reps					
	Reverse Lunges	4 sets up to 20 reps Each Side					
	Frog	4 sets up to 25 reps					
	Calf Raises	4 sets up to 20 reps					

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W3

Day 1 - Core

		Beginner		Intermediate		Advanced	
		On	Rest	On	Rest	On	Rest
	Wipers	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Side Taps	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
	Knee-To-Elbow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	Reverse Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
		1 round		2 rounds		3 rounds	

W3

Day 2

Warm-Up	Bent Over Row	Bent Over Row	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
▶	Bent Over Row	4 sets up to 20 reps					
▶	1-Arm Row	4 sets up to 25 reps Each Side					
▶	Reverse Fly	4 sets up to 20 reps					
▶	Upright Rows	4 sets up to 20 reps					
▶	Hammer Curls	3 sets up to 25 reps					
▶	Bicep Curls	3 sets up to 20 reps					

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W3

Day 3

Warm-Up		Hip Thrusts	Hip Thrusts				
All done with body weight		15 reps	15 reps				
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
 Static Lunges		4 sets up to 20 reps Each Side					
 Hip Thrust		4 sets up to 25 reps					
 Sumo squat		4 sets up to 20 reps					
 B-Stance RDL		4 sets up to 25 reps Each Side					
 Side Tap-Out		3 sets up to 20 reps Each Side					

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W3

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Dumbbell Press	4 sets up to 20 reps					
	Dumbbell Fly	4 sets up to 20 reps					
	Side Raises	4 sets up to 25 reps					
	Y Raises	4 sets up to 20 reps					
	Single Arm Tricep Ext.	4 sets up to 25 reps Each Side					

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W3

Day 5

		Warm-Up	Hip Thrusts	Hip Thrusts			
		All done with body weight	15 reps	15 reps			
	Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4
▶	Goblet Sumo Squat		4 sets up to 30 reps				
▶	Bulgarian Split Squats		4 sets up to 25 reps Each Side				
▶	Single Leg Hip Thrust		4 sets up to 20 reps Each Side				
▶	Reverse Lunges		4 sets up to 20 reps Each Side				

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W3

Day 5 - Core

Beginner		Intermediate		Advanced	
On		On		On	
Rest		Rest		Rest	
 Mountain Climbers	20 sec.	40 sec.	 Mountain Climbers	30 sec.	30 sec.
 Cross Crunches	20 sec.	40 sec.	 Cross Crunches	30 sec.	30 sec.
 Leg Raises	20 sec.	40 sec.	 Leg Raises	30 sec.	30 sec.
1 round		2 rounds		3 rounds	

W3

Day 1

		Warm-Up	Hip Thrusts	Hip Thrusts			
		All done with body weight	15 reps	15 reps			
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Goblet Squat	4 sets up to 20 reps					
	RDL	4 sets up to 25 reps					
	Reverse Lunges	4 sets up to 20 reps Each Side					
	Frog	4 sets up to 25 reps					
	Calf Raises	4 sets up to 20 reps					

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W4

Day 1 - Core

Beginner

On

Rest

	Wipers
	Side Taps
	Knee-To-Elbow
	Reverse Crunches

20 sec.	40 sec.
20 sec.	40 sec.
20 sec.	40 sec.
20 sec.	40 sec.

1 round

Intermediate

On

Rest

30 sec.	30 sec.
30 sec.	30 sec.
30 sec.	30 sec.
30 sec.	30 sec.

2 rounds

Advanced

On

Rest

40 sec.	20 sec.
40 sec.	20 sec.
40 sec.	15 sec.
40 sec.	15 sec.

3 rounds

W4

Day 2

Warm-Up	Bent Over Row	Bent Over Row	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Bent Over Row	4 sets up to 20 reps					
	1-Arm Row	4 sets up to 25 reps Each Side					
	Reverse Fly	4 sets up to 20 reps					
	Upright Rows	4 sets up to 20 reps					
	Hammer Curls	3 sets up to 25 reps					
	Bicep Curls	3 sets up to 20 reps					

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W4

Day 3

Warm-Up		Hip Thrusts	Hip Thrusts				
All done with body weight		15 reps	15 reps				
Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
 Static Lunges		4 sets up to 20 reps Each Side					
 Hip Thrust		4 sets up to 25 reps					
 Sumo squat		4 sets up to 20 reps					
 B-Stance RDL		4 sets up to 25 reps Each Side					
 Side Tap-Out		3 sets up to 20 reps Each Side					

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W4

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

	Exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4	
	Dumbbell Press	4 sets up to 20 reps					
	Dumbbell Fly	4 sets up to 20 reps					
	Side Raises	4 sets up to 25 reps					
	Y Raises	4 sets up to 20 reps					
	Single Arm Tricep Ext.	4 sets up to 25 reps Each Side					

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W4

Day 5

Warm-Up	Hip Thrusts	Hip Thrusts	
All done with body weight	15 reps	15 reps	

	Exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4	
▶	Goblet Sumo Squat		4 sets up to 30 reps					
▶	Bulgarian Split Squats		4 sets up to 25 reps Each Side					
▶	Single Leg Hip Thrust		4 sets up to 20 reps Each Side					
▶	Reverse Lunges		4 sets up to 20 reps Each Side					

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W4

Day 5 - Core

Beginner		Intermediate		Advanced	
On		On		On	
Rest		Rest		Rest	
 Mountain Climbers	20 sec.	40 sec.	 Mountain Climbers	30 sec.	30 sec.
 Cross Crunches	20 sec.	40 sec.	 Cross Crunches	30 sec.	30 sec.
 Leg Raises	20 sec.	40 sec.	 Leg Raises	30 sec.	30 sec.
1 round		2 rounds		3 rounds	

W4

Stop Training to Just Sweat. Start Training to Rip Jeans.



(Results from all Dr.Glutes programs)

You successfully triggered the muscle-mind spark from your living room over the last 7 days.

But let's be entirely realistic: if you stop right here and go back to random home fitness challenges next Monday, your body will adapt, your progress will hit a hard wall, and your glutes will go completely quiet again.

The Peach Era App is engineered to turn home workouts into undeniable, visible status.

You don't need a crowded commercial gym to completely reshape your visual footprint, you just need a system that eliminates human error.

Start Your 7-Day Free Trial

Real Women, Real Results – Here's Proof It Works

(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'm 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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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.