Wilhelm's 7-Day
Glute Griller

Beginner

By Dr.Glutes 2025

Read Before Starting

Welcome to Wilhelm's 7-Day Beginner Glute Griller.

Most women train hard but don't feel their glutes, their quads and hamstrings take over. That ends here.

These 7 days are your ignition week: you'll build the mind–muscle connection, feel your glutes working, and kickstart your confidence in training.

But remember, this is just the spark.

True glute growth and shaping takes progression over time.

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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.

I also like to use the hip thrust for warm-up for glute days. That way, you already have 3 sets of squeezing in the glutes, and this can help some women feel their glutes better.

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

- Stick to 2–3 sets max per exercise, don't overdo it.
- 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.

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 1

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

Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4
Smith Machine Squats		Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps				
RDL		Set 1: 11 reps Set 2: 9 reps				X
Reverse Lunges		Set 1: 10 reps Set 2: 8 reps **Each Side**				X
Lunge Lock-In Left Side	Lunge Lock-In Right Side	1 set on both side.		X	X	X

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Day 1
Snatched Waist Core 1

	On	Rest
Leg Raises	20 sec.	40 sec.
Moutainclimber Slow	20 sec.	40 sec.
Glute Bridge March	20 sec.	40 sec.

1 round

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 2

Warm-Up	Row Machine	Row Machine	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Row Machine	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
Lat Pull Down	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Lat Push Down	Set 1: 12 reps Set 2: 10 reps			X	X
Push Step Finisher	1 set	X	X	X	X
Hammer Curls	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
EZ bar Curls	Set 1: 12 reps Set 2: 10 reps			X	X

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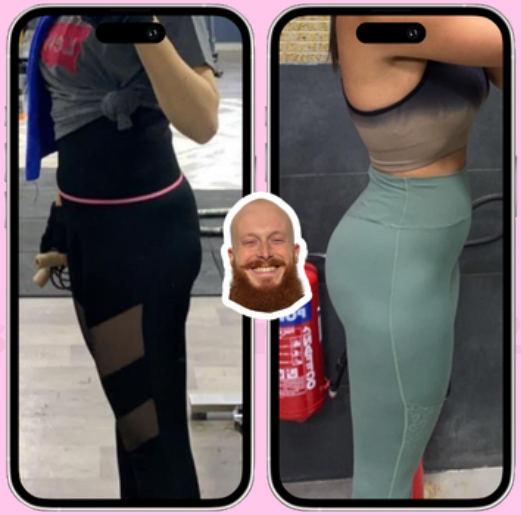
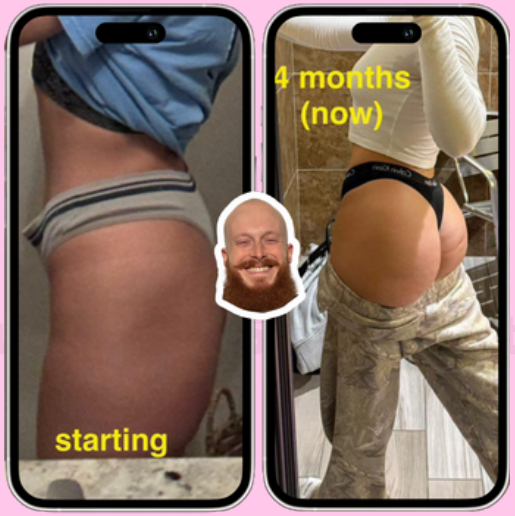
Are you the next Dr.Glutes transformation?





(Results from all Dr.Glutes programs)

These women started exactly where you are right now. They committed, stayed consistent, and unlocked the confidence that comes with feeling their glutes fire.

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 3

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

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Dumbbell Press	Set 1: 12 reps Set 2: 10 reps			X	X
Dumbell Fly	Set 1: 12 reps Set 2: 10 reps			X	X
Side Raises	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Upright Rows	Set 1: 12 reps Set 2: 10 reps			X	X
Tricep Rope Extensions	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

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Day 4

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

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

Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Main exercise		Reps And Sets	Set 1	Set 2	Set 3	Set 4
Bulgarian Split Squat		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps **Each Side**				X
B-stance RDL		Set 1: 11 reps Set 2: 9 reps				X
Hip thrust or machine		Set 1: 12 reps Set 2: 10 reps				X
Peach Piñata Finisher Left	Peach Piñata Finisher Right	1 set		X	X	X

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Day 4
Snatched Waist Core 2

	On	Rest
Bicycle Kicks	20 sec.	40 sec.
Crunches	20 sec.	40 sec.
Side-taps	20 sec.	40 sec.

1 round

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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 ❤️

Want more of this?

(Results from all Dr.Glutes programs)

Unlock the full Dr.Glutes Glute Blueprint App

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