

THE 12-WEEK BOOTY BLUEPRINT NO.1

4-
DAY
PROGRAM



HOME
PROGRAM

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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.

Dr.glutes training program



Transformation pictures:

Taking before and after pictures is super important.

They let you see the amazing results of your investment and hard work!

If you're comfortable with it, sharing these photos can be a great addition to the online Dr.Glutes community.

You'll not only inspire other women but also become part of a supportive group that encourages each other to improve and succeed!

Schedule:

The “**best**” way to plan your week, is to leave a day in between the glute days. For example:

Monday: training day 1

Tuesday: rest

Wednesday: training day 2

Thursday: rest

Friday: training day 3

Saturday: training day 4

Sunday: rest

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.

How to calculate calories if you want to lose or gain weight

Weight loss example:

Step 1: Calculate Your Daily Calorie Needs (TDEE)

1. Calculate TDEE: The Total Daily Energy Expenditure (TDEE) is the number of calories your body needs to maintain your current weight. To lose weight, you should consume fewer calories than your TDEE.

USE AN ONLINE CALCULATOR FOR YOUR SPECIFIC NEEDS! THIS IS ONLY AN EXAMPLE! DO NOT COPY THESE EXACT NUMBERS!

2. Example Calculation: Assuming an example woman weighing 70 kg with a moderate activity level, her estimated TDEE is around 1950 calories/day.

3. Set Calorie Target for Weight Loss: To lose weight, she can reduce her calorie intake by 300–500 calories from her TDEE. Using a 300-calorie deficit as an example:

- Calorie Target = $1950 - 300 = 1650$ calories/day

This information is for general guidance and educational purposes only and is not intended as medical or professional advice on weight loss or gain. The example provided is hypothetical. Always consult a healthcare professional for personalized guidance.

Step 2: Calculate Protein, Fat, and Carbohydrates (Macros)



To break down the 1650 calories into macronutrients, use these guidelines:

- Protein: 2 grams per kg of body weight
- Fat: 0.7 grams per kg of body weight
- Carbohydrates: The remaining calories

1. Calculate Protein

Protein helps maintain muscle mass, which is especially important during weight loss.

- Formula: 2g of protein per kg of body weight
- For a 70 kg woman:
 - Protein = 70 kg × 2g = 140g of protein per day
 - Protein has 4 calories per gram, so:
 - 140g × 4 = 560 calories from protein

2. Calculate Fats

Healthy fats are essential for hormone balance and overall health.

- Formula: 0.7g of fat per kg of body weight
- For a 70 kg woman:
 - Fat = 70 kg × 0.7g = 49g of fat per day
 - Fat has 9 calories per gram, so:
 - 49g × 9 = 441 calories from fat

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3. Calculate Carbs

Carbohydrates are essential for energy, especially for fueling workouts. The remaining calories after accounting for protein and fat go to carbs.

1. Subtract calories from protein and fat from the total target:
 - $1650 - (560 + 441) = 649$ calories for carbs
2. Carbs have 4 calories per gram, so:
 - $649 \div 4 = 162\text{g}$ of carbs per day

Summary for a 70 kg Woman:

- Calories for weight loss: 1650 calories/day
- Protein: 140g/day
- Fat: 49g/day
- Carbs: 162g/day

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How to calculate calories if you want to lose or gain weight

Weight gain example:



Step 1: Calculate Caloric Surplus

1. Assuming the TDEE of 1950 calories/day for a 70 kg woman, to gain weight, she would need to consume 200–500 calories above maintenance.

USE AN ONLINE CALCULATOR FOR YOUR SPECIFIC NEEDS! THIS IS ONLY AN EXAMPLE! DO NOT COPY THESE EXACT NUMBERS!

2. Example Calorie Target for Muscle Gain: $1950 + 300 = 2250$ calories/day (This is within the 200–500 calorie surplus range for weight gain).

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Step 2: Calculate Protein, Fat, and Carbohydrates (Macros)



For muscle gain, slightly adjusted macros are used:

- Protein: 1.6 grams per kg of body weight
- Fat: 0.7 grams per kg of body weight
- Carbohydrates: The remaining calories

1. Calculate Protein

- Formula: 1.6g of protein per kg of body weight
- For a 70 kg woman:
 - Protein = 70 kg × 1.6g = 112g of protein per day
 - Protein has 4 calories per gram, so:
 - 112g × 4 = 448 calories from protein

2. Calculate Fats

- Formula: 0.7g of fat per kg of body weight
- For a 70 kg woman:
 - Fat = 70 kg × 0.7g = 49g of fat per day
 - Fat has 9 calories per gram, so:
 - 49g × 9 = 441 calories from fat

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3. Calculate Carbs

The remaining calories go to carbohydrates.

1. Subtract calories from protein and fat from the total target:
 - $2250 - (448 + 441) = 1361$ calories for carbs
2. Carbs have 4 calories per gram, so:
 - $1361 \div 4 = 340$ g of carbs per day

Summary for a 70 kg Woman:

- Calories for muscle gain: 2250 calories/day
- Protein: 112g/day
- Fat: 49g/day
- Carbs: 340g/day

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Examples of food choices



Carbs

1. Oats
2. Quinoa
3. Sweet Potatoes
4. Brown Rice
5. Whole Wheat Bread
6. Barley
7. Bulgur
8. Buckwheat
9. Lentils
10. Chickpeas
11. Black Beans
12. Kidney Beans
13. Bananas
14. Apples
15. Berries
16. Butternut Squash
17. Carrots
18. Beets
19. Whole Grain Pasta
20. Couscous

Fats

1. Avocados
2. Olive Oil
3. Coconut Oil
4. Almonds
5. Walnuts
6. Chia Seeds
7. Flaxseeds
8. Hemp Seeds
9. Pumpkin Seeds
10. Macadamia Nuts
11. Pecans
12. Cashews
13. Brazil Nuts
14. Sesame Oil
15. Grass-Fed Butter
16. Ghee
17. Dark Chocolate (70%+ cacao)
18. Fatty Fish (salmon, mackerel)
19. Full-Fat Yogurt
20. Peanut Butter

Protein

1. Chicken Breast
2. Turkey Breast
3. Salmon
4. Tuna
5. Shrimp
6. Eggs
7. Greek Yogurt
8. Cottage Cheese
9. Tofu
10. Tempeh
11. Lentils
12. Black Beans
13. Quinoa
14. Edamame
15. Hemp Seeds
16. Pumpkin Seeds
17. Almonds
18. Lean Beef
19. Bison
20. Seitan

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Weeks:

The weeks are made into 6-week cycles. The 6th week being a deload week.

That means half the intensity of a normal week for recovery.

So 1 cycle is 6 weeks, with the 6th week being “active recovery” by using half the weight on all the exercises.

At week 7, try using the weights of week 2 or 3.

Starting weight:

If you are completely new, or you have never done a certain exercise before, and you don't know what weight to pick, then here's the technique for finding it.

So let's say the first set of an exercise is 15 reps.

Then you want to use a weight you can 18 times in your first week.

Don't worry if it's too light.

It's better to go too light than too heavy in the beginning.

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.



How to progress:

What weight should you use?

I'll break it down for you:

Try picking a weight you can do 2 more times than what the reps are.

Meaning: if the reps are 15, then you pick a weight you can do 17 times.

You don't do it 17 times, you do it 15.

But you pick a weight you can do a few more times.

Example:

Squat:

Set 1: 15 reps -> pick a weight you can 17 times

Set 2: 13 reps -> pick a weight you can 15 times

Set 3: 11 reps -> pick a weight you can 13 times

Set 4: 9 reps -> pick a weight you can 11 times

You do this for every exercise, except the ones with the same reps for every set.

You'll grow stronger, especially in the first weeks.

Try increasing the weight every set, and every week.

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Weight increase example:

WEEK 1

Squat:

Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **20kg**

Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **30kg**

Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **40kg**

Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **50kg**

WEEK 2

Squat:

Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **25kg**

Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **35kg**

Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **45kg**

Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **55kg**

WEEK 3

Squat:

Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **30kg**

Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **40kg**

Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **50kg**

Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **60kg**

We do this up until week 6. Week 6 is a deload week. Meaning: you only do 3 sets of 15 reps with a very light weight. Then the cycle starts again.

DO NOT DO THIS if you feel like you can't do it. DO NOT hurt yourself just to go heavier!

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How to start this training plan

Take it very easy!

Go for 2-3 sets max. per exercise if you're a beginner. Do NOT OVERDO IT.

Even if you're advanced, ease into the program.

Always start of too light.

Heavy weights look cool, but hurting yourself is anything but cool.

Be careful, and do not rush it!

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Exercises:

Every exercise has a complete tutorial linked to it.

You just have to click on the exercise, and it will take you to the exercise tutorial.

If anything, and I mean ANYTHING, is not clear about an exercise, then please do not hesitate to send me a message.

I want you to feel completely comfortable with every exercise.

And I will help you until everything is clear for you.

I don't bite, so just send me a DM!

Keeping track:

You can write in this PDF next to the reps and sets, or you can print the printable part of this PDF, so you can write it down.

For printing, its page: **22-34**

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Warm-ups:

Warm-ups are necessary, but don't waste your time on them.

A perfect warm up is this: 3 sets of 15 reps of the first exercise with no weight.

This is enough because the best way to warm up for example a squat is by doing a squat.

Don't waste your valuable energy on a 5 part warm-up.

Rest:

Take as much rest as you need.

This means until your muscles are re energized, and your heart rate has lowered. Not waiting 30 seconds or 15 minutes.

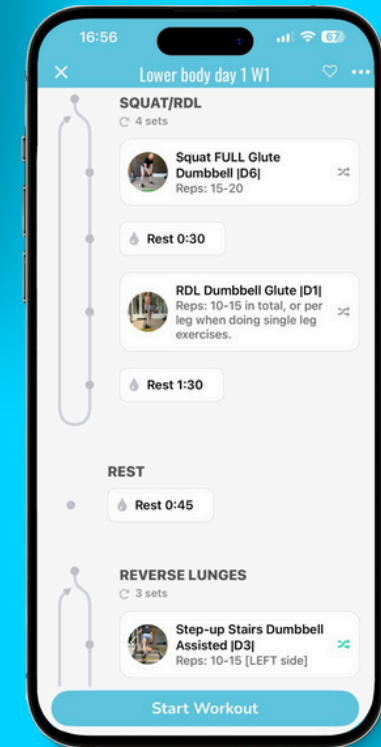
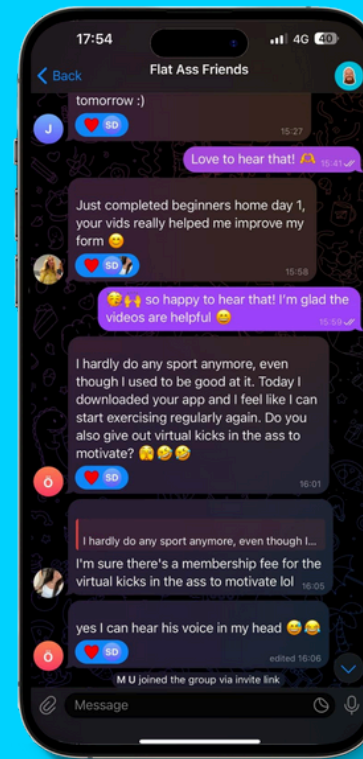
Also, DON'T time your rest! Rest changes depending on the set, so wait until calmed down and feel okay again, and then go.

This can 2 or 3 minutes, but it can also be 45 seconds. Women re-energize very quickly.

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Want more of this?

DM me the word “app” on Instagram and let’s make those glutes explode!



PROGRESS DIARY



Date	Weight	Waist inch/cm	Hip inch/cm	Quad inch/cm	Chest inch/cm

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CLICK FOR VIDEO

HOME

DAY 1

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>DUMBBELL SQUAT GLUTE</u>	3 X 15-20		3 X 15-20		3 X 15-20		4 X 15-20	
2) <u>RDL</u>	2 X 10-15		2 X 10-15		3 X 10-15		4 X 10-15	
3) <u>REVERSE LUNGES</u>	3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
4) <u>HIP THRUSTS</u>	3 X 10-15		3 X 10-15		3 X 10-15		4 X 10-15	
5) <u>SIDE TAP-OUTS</u>	2 X 15-20 EACH SIDE		2 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
6) <u>BENT OVER ROWS</u>	2 X 15-20		2 X 15-20		3 X 15-20		4 X 15-20	
7) <u>SIDE RAISES</u>	2 X 10-15		2 X 10-15		3 X 10-15		3 X 10-15	
8) <u>BICEP CURLS ALTERNATING</u>	2 X 15-20 EACH SIDE		2 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE	

- **If you're a BEGINNER then feel free to do LESS SETS in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning**

DAY 2

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>REVERSE CURTSY LUNGES</u>	3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
2) <u>GOBLET SQUATS</u>	2 X 10-15		2 X 10-15		3 X 10-15		4 X 10-15	
3) <u>BULGARIAN SPLIT SQUATS</u>	3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
4) <u>FROG</u>	3 X 10-15		3 X 10-15		4 X 10-15		4 X 10-15	
5) <u>GOOD MORNINGS</u>	3 X 15-20		3 X 15-20		3 X 15-20		4 X 15-20	
6) <u>ABDUCTION SLIDE-OUT</u>	2 X 15-20 EACH SIDE		2 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
7) <u>CALF RAISES</u>	3 X 10-15		3 X 10-15		3 X 10-15		3 X 10-15	

- If you're a **BEGINNER** then feel free to do **LESS SETS** in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning

DAY 3

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>STEP-UP STAIRS</u>	3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE	
2) <u>GOBLET SUMO SQUATS</u>	3 X 15-20		3 X 15-20		4 X 15-20		4 X 15-20	
3) <u>STATIC LUNGES</u>	3 X 10-15 EACH SIDE		3 X 10-15 EACH SIDE		3 X 10-15 EACH SIDE		3 X 10-15 EACH SIDE	
4) <u>SINGLE LEG HIP THRUST</u>	3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE	
SUPERSET								
A) <u>KICKBACK (BOTH SIDES)</u>	2 X 15		2 X 15		3 X 15		3 X 15	
B) <u>BACK TAP-OUT (BOTH SIDES)</u>	2 X 15		2 X 15		3 X 15		3 X 15	
C) <u>GOBLET SUMO PULSES</u>	2 X 20-25		2 X 20-25		3 X 20-25		3 X 20-25	
6) <u>1 ARM ROWS</u>	2 X 15-20 EACH SIDE		2 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE	
7) <u>OVERHEAD TRICEP EXTENSIONS SINGLE</u>	2 X 10-15 EACH SIDE		2 X 10-15 EACH SIDE		3 X 10-15 EACH SIDE		3 X 10-15 EACH SIDE	

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DAY 4

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>PUSH-UP KNEES</u>	2 X 15-20		2 X 15-20		3 X 15-20		3 X 15-20	
2) <u>DUMBBELL FLY FLOOR</u>	3 X 10-15		3 X 10-15		3 X 10-15		3 X 10-15	
3) <u>DIPS</u>	3 X 15-20		3 X 15-20		4 X 15-20		4 X 15-20	
4) <u>SEATED BICEP CURL</u>	3 X 10-15		3 X 10-15		4 X 10-15		4 X 10-15	
5) <u>OVERHEAD TRICEP EXTENSION</u>	3 X 15-20		3 X 15-20		4 X 15-20		4 X 15-20	
6) <u>UPRIGHT ROWS</u>	2 X 15-20		2 X 15-20		3 X 15-20		3 X 15-20	
7) <u>BENT OVER ROWS</u>	3 X 10-15		3 X 10-15		3 X 10-15		3 X 10-15	

- **If you're a BEGINNER then feel free to do LESS SETS in the 1st, 2nd, and maybe even 3th week, and do them with body weight only. Do not hurt yourself by going too hard in the beginning**

DAY 1

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>DUMBBELL SQUAT GLUTE</u>	4 X 15-20		3 X 15		5 X 15-20		5 X 15-20	
2) <u>RDL</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	
3) <u>REVERSE LUNGES</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
4) <u>HIP THRUSTS</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	
5) <u>SIDE TAP-OUTS</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
6) <u>BENT OVER ROWS</u>	4 X 15-20		3 X 15		4 X 15-20		4 X 15-20	
7) <u>SIDE RAISES</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	
8) <u>BICEP CURLS ALTERNATING</u>	3 X 15-20 EACH SIDE		3 X 15 EACH SIDE		3 X 15-20 EACH SIDE		3 X 15-20 EACH SIDE	

Your safety is the top priority—always listen to your body, prioritize proper form, and, when in doubt, choose lighter weights over heavier ones to reduce the risk of injury. It's better to progress gradually and safely than to push beyond your limits and risk harm.

DAY 2

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>REVERSE CURTSY LUNGES</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		5 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE	
2) <u>GOBLET SQUATS</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	
3) <u>BULGARIAN SPLIT SQUATS</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
4) <u>FROG</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	
5) <u>GOOD MORNINGS</u>	4 X 15-20		3 X 15		4 X 15-20		4 X 15-20	
6) <u>ABDUCTION SLIDE-OUT</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
7) <u>CALF RAISES</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	

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DAY 3

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>STEP-UP STAIRS</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
2) <u>GOBLET SUMO SQUATS</u>	4 X 15-20		3 X 15		3 X 15-20		4 X 15-20	
3) <u>STATIC LUNGES</u>	4 X 10-15 EACH SIDE		3 X 15 EACH SIDE		4 X 10-15 EACH SIDE		4 X 10-15 EACH SIDE	
4) <u>SINGLE LEG HIP THRUST</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
SUPERSET								
A) <u>KICKBACK (BOTH SIDES)</u>	4 X 15		2 X 15		4 X 15		4 X 15	
B) <u>BACK TAP-OUT (BOTH SIDES)</u>	4 X 15		2 X 15		4 X 15		4 X 15	
C) <u>GOBLET SUMO PULSES</u>	4 X 20-25		2 X 15		4 X 20-25		4 X 20-25	
6) <u>1 ARM ROWS</u>	4 X 15-20 EACH SIDE		3 X 15 EACH SIDE		3 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE	
7) <u>OVERHEAD TRICEP EXTENSIONS SINGLE</u>	4 X 10-15 EACH SIDE		3 X 15 EACH SIDE		4 X 10-15 EACH SIDE		4 X 10-15 EACH SIDE	

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DAY 4

	WEEK 5		DELOAD WEEK 6		WEEK 7		WEEK 8	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>PUSH-UP KNEES</u>	5 X 15-20		3 X 15		4 X 15-20		5 X 15-20	
2) <u>DUMBBELL FLY FLOOR</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	
3) <u>DIPS</u>	5 X 15-20		3 X 15		4 X 15-20		5 X 15-20	
4) <u>SEATED BICEP CURL</u>	4 X 10-15		3 X 15		4 X 10-15		4 X 10-15	
5) <u>OVERHEAD TRICEP EXTENSION</u>	4 X 15-20		3 X 15		4 X 15-20		4 X 15-20	
6) <u>UPRIGHT ROWS</u>	4 X 15-20		3 X 15		4 X 15-20		4 X 15-20	
7) <u>BENT OVER ROWS</u>	4 X 10-15		3 X 15		3 X 10-15		4 X 10-15	

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DAY 1

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>DUMBBELL SQUAT GLUTE</u>	5 X 15-20		5 X 15-20		5 X 15-20		3 X 15	
2) <u>RDL</u>	4 X 10-15		4 X 10-15		4 X 10-15		3 X 15	
3) <u>REVERSE LUNGES</u>	4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
4) <u>HIP THRUSTS</u>	5 X 10-15		5 X 10-15		5 X 10-15		3 X 15	
5) <u>SIDE TAP-OUTS</u>	5 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
6) <u>BENT OVER ROWS</u>	4 X 15-20		4 X 15-20		5 X 15-20		3 X 15	
7) <u>SIDE RAISES</u>	4 X 10-15		4 X 10-15		4 X 10-15		3 X 15	
8) <u>BICEP CURLS ALTERNATING</u>	4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE		3 X 15 EACH SIDE	

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DAY 2

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>REVERSE CURTSY LUNGES</u>	5 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
2) <u>GOBLET SQUATS</u>	4 X 10-15		4 X 10-15		4 X 10-15		3 X 15	
3) <u>BULGARIAN SPLIT SQUATS</u>	4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
4) <u>FROG</u>	5 X 10-15		5 X 10-15		5 X 10-15		3 X 15	
5) <u>GOOD MORNINGS</u>	5 X 15-20		5 X 15-20		5 X 15-20		3 X 15	
6) <u>ABDUCTION SLIDE-OUT</u>	4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
7) <u>CALF RAISES</u>	4 X 10-15		4 X 10-15		4 X 10-15		3 X 15	

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DAY 3

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>STEP-UP STAIRS</u>	4 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
2) <u>GOBLET SUMO SQUATS</u>	4 X 15-20		4 X 15-20		4 X 15-20		3 X 15	
3) <u>STATIC LUNGES</u>	4 X 10-15 EACH SIDE		4 X 10-15 EACH SIDE		4 X 10-15 EACH SIDE		3 X 15 EACH SIDE	
4) <u>SINGLE LEG HIP THRUST</u>	4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE		4 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
SUPERSET								
A) <u>KICKBACK (BOTH SIDES)</u>	4 X 15		4 X 20		4 X 20		2 X 15	
B) <u>BACK TAP-OUT (BOTH SIDES)</u>	4 X 15		4 X 20		4 X 20		2 X 15	
C) <u>GOBLET SUMO PULSES</u>	4 X 20-25		4 X 25-30		4 X 25-30		2 X 15	
6) <u>1 ARM ROWS</u>	4 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		5 X 15-20 EACH SIDE		3 X 15 EACH SIDE	
7) <u>OVERHEAD TRICEP EXTENSIONS SINGLE</u>	4 X 10-15 EACH SIDE		4 X 10-15 EACH SIDE		4 X 10-15 EACH SIDE		3 X 15 EACH SIDE	

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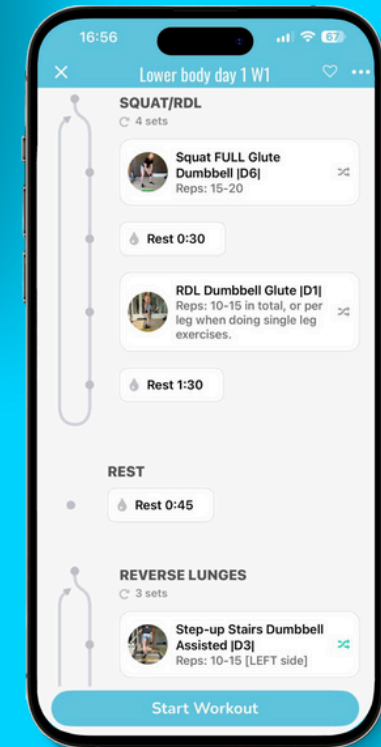
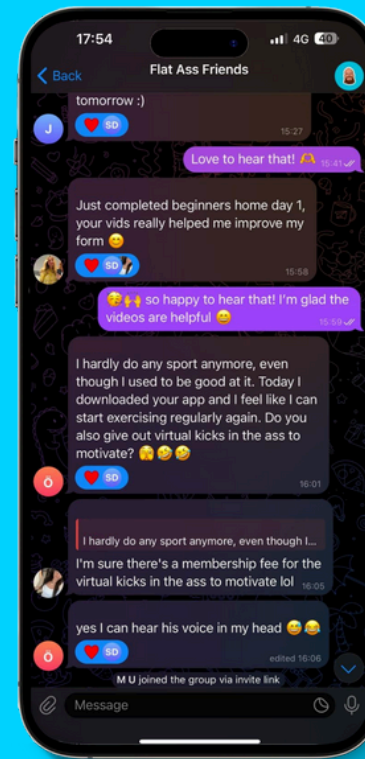
DAY 4

	WEEK 9		WEEK 10		WEEK 11		DELOAD WEEK 12	
	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED	SETS AND REPS	WEIGHT USED
1) <u>PUSH-UP KNEES</u>	5 X 15-20		5 X 15-20		5 X 15-20		3 X 15	
2) <u>DUMBBELL FLY FLOOR</u>	4 X 10-15		5 X 10-15		5 X 10-15		3 X 15	
3) <u>DIPS</u>	5 X 15-20		5 X 15-20		5 X 15-20		3 X 15	
4) <u>SEATED BICEP CURL</u>	4 X 10-15		5 X 10-15		5 X 10-15		3 X 15	
5) <u>OVERHEAD TRICEP EXTENSION</u>	4 X 15-20		5 X 15-20		5 X 15-20		3 X 15	
6) <u>UPRIGHT ROWS</u>	4 X 15-20		5 X 15-20		5 X 15-20		3 X 15	
7) <u>BENT OVER ROWS</u>	4 X 10-15		5 X 10-15		5 X 10-15		3 X 15	

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