

Summer Cheeks Challenge Mini

Beginner



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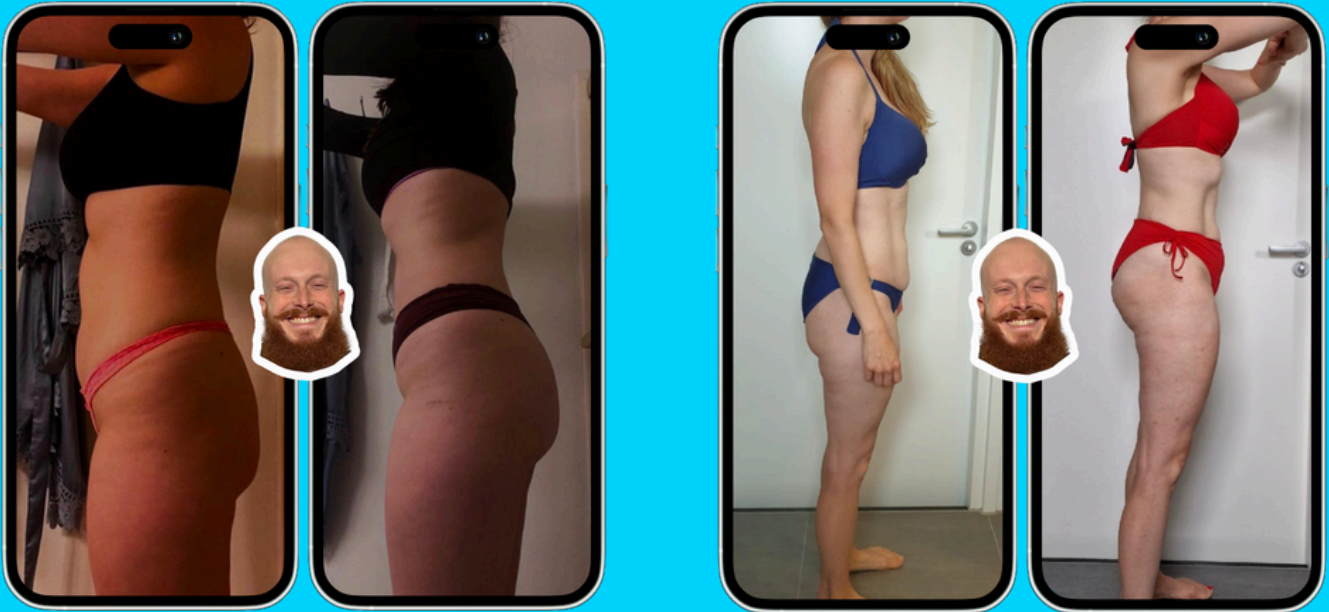
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P.S. - want to grow your glutes and shrink your waist for summer?



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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

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 = $70 \text{ kg} \times 2\text{g} = 140\text{g}$ of protein per day
 - Protein has 4 calories per gram, so:
 - $140\text{g} \times 4 = 560$ 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 = $70 \text{ kg} \times 0.7\text{g} = 49\text{g}$ of fat per day
 - Fat has 9 calories per gram, so:
 - $49\text{g} \times 9 = 441$ calories from fat

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.

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

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.

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

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 = $70 \text{ kg} \times 1.6\text{g} = 112\text{g}$ of protein per day
 - Protein has 4 calories per gram, so:
 - $112\text{g} \times 4 = 448$ calories from protein

2. Calculate Fats

- Formula: 0.7g of fat per kg of body weight
- For a 70 kg woman:
 - Fat = $70 \text{ kg} \times 0.7\text{g} = 49\text{g}$ of fat per day
 - Fat has 9 calories per gram, so:
 - $49\text{g} \times 9 = 441$ 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:
 - $1361 \div 4 = 340\text{g}$ 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

P.S. - want to grow your glutes and shrink your waist for summer?



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Tap here.

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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Warm-ups:

Warm-ups are essential, but they shouldn't drain your time or energy. The ideal warm-up? Three 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 or 15 minutes.

Don't use a timer! 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. Women usually recover faster. Listen to your body, and rest until you feel good to go!

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

Weeks:

The program follows a 6-week cycle, with the 6th week as a deload week. This means using half the intensity of a normal week to help your body recover.

So, each cycle lasts 6 weeks, and in the 6th week, you do “active recovery” by using half the weight on all exercises. When you start week 7, try lifting the weights you used in week 2 or 3 to keep making progress!

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 in your first week.

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

Take it easy!

- 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 program.
- Always start lighter than you think you need to.

Lifting heavy might look cool, but getting injured is not. Be careful, take your time, and build up gradually!

Exercises:

Every exercise has a complete tutorial linked—just click on the exercise, and it will take you there. If anything (and I mean anything) is unclear, don't hesitate to message me! .

I want you to feel 100% confident with every movement, and I'll help you until everything makes sense. I promise, I don't bite! Just send me a DM anytime.

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: **7-30**

Don't forget to take progress pictures!

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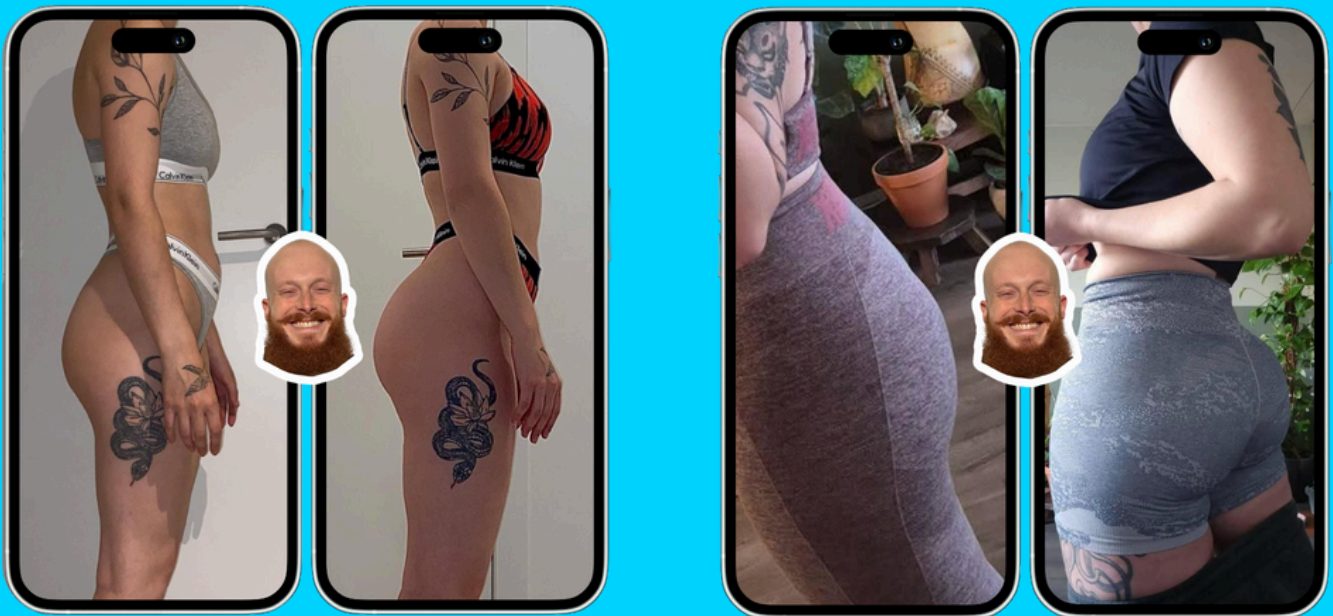
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For printing, its page: **7-30**

Don't forget to take progress pictures!

Tap the name of the exercise to see the tutorial.



Week 1

| Day 1 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|---|---|-------------------|------------------|-------|-------|
| Bulgarian Split Squat | Warm Up: 3 Sets Of 15 Reps/Light Weight | 10 Reps Each Side | 8 Reps Each Side | | |
| RDL | 10 Reps | | | | |
| Hip Thrusts | 12 Reps | 10 Reps | | | |
| (Optional). Finisher | Watch the video for instructions | | | | |
| (Optional). Row machine | Warm Up: 3 Sets Of 15 Reps/Light Weight | 12 Reps | 10 Reps | | |

It's absolutely okay to use body weight or the bar with no added weights. Keep going at it and you will get stronger.

| Day 2 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|---|---|-------------------|------------------|-------|-------|
| Reverse Lunges | Warm Up: 3 Sets Of 15 Reps/Light Weight | 10 Reps Each Side | 8 Reps Each Side | | |
| Squats | 12 Reps | 10 Reps | | | |
| (Optional). Finisher | Follow along with the video | | | | |
| Snatched Waist Core | At the end of the file. | | | | |
| (Optional) Dumbbell Press | Warm Up: 3 Sets Of 15 Reps/Light Weight | 12 Reps | 10 Reps | | |

Try training 3-4 reps away from failure.

Week 1

| Day 3 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|---|---|------------|---------|-------|-------|
| <u>Hip Thrusts</u> | Warm Up: 3 Sets Of 15 Reps/Light Weight | 12 Reps | 10 Reps | | |
| <u>Step-Ups</u> <u>Cable Or Dumbbell</u> | 10 Reps Each | | | | |
| <u>(Optional). Finisher</u> | Left side | Right side | | | |
| <u>Calves Raises</u> | 12 Reps | 10 Reps | | | |
| <u>Bent Over Row</u> <u>Upper Back</u> | Warm Up: 3 Sets Of 15 Reps/Light Weight | 12 Reps | 10 Reps | | |

It's absolutely okay to use body weight or the bar with no added weights. Keep going at it and you will get stronger.

| Day 4 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|----------------------------|---|---------|---------|-------|-------|
| <u>Upright Rows</u> | Warm Up: 3 Sets Of 15 Reps/Light Weight | 12 Reps | 10 Reps | | |
| <u>Side raises</u> | 10 Reps | 8 Reps | | | |
| <u>Lat Pull Down</u> | 10 Reps | 8 Reps | | | |
| <u>Tricep Extensions</u> | 10 Reps | 8 Reps | | | |
| <u>Hammer Curls</u> | 10 Reps | 8 Reps | | | |
| <u>Snatched Waist Core</u> | At the end of the file. | | | | |

Try training 3-4 reps away from failure.

Snatched Waist Core

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

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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.