

# 12 WEEK GLUTE WORKOUT PLAN TO TRANSFORM YOUR BOOTY

Created by: [Murshid Akram](#)

Check out [article](#) for more info

## SCHEDULE

- **Week 1 to 3:** Athlean X Glute Workout
- **Week 4 to 6:** Bret Contreras Glute Workout
- **Week 7 to 9:** Robin Gallant's Intensive Glute Workout
- **Week 10 to 12:** Jeff Nippard Glute Hypertrophy Workout

Keep the rest time between 60 seconds to 3 minutes throughout the program.

## Week 1 to 3 – Athlean X Glute Workout

The Athlean X glute program was created by Jeff Cavaliere, a popular fitness YouTuber, licensed physical therapist, and certified strength and conditioning specialist.

Jeff has trained many clients, from professional athletes to everyday fitness enthusiasts. He is known for his unique approach to training, which combines elements of physical therapy, strength training, and functional movement to help his clients achieve their fitness goals while avoiding injury.

He has also designed a 22-day glute training to help you take your glute strength to the next level and improve shape.<sup>3</sup>

In this 12 week glute transformation, I've shared his program for the first three weeks.

### **Week 1 – Monday – Glute Training**

#### **Dynamic Stretching**

- Toe Down Hip Lift: 30 seconds for each leg
- Toe-Up Hip Lift: 30 seconds for each leg

### Main Workout

Exercise	Activity
<a href="#">Barbell Hip Thrust</a>	3-4 sets of 10-12 reps
<a href="#">Long Leg March</a>	3 rounds of 60 seconds each
Forward Leaning Step-up	10 reps/side x 2

### Week 1 – Thursday – Hamstring Training

Exercise	Activity
Romanian Deadlift (RDL)	3-4 sets of 10-12 reps
<a href="#">Prone Frog Curl</a>	3 rounds of one minute each
<a href="#">Curtsy Lunge</a>	10 reps/side x 2

### Week 2 – Monday – Glute Training

Perform the following exercises to activate your gluteal muscles:

1. **Toe-up Hip Swing:** 30 seconds x each leg
2. **Toe-Down Hip Swing:** 30 seconds x each leg

### Main Workout

Exercise	Activity
Single-leg Hip Thrust	3-4 sets of 8-10 reps on each side
Dumbbell Frog Press	3 sets of one minute each
Low Bar Squat	3 sets of 10-12 reps

### Week 2 – Thursday – Hamstring Training

Exercise	Activity
DB Single-leg Romanian Deadlift	Perform 8 reps on each side x 3
Slick Floor Bridge Curl	3 sets of 60 seconds each
Dumbbell Bulgarian Sprinters	2-3 sets x 10 reps/leg

### Week 3 – Monday – Glute Training

Perform these exercises for glute activation:

- Toe Down Hip Lift: 30-sec each leg
- Toe-Up Hip Lift: 30-sec each leg

## Main Workout:

Exercise	Activity
Barbell Hip Thrust	3-4 sets of 10-12 reps
Long Leg March	3 rounds of 60 seconds each
Forward Leaning Step-up	Perform 2-3 sets of 10 reps, each leg

## Week 3 – Thursday – Hamstring Training

Exercise	Activity
Romanian Deadlift (RDL)	3-4 sets of 10-12 reps
Prone Frog Curl	3 rounds of one minute each
Curtsy Lunge	Perform 2-3 sets of 10 reps/leg



[Start your right meal plan with the help of professionals.](#)

## Week 4 to 6 – Bret Contreras Glute Workout

The Bret Contreras, also known as Glute Guy, is the inventor of the hip thrust exercise and an expert in all things hip extension.

He has a Ph.D. in sports science and has expertise in studying the glutes and their role in athletic performance, strength training, and overall health and fitness.

Bret's method of glute training is used by athletes, fitness enthusiasts, and trainers worldwide.

This is why I've included his training in this 12 week glute guide. His routine will provide the optimal amount of mechanical tension, metabolic stress, and muscle damage to the glutes and help you develop firm gluteal muscles.<sup>4</sup>

**Note:** This isn't a replication of Bret's Glute Program. I've made some changes that I believe can be effective for all fitness enthusiasts, from lifters to athletes.

### Week 4 – Monday – Glute Workout (Part A)

Exercise	Activity
Barbell Hip Thrust	Start with 10 reps, then 8, 6, and 15.
Goblet squat	3 sets of 12 reps
Heavy Kettlebell Deadlift	2 sets of 15 reps
45-Degree Hyperextension	2 sets of 20 reps
Band Seated Hip Abduction	2 sets of 20 reps

### Week 4 – Thursday – Glute Workout (Part B)

Exercise	Activity
Banded Hip Thrust	3 sets of 10 reps
Walking Lunge	25 reps/leg x 2
Reverse Hyperextension	3 sets of 10 reps
Lateral Band Walk	2 sets of 20 reps

### Week 5 – Monday – Glute Training

Exercise	Activity
Barbell Hip Thrust	6 reps x 3 (Heavy)
Bulgarian Split Squat	10 reps/leg x 2
45-Degree Hyperextension	2 sets of 30 reps
<a href="#">Pendulum Quadruped Hip Extension</a>	10 reps/leg x 2
Band Side Lying Clam	20 reps/leg x 2

### Week 5 – Thursday – Glute and Thigh

Exercise	Activity
<a href="#">Double-Banded Hip Thrust</a>	20 reps x 3
Cybex Leg Press	10 reps x 3
American Deadlift	8 reps x 2
Band Standing Hip Abduction	20 reps x 2

### Week 6 – Monday – Glute Training

Exercise	Activity
----------	----------

Barbell Glute Bridge	3 sets of 8-12 reps
Bodyweight/Cable Glute Kickback	3 sets of 10-15 reps
Bodyweight Back Extension	3 sets of 20-30 reps
<a href="#">Cable Standing Hip Abduction</a>	10 reps/leg x 2
<a href="#">Lateral Band Walks</a>	10 steps/side x 2

## Week 6 – Thursday – Hamstring and Workout

Exercise	Activity
Dumbbell Curtsy Lunge	10 reps/leg x 2
Romanian Deadlift (RDL)	3-4 sets of 6-8 reps
<a href="#">Dumbbell Prone Leg Curl</a>	3-4 sets of 8-10 reps
<a href="#">Leaning Single Leg Calf Raises</a>	20 reps/leg x 2



[Start your right meal plan with the help of professionals.](#)

## Week 7 to 9 – Robin Gallant Intensive Max Glute Hypertrophy

[Robin Gallant](#) is a notable female YouTuber in the fitness industry. Her Intensive Max Glute Hypertrophy program is one of the most effective routines to increase strength and mass in gluteal muscles.

You can include her routine in this 3 month glute transformation program to progress your growth.

## Day 1 – Monday

Exercise	Activity	RPE
Barbell Back Squat	6-8 reps x 2	7
Barbell RDL	10 reps x 3	9
Walking Lunges	8-10 steps/leg x 3	9
Single Leg Prone Leg Curl	8-10 reps/leg x 3	9
Seated Calf Press Machine	30 reps x 3	10

**Please note:** Here, RPE (rate of perceived exertion) is a self-measure of how hard you're pushing yourself to complete the reps. It is a scale of 1-10, with 6-7 being a warm-up, 8 being 2-4 reps left in the tank before failure, 9 stopping one rep shy of complete failure, and 10 being going to complete failure (minor form breakdown acceptable).

## Day 3- Wednesday

Exercise	Reps	Sets	RPE
Squat Press (Or Leg Press)	10-12	4	9
Cable Squat Pull Through	10-15	4	9
Cable Glute Kickback	10/side	4	9
<a href="#">Machine Hip Abduction</a>	30	4	9
Roman Chair Calf Raises	30	3	9

## Day 5- Friday

Exercise	Reps	Sets	RPE
American Deadlift	6-8	2	8
<a href="#">Barbell Step Up</a>	8-10	3	9
Cable Romanian Deadlift	8-10	3	9
Kneeling Leg Curl	10-12	3	9



[Start your right meal plan with the help of professionals.](#)

## Week 10 to 12 – Jeff Nippard Glute Hypertrophy Workout

[Jeff Nippard](#) is one of my favorite fitness YouTubers. I like his knowledge, research, and presentation of information.

Jeff is a natural bodybuilder, powerlifter, and fitness coach. He helps people achieve their desired shape through his YT channel and training programs.

I found his glute hypertrophy workout program useful, so I've decided to add some part of it to this routine.

**Please note** - I've adjusted this program so it can fit all. Plus, it only includes glute (and lower body) training, meaning you can incorporate it into your workout routine, depending on the training split you follow.

### Monday – Glute Strength Training

Exercise	Reps	Sets	RPE
Barbell Hip Thrust	10-12	3	8
Hip Thrust (Drop Set)	15-20	1	8
Cable Pull Through	10-12	3	8
Single-Leg Hip Thrust	12-15	3	9
Cable Glute Kickback	12-15	3	8
<a href="#">Standing Calf Raises</a>	15-20	3	8

### Thursday – Lower Body Workout

Exercise	Reps	Sets	RPE
----------	------	------	-----

<a href="#">Banded Squat Bouncer</a>	20-25	3	8
Banded Lateral Walk	20/side	2	8
Machine/Band Hip Abduction	20-25	2	8
<a href="#">Frog Pump</a>	30-50	2	8
Lower Back Extension	15-20	3	8



[Start your right meal plan with the help of professionals.](#)

## Instructions and Tips to Follow This Program Effectively

### 1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

### 2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.



### **3. Post-workout Stretching**

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.<sup>4</sup>

### **4. How much should you lift?**

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

### **5. The optimal rest time between exercises**

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

### **6. Train When You Feel the Most Active**

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

### **7. Progress Your Level**

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

### **8. Post Workout Meal**

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

### **9. Keep yourself hydrated**

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

### **Recommended Supplements:**

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	Orgain Organic Vegan Protein Powder
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testo Activator</a>

If the above workout plan helped you, kindly support my work buying through these affiliate links.

#### Related Programs:

- [12-Week Progressive Overload Program](#)
- [12-Week Body Transformation Workout Plan](#)
- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Powerlifting Program with PDF](#)
- [12 Week Crossfit Program with Free PDF](#)

**I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.**

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)  
[Free Programs](#) | [Paid Programs](#) | [Products](#)