

4 WEEK GLUTE WORKOUT PLAN AT HOME FOR A PERFECT BUTT

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Program Summary

- **Suggested Program Duration:** 12 to 16 weeks
- **Program Goal:** Build firm and attractive glutes.
- **Suitable for:** Men and Women
- **Workout Level:** Beginner to Intermediate
- **Equipment Needed:** Exercise Mat, Resistance Bands, and Dumbbells
- **Frequency:** First two weeks twice a week and the last two weeks three times a week.
- **Duration/session:** 30 Minutes

Week 1

Monday

Exercise	Reps	Sets
Alternating Long Leg March	10/leg	3
Prone Frog Curl	10-12	3
Curtsy Lunge	10/leg	2
Dumbbell Step-up	10/leg	2

Note for Prone Frog Curl: Lift your legs and hold at the top for 2-5 seconds during each rep.

Thursday

Exercise	Reps	Sets
Dumbbell Goblet squat	12-15	3
Dumbbell Frog Pumps	10-12	3
Slick Floor Bridge Curl	10-12	3
DB Single-leg RDL	5/leg	3

Week 2

Monday

Exercise	Reps	Sets
Banded Hip Thrust	12-15	4
Lateral Band Walk	10/leg	3
Banded Seated Hip Abduction	20-25	2
Prone DB Leg Curl	10-12	3

Thursday

Exercise	Reps	Sets
Dumbbell Reverse Lunges	10/leg	2
Double-Banded Hip Thrust	10-15	4
Standing Band Hip Abduction	10/leg	3
Banded Side Lying Clam	10/side	3

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Week 3

Monday

Exercise	Reps	Sets
Bulgarian Split Squat	5 /leg	3
Dumbbell Prone Leg Curl	10-15	3
Lateral Band Walks	10/leg	3
Bodyweight Glute Kickback	10/leg	3

Wednesday

Exercise	Reps	Sets
Dumbbell Pop Squat	12-15	3
Dumbbell Frog Pumps	10-12	4
Banded Seated Hip Abduction	20-25	2
Leaning Single Leg Calf Raises	12/leg	2

Friday

Exercise	Reps	Sets
Banded Goblet Squat Bounce	12-15	3
Alternating Long Leg March	10/leg	4
Prone Frog Curl	10-12	3
Dumbbell Step-up	5/leg	3

BUILD YOUR PERSONAL HOME GYM

ADAPTIVE WEIGHT TARGETS

"Increase weight to 12.5 lbs"

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Week 4

Monday

Exercise	Reps	Sets
Banded Goblet Squat Bounce	10-12	3
Dumbbell Prone Leg Curl	10-12	3
Lateral Band Walks	10/leg	3
Bodyweight Glute Kickback	10/leg	3

Wednesday

Exercise	Reps	Sets
Dumbbell Pop Squat	10-12	3
Dumbbell Frog Pumps	10-12	4
Banded Seated Hip Abduction	20-25	2
Resistance Band Pull Through	8-10	3

Friday

Exercise	Reps	Sets
Double Banded Hip Thrust	15-20	3
Alternating Long Leg March	10/leg	4
Lateral Band Walk	10/side	3
Unilateral Deadlift	5 /leg	3

Helpful Resources:

[16 Best Compound Glute Exercises for Bigger Glutes](#)

[The 10 Best Dumbbell Hamstring Exercises](#)

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