

# GLUTE SQUAD 1.0

8 week plan

One extra workout a week

Home workouts (perform once or twice a week)

## Prep phase (week 1 & 2)

Perform this workout as your bonus 4th workout. Aim in week 2 to perform the exercises with better form

A1. Crab walks - 60 seconds  
A2. Clams - 15 reps (each side)  
PERFORM 4 sets

B1. High step ups - 8 reps (each side)  
B2. Glute bridge with 5 seconds hold at top (10 reps)  
PERFORM 4 sets

C1. 1 leg hip thrusts - 10 reps (each side)  
C2. Hip thrusts - 20 reps  
C3. Glute clocks - 5 reps/5 times (each leg)  
PERFORM 4 sets

D1. Frog pumps - 30 reps  
PERFORM 3 sets

**REMEMBER - 2nd time through - focus on using better form**

## Strength phase (week 3 & 4)

Perform this workout as your bonus 4th workout. Aim in week 4 to perform the exercises with more resistance

A1. Hip thrusts - 5 reps  
A2. Hip flexor stretch - 20 seconds (each side)  
PERFORM 8 sets

B1. Walking lunges - 6 reps (each side)  
B2. Donkey kick iso-hold - 15 seconds each side  
PERFORM 4 sets

C1. Forward leaning rear foot elevated split squat - 6 reps (each side)  
C2. Frog hip thrusts - 12 reps  
PERFORM 4 sets

D1. Frog pumps - 40 reps  
PERFORM 3 sets

**REMEMBER - 2nd time through - focus on using more resistance (increased weight or thicker band)**

## Volume phase (week 5 & 6)

Perform this workout as your bonus 4th workout. Aim in week 6 to perform the exercises with more volume

A1. Sumo deadlifts - 6 reps

A2. Band pull throughs - 12 reps

PERFORM 5+ sets

B1. Hip thrusts - max reps

PERFORM 3+ sets

C1. Squat hold against wall with knee outs against band - 60 seconds

C2. Crab walks - 60 seconds

C3. Glute bridges with band around knees - 60 seconds

PERFORM 4+ sets

D1. Frog pumps - 50 reps

PERFORM 3 sets

**REMEMBER - 2nd time through - focus on doing more volume (more sets and reps)**

## Finale phase (week 7 & 8)

Perform this workout as your bonus 4th workout. Aim in week 8 to perform the exercises with more of everything (reps, sets, and resistance!)

A1. Heavy-band Crab walks - 10 reps (each side)

A2. Deadbugs - 10 reps (each side)

PERFORM 4+ sets

B1. B-stance hip thrust - 15 reps (each side)

B2. Band hip extensions - 15 reps

PERFORM 4+ sets

C1. Walking lunges with forward lean - 30m

C2. Hip thrust marches - 15 reps (each side)

C3. Glute clocks - 5 reps/5 times (each leg)

PERFORM 4+ sets

D1. Hip thrust ladder (1 hip thrust, 1 knees out against band, 2 hip thrusts, 2 knees out etc.)

How high can you go without stopping?

**REMEMBER - 2nd time through - focus on doing more of EVERYTHING**

## Homework A (week 1-4)

Perform this as extra mini-workouts at home. Aim to complete 1-2 a week

A1. Glute bridges 30 reps

A2. Clams - 30 reps (each side)

PERFORM 3 sets

B1. Bird dogs with pause - 10 reps (each side)

B2. Side lying leg lifts - 10 reps (each side)

PERFORM 5 sets

C1. Crab walks - 60 seconds work : 30 seconds rest x 4

## Homework B (week 5-8)

Perform this as extra mini-workouts at home. Aim to complete 1-2 a week

A1. 1 leg hip thrust - 15 reps (each side)

A2. Hip thrust hold in top position - 45 seconds

PERFORM 3 sets

B1. Squat hold against wall with knee outs against band - 50 reps

B2. Donkey kicks - 15 reps (each side)

PERFORM 3 sets

C1. Frog pumps - 100 reps