



12-WEEK

**GLUTE GROWTH
WORKOUT PLAN**

OVERVIEW

Welcome to your 12 week glute plan!

This plan uses the following 5-day workout split:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body 1	Upper Body 1	Lower Body 2	Upper Body 2	Lower Body 3	Rest	Rest

The exact days of each workout don't matter, as long as you have at least 1 day of rest between each "lower body" day.

If you are unable to train 5 days per week, you can eliminate 1 of the upper body workouts to bring it down to 4 days per week.

After you complete the 12 weeks, we recommend joining one of our [Built With Science programs](#) for more science-based workouts to continue challenging you and getting you results.

Shoutout to glutes training expert Bret Contreras for his help with developing this glutes program!

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EXERCISE ALTERNATIVES

If you don't have access to some of the exercises within your 12 week glute plan, you can consider swapping those exercises for an alternative exercise from the same category.

Here's a reminder of the exercises that fall under each category, feel free to swap any of these for another exercise in that list:

EXERCISE CATEGORY	EXERCISE SWAP LIST
Vertical Hip Extension	Barbell Back Squat
	Bulgarian Split Squat (glute focused)
	Dumbbell Reverse Lunges
	Romanian Deadlift (dumbbell or barbell)
	Smith Machine Reverse Lunges
	Leg Press (single or double leg)
	Front Foot Elevated Reverse Lunges
Horizontal Hip Extension	Hip Thrust (barbell, bodyweight, Smith machine)
	Barbell Glute Bridge
	45 Degree Hyperextensions (bodyweight, banded, or weighted)
	Single Leg Hip Thrust
	Reverse Hyperextensions (bodyweight)
Abduction	Seated Hip Abduction Machine
	Side Lying Hip Raise
	Side Lying Hip Abduction
	Lateral Band Walks
	Banded Hip Abductions
	Cable Kickbacks (legs angled out)
	Standing Cable Hip Abductions
	Band Diagonal Kickback
	Frog Pumps

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WEEK

1-4



LOWER

BODY

1

DAY 1: LOWER BODY 1

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Barbell hip thrust</u>	3	12	2-3 minutes	Squeeze glutes hard, knees 90 degrees at top position, don't go all the way down each rep.
<u>Pause back squat</u>	3	5	2-3 minutes	Experiment with foot stance, squat down to at least parallel, elevate heels onto weight plates if needed. Add a 3 second pause at bottom position, explode up.
<u>Cable kickbacks</u>	3	12 each side	1 minute per leg	Attach ankle cuff to cable machine, cable lowered to knee-height, slightly lowered torso, rotate foot, and kick heel back behind you.
<u>Standing cable hip abductions</u>	3	12 each side	1 minute per leg	Attach ankle cuff to cable machine, swing leg outward and behind, avoid rotating foot.

BARBELL HIP THRUST

For the barbell hip thrust, since the exercise is quite technical, it is recommended that you [watch the exercise tutorial video](#).

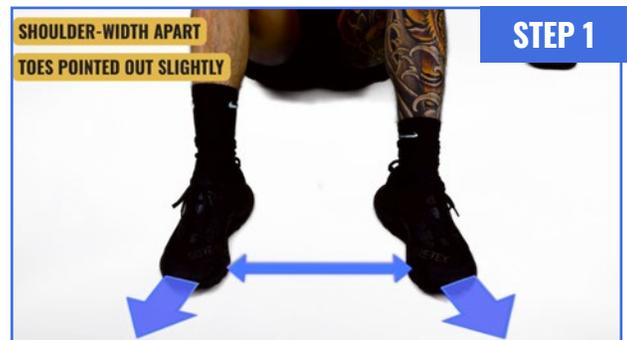
STEP 1: SETUP

Grab a bench or any soft elevated platform that's about the height of your knees or shins. If needed, put a pair of heavy weight plates behind it to prevent it from sliding back as you perform the movement. Next, grab a barbell, and load each side with weight, ideally using the bigger bumper plates if your gym has those available. If you're new to this movement, use just the barbell with no weight at first. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Lay down with your upper back against the bench and the bar sitting over your hips and your hands holding the bar with an overhand grip just outside your legs. From here, set your feet. You want them positioned such that at the top of the hip thrust your knees are bent at a 90 degree angle and your shins are vertical straight on top of your feet. Try a few reps without weight to find the sweet spot position for you. Once you've found the right distance, set your feet at about shoulder-width apart or slightly wider, with your toes pointed out at a slight angle.

STEP 2

Tuck your chin down and brace your core. Before initiating the thrust, squeeze your glutes. Then, while keeping your head and hips in a straight line, continue squeezing your glutes as you push through your heels to drive your hips forward to the top position, moving the weight straight up. At the top position, keep your core braced and pause for a second or two while continuing to squeeze your glutes. Control the weight back down by slowly lowering your butt down towards the ground, stopping at about halfway up from the bottom position and then repeating for another rep.



PAUSE BACK SQUAT

PLEASE NOTE: The execution of this exercise will be the same as explained below, just adding a 3 second pause at the bottom position.

ATTENTION: For the barbell back squat, since the exercise is quite technical, it is recommended that you [watch the full exercise tutorial video](#). If needed, perform the exercise regression included in the video first if needed before performing the full barbell back squat.

STEP 1: SETUP

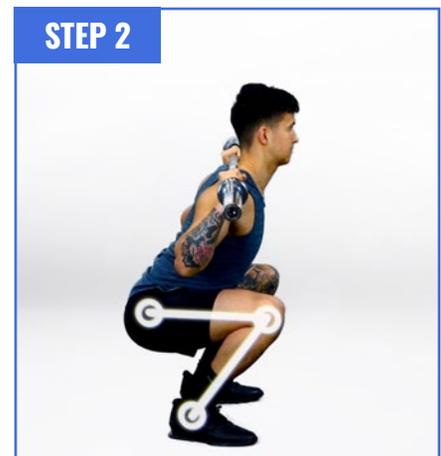
Set a barbell in a rack at about the height of your mid-chest. Face the bar and grip it with your hands slightly wider than shoulder-width apart. Duck under the bar and place it over the back of your shoulders, letting it rest on your upper traps. Lift it out of the rack by extending your legs. Take one step back with one foot, one step back with the other one, and then use a third step to correct your stance into an even position. The optimal foot stance will vary, but first experiment with a stance that is just outside shoulder-width with your toes pointed outwards at about 15 degree angle.

STEP 2

Plant your feet firmly into the ground, pull the bar down into your upper back, and engage your core. Take a deep breath in through your nose, and then squat straight down by bending at your hips and knees. As you do so, the bar should remain over the level of your midfoot and the weight should be evenly distributed between your big toe, your little toe, and your heels. Your knees should also be bending slightly outwards in the same direction of your toes. Continue squatting down until your thighs reach at least parallel or slightly below. From here, while keeping your core engaged, exhale and reverse the movement by extending your legs, thinking about bringing the bar up towards the ceiling and exhaling as you do so.

When done correctly, the bar should make an almost perfectly vertical path down and up each rep. Depending on your anatomy, your torso may end up more vertical or more bent over than others, which is normal as long as you're following the tips and avoiding the common mistakes.

ADDITIONAL TIPS: If you find it difficult to reach full depth, you can try elevating your heels onto weight plates to help with ankle mobility.



CABLE KICKBACKS

STEP 1: SETUP

Attach an ankle cuff to a cable machine and move the pulley down to about the level of your knee. Stand facing square a few steps away from the cable machine with the non working leg in line with the anchor point of the cable, and then turn both feet 30 degrees in the direction of the working leg. Hold onto the pole with the arm that's on the same side as the non-working leg and bend your torso over forward just slightly.

STEP 2

Brace your core and press down on your non working leg for stability. Lift your foot and cross your working leg across the other leg towards the cable. While keeping your leg straight, use your glutes to kick your heel back and out behind you as far as is comfortable. As you do so, you can rotate your foot such that the outside part of your foot faces the ceiling at the end position. Control your leg back to the starting position, again crossing over your non-working leg, and then repeat for another rep. Finish your reps on one side before switching to the other side.



STANDING CABLE HIP ABDUCTION

STEP 1: SETUP

Attach an ankle cuff to a cable machine and move the pulley down to about the level of your knee. Stand facing parallel a few steps away from the cable machine with the non working leg in line with the anchor point of the cable. Hold onto the pole or a fixture with the arm that's on the same side as the non-working leg and bend your torso over forward just slightly.

STEP 2

Brace your core and press down on your non working leg for stability. Lift your foot and cross your working leg slightly behind and across the other leg away. While keeping your leg straight, use your glutes to kick your heel out to your side away from the cable machine as far as is comfortable. Control your leg back to the starting position, again crossing over your non-working leg, and then repeat for another rep. Finish your reps on one side before switching to the other side.





UPPER ***BODY***

1

DAY 2: UPPER BODY 1

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Incline dumbbell press</u>	3	8	1.5-2 minutes	Set bench 1-2 notches up from bottom, keep chest up, avoid flaring elbows out.
<u>(Weighted) chin up</u>	3	5	1.5-2 minutes	Use underhand shoulder-width grip, pull until chin over bar, add weight if possible.
<u>Seated dumbbell shoulder press</u>	3	12	1.5-2 minutes	Set bench 2-3 notches down from top position, press in scapular plane.
<u>Seated cable row (mid/upper back focused)</u>	3	10	1.5-2 minutes	Use wide grip handle if possible, angle elbows out, squeeze shoulder-blades together.
<u>Cable lateral raise</u>	3	12	1.5-2 minutes	Raise arm in scapular plane, align cable with arm, think of pushing hand "out" not "up".

INCLINE DUMBBELL PRESS

STEP 1: SETUP

Set up an incline bench to about 15 to 30 degrees, typically the first to second notch up from the bottom. Grab a pair of dumbbells and sit on the bench. Kick up the dumbbells one at a time to get them into position with your arms straight over your body. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 45 to 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your chest, or as low as is comfortable for you.

STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.

STEP 1



STEP 1



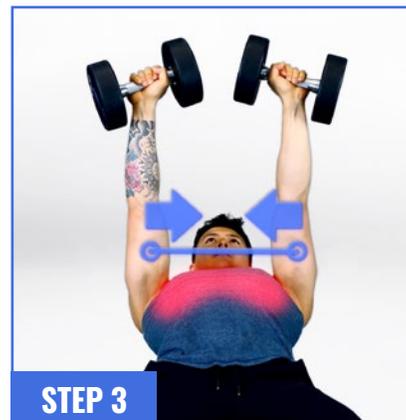
STEP 1



STEP 2



STEP 3



(WEIGHTED) CHIN-UPS

STEP 1: SETUP

Grip the bar using an under hand grip roughly shoulder-width apart. From here, let your body hang and then begin stabilizing your body by bringing your feet together, flexing your quads and glutes and contracting your abs. You want to maintain this position as you pull.

STEP 2

Initiate the pull by first bringing your shoulders down and away from your ears. Then, pull your elbows down and back into your sides as if you were trying to pull them into your back pockets. As you do this, think about trying to bring your chest up towards the bar. Continue pulling-up until your chin is above the bar. From here, control yourself down until your arms are almost fully straightened, and then continue into your next rep.

ADDITIONAL TIPS

Once you can do 10 chin-ups in a row, you can start to add weight to the movement by using either a weight belt or by holding a light dumbbell between your feet.

STEP 1



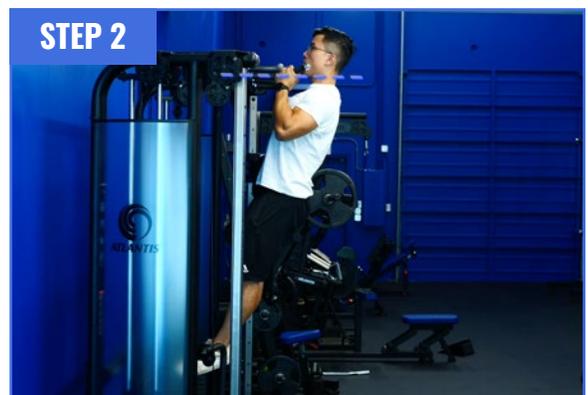
STEP 2



STEP 2



STEP 2



SEATED DUMBBELL SHOULDER PRESS

STEP 1: SETUP

Set up an incline bench at about a 60 to 75 degree angle, typically 2 to 3 notches down from the highest position. Grab a pair of dumbbells and sit on the bench with the dumbbells resting on your thighs. Kick the dumbbells up one at a time to get them up just over your shoulders. Plant your feet firmly on the ground. Bring your elbows forward slightly to about a 45 degree angle in front of your body.

STEP 2

Pull your shoulders down and away from your ears and brace your core. Press the weight up until your arms are straight and positioned directly over your shoulders.

STEP 3

Lower the weight back down by dropping your elbows into a roughly 45 degree angle in front of your body until the weights reach around the level of your chin, and then press back up.



SEATED CABLE ROW (MID/UPPER BACK FOCUSED)

STEP 1: SETUP

Once you've found the attachment, get into the starting position with your knees slightly bent on the pad and back straight.

STEP 2

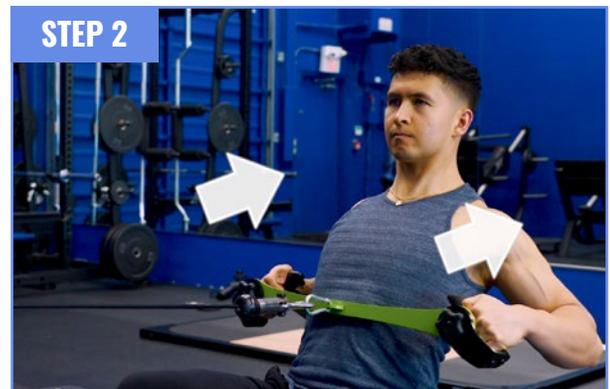
Brace your core and bring your shoulders down and away from your ears. Pull your elbows back behind your body at about a 45 to 60 degree angle away while squeezing your shoulder blades together.

STEP 3

Control the weight back down to the starting position, letting your shoulder blades open up, and then go into your next rep. You can let your upper body round forward to fully open up your back, as long as your core remains tight and your lower back doesn't round excessively.

ADDITIONAL TIPS

You can use the V-bar attachment, but a better option would be a wider handle setup so that your elbows can flare outwards as you pull. If you don't have access to any of that, you can try putting two handles over a lat pulldown attachment and twist them to lock them in place.



CABLE LATERAL RAISE

STEP 1: SETUP

Attach a handle to the cable and move it to the bottom attachment. Face away from the cable and reach behind your body to grab the handle with one hand. Take a couple steps forward and then a small step sideways towards the direction of your working arm. You should end up with your hand by your thigh with the direction of the cable headed back behind your body.

STEP 2

Brace your core and squeeze your glutes. Keep your arms just slightly bent and raise your arm diagonally at about 15 to 30 degrees in front of your body. Raise until your arm reaches shoulder-height, control back down, and then repeat for more reps. Switch arms after you've rested for 30 seconds.

ADDITIONAL TIPS

To perform two arms at a time, grab the left cable with your right hand and right cable with your left hand. Turn so you face away from the cable and take a few steps forward. While keeping your arms just slightly bent, raise your arms into a wide Y position in front of you. Raise until your arms reach shoulder-height, control them back down, and then repeat for more reps.





LOWER

BODY

2

DAY 3: LOWER BODY 2

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Smith machine reverse lunge</u>	3	10 each side	1.5-2 minutes	Bar resting on upper back, lean torso slightly forward as you step back, keep knee in line with ankle.
<u>Smith machine hip thrust</u>	3	15	2-3 minutes	Squeeze glutes hard, knees 90 degrees at top position, don't go all the way down each rep.
<u>Dumbbell Romanian deadlift</u>	3	10	1.5-2 minutes	Push hips back, slight bend in knees, lower until hands reach level of shins.
<u>Side lying hip raise</u>	3	12 each side	1 minute per leg	Side plank position, knees and hips bent at 90 degrees, push grounded knee while lifting body up tall and opening up hips, bring leg back down to starting position.

SMITH MACHINE REVERSE LUNGE

STEP 1: SETUP

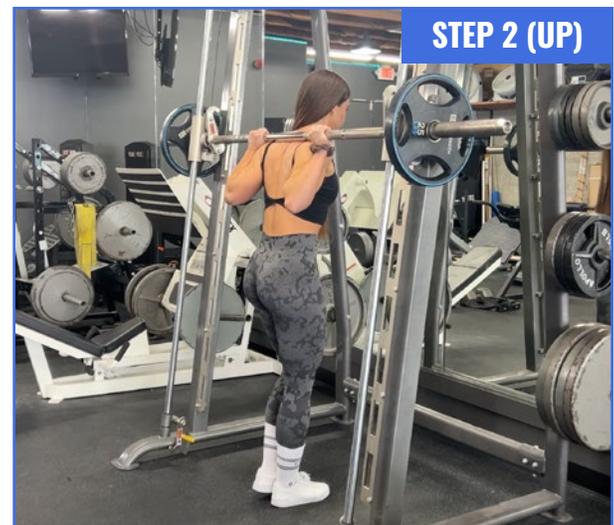
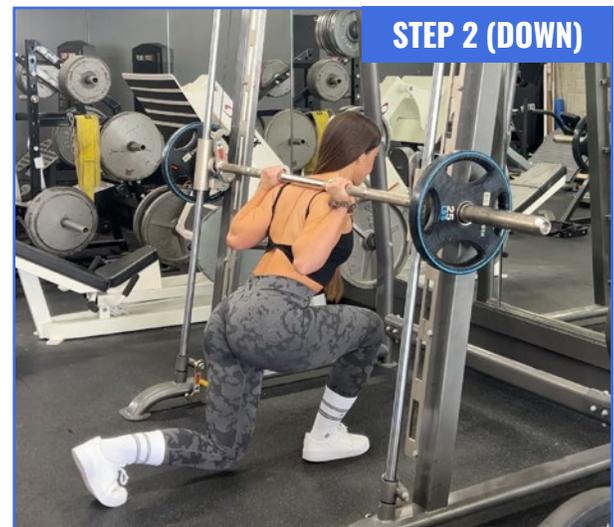
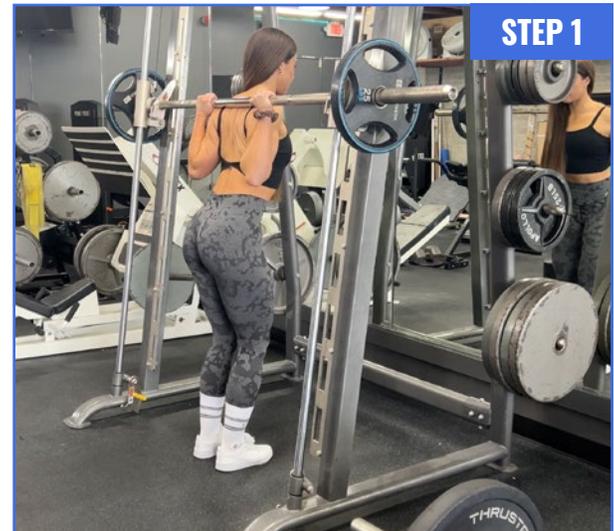
Set the bar into its starting position at about the height of your shoulders. Load the bar with appropriate weight, and then grip the bar with your hands slightly wider than shoulder-width apart. Place the bar over the back of your shoulders onto your upper traps and then lift the bar out of the rack.

STEP 2

Brace your core and step one foot back behind you such that at the bottom position your front knee is in line with your ankle. Slightly hinge your torso forward as you step back. Continue descending until your front thigh is at least parallel to the floor and the knee of your back leg should be almost touching the floor. From here, pause briefly, and then extend your front leg to push your body straight up and bring your back leg to center with your feet back together. Alternate sides until you finish the desired number of reps on each leg.

ADDITIONAL TIPS

Avoid relying too much on your back leg to push the weight up. Instead, think of your back leg as a kickstand for balance. Keep 80-90% of the weight in your front leg, and just 10-20% of the weight in your back leg.



SMITH MACHINE HIP THRUST

To properly set up your smith machine for this exercise, please refer to the [exercise tutorial video](#) for a step-by-step approach.

STEP 1: SETUP

Position a flat bench a couple feet behind the bar such that when you lay down with your upper back against the bench and knees bent, the bar sits right over your hips. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Set your feet so that at the top of the hip thrust your knees are bent at a 90 degree angle and your shins are vertical straight on top of your feet. Try a few reps without weight to find the sweet spot position for you. Then set your feet at about shoulder-width apart or slightly wider, with your toes pointed out at a slight angle. From here, unrack the bar.

STEP 2

Tuck your chin down and brace your core. Before initiating the thrust, squeeze your glutes. Then, while keeping your head and hips in a straight line, continue squeezing your glutes as you push through your heels to drive your hips forward to the top position, moving the weight straight up. At the top position, keep your core braced and pause for a second or two while continuing to squeeze your glutes. Control the weight back down by slowly lowering your butt down towards the ground, stopping at about halfway up from the bottom position and then repeating for another rep.



DUMBBELL ROMANIAN DEADLIFT

STEP 1: SETUP

Grab a pair of dumbbells, hold them by your sides, and take a shoulder-width stance with your feet pointed slightly outwards at about a 15 degree angle.

STEP 2

Contract your abs, take a deep breath in through your nose, then descend by pushing your hips straight back. Keep just a very slight bend at your knees and keep the bar as close to your body as possible, ideally right above the middle of your feet. As you descend, your hands should move from a neutral position at your sides to your palms facing towards you with the dumbbells held horizontally in front of your legs. Lower the dumbbells only until the point where you can't push your hips back without your lower back starting to round, usually at knee level or mid-shin level.

STEP 3

Keep your core braced and then exhale as you reverse the motion by pushing your hips forward and then rotating the dumbbells back into the starting position by your sides. Once your legs are fully straight, repeat for another rep. Spend about 2-3 seconds on slowly controlling the weight down, and then about 1 second to bring the weight back up.

ADDITIONAL TIPS

To better engage the hamstrings, you can think about pulling the floor back with your heels as you come up.



SIDE LYING HIP RAISE

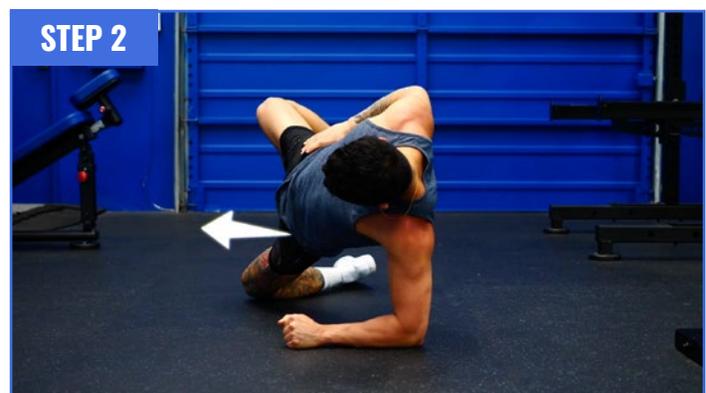
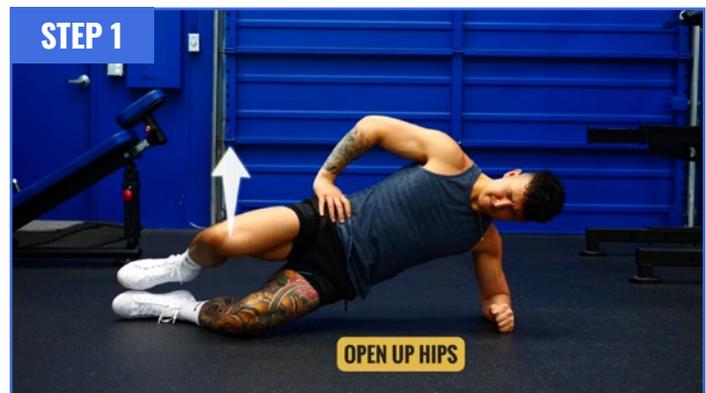
STEP 1: SETUP

Start in a side plank position on your elbow with your hips and knees on the ground, bent at about a 90 degree angle.

STEP 2

Push through the grounded knee down and lift your body up as tall as you can while opening up your hips by lifting your top leg up towards the ceiling. As you do so, use your glutes to drive your hips forward. Come down by sinking your hips back and bringing your legs back together to the starting position, and then repeat for another rep. At the top, drive your hips forward and at the bottom sink the hips back.

Control each rep and focus on form. Finish your reps on one leg before switching to the other side. If this is too difficult for you to do, I'd recommend starting out with the exercise alternative "side lying leg raise" instead.





UPPER

BODY

2

DAY 4: UPPER BODY 2

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Close grip bench press</u>	3	8	2-3 minutes	Start with a narrower grip, keep chest up, lower bar to level of nipples, elbows tucked to sides, avoid flaring elbows out.
<u>Lat pulldown</u>	3	10	1.5-2 minutes	Grip outside shoulder width, lean back slightly, pull bar to just under chin.
<u>Standing dumbbell shoulder press</u>	3	8	1.5-2 minutes	Use lighter weight, keep core braced, squeeze glutes, avoid arching back.
<u>Dumbbell chest supported row (mid/upper back focused)</u>	3	10	1.5-2 minutes	Set bench 2 notches up from bottom, angle elbows out, squeeze shoulder blades together.
<u>Rear delt cable fly</u>	3	15	1.5-2 minutes	Grab opposite cables, cross cables at shoulder height, pull arms back behind you at a 45 degree angle.

CLOSE GRIP BENCH PRESS

STEP 1: SETUP

You'll use the same setup as shown in the normal barbell bench press tutorial, but the grip should be narrower than your normal bench press grip.

After you grip the bar, pull your shoulder blades down away from your ears and then back together. Keep your feet firmly planted on the ground. Then, unrack the bar by lifting the bar up and bringing it over the level of your shoulders.

STEP 2

Control the weight down towards your lower chest while tucking your elbows close to your sides until it makes contact with your body. After you reach the bottom position, push the bar up and back to the starting position with your arms fully locked out. As you continue your reps, make sure to keep your chest up and out, shoulder blades back and down, and butt on the bench.



LAT PULLDOWNS

STEP 1: SETUP

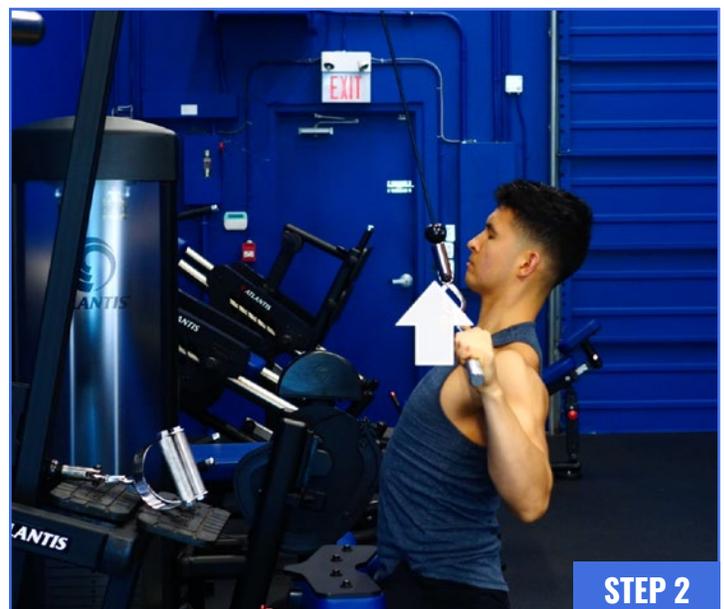
Adjust the height of the seat or knee pads so that your thighs are securely locked underneath, with your feet flat on the floor. Set your weight then stand up and grab the bar with an overhand grip just outside shoulder-width apart. Sit back down with your thighs under the pads. Tilt your upper back just slightly backwards.

STEP 2

Pull your elbows down until the bar reaches the level of your chin. Control the weight back up until your arms are almost fully straight, and then repeat for another rep.

ADDITIONAL TIPS

To better engage the back muscles, you can try using a thumbless grip and think about pulling with the elbows rather than with your hands.



STANDING DUMBBELL SHOULDER PRESS

STEP 1: SETUP

Grab a pair of dumbbells and bring them up just over your shoulders. Set your feet by moving them shoulder width apart and bring your elbows forward slightly at about a 45 degree angle in front of your body.

STEP 2

Squeeze your glutes, flex your quads, and brace your core. Take a deep breath in through your nose and then exhale as you press the dumbbells straight up. Press until your arms are straight and positioned directly over your shoulders.

STEP 3

Inhale as you lower the dumbbells by dropping your elbows into a roughly 45 degree angle in front of your body until the dumbbells reach the level of your chin. Pause here briefly, re-stabilize your glutes and core if needed, and then continue for your next rep.

ADDITIONAL TIPS

Avoid bending your knees and using leg drive to move the weight up. This is a different exercise. Instead, keep this a strict press by only using your upper body to press the weight up.

BRING DUMBBELLS UP
JUST OVER YOUR SHOULDERS

STEP 1

FEET SHOULDER-WIDTH APART

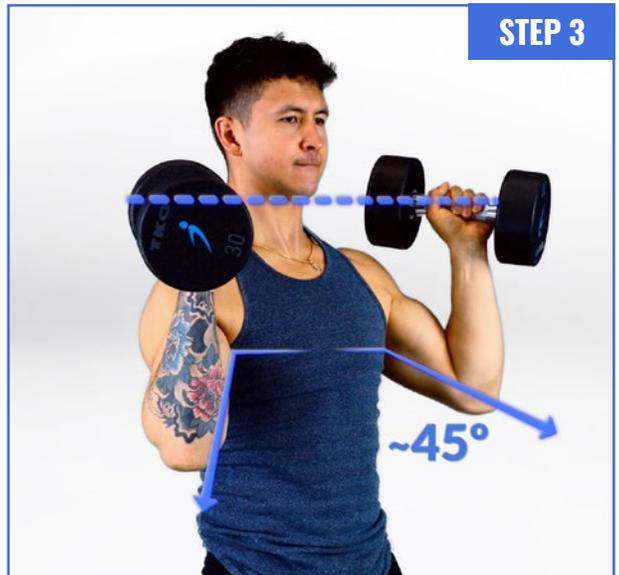
ELBOWS AT ABOUT 45 DEGREE
ANGLE INFRONT OF YOUR BODY



STEP 2



STEP 3



DUMBBELL CHEST SUPPORTED ROW (MID/UPPER BACK FOCUSED)

STEP 1: SETUP

Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells using a thumbless grip and lay your chest on the bench with your arms hanging down by your sides and palms facing each other. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

STEP 2

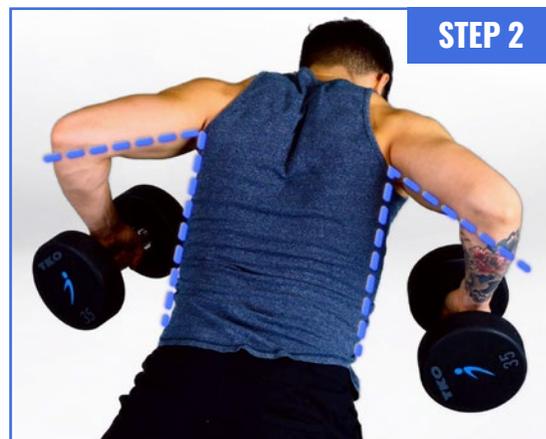
To stabilize your body, bring your shoulders down and away from your ears, squeeze your glutes and flex your abs. Then, pull your elbows back behind your body at about a 45 to 60 degree angle away from your torso. Squeeze your shoulder blades together at the top position.

STEP 3

Control the weight back down to the starting position instead of letting it just drop. Let your shoulder blades open up, reset, and then go into your next rep.

ADDITIONAL TIPS

Think about pulling with your elbows each rep in order to better activate your back.



REAR DELT CABLE FLY

STEP 1: SETUP

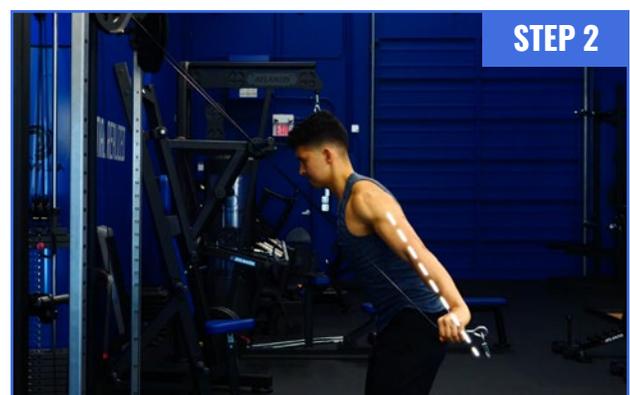
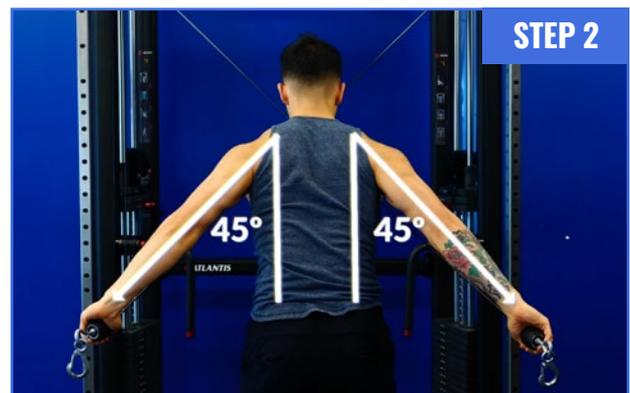
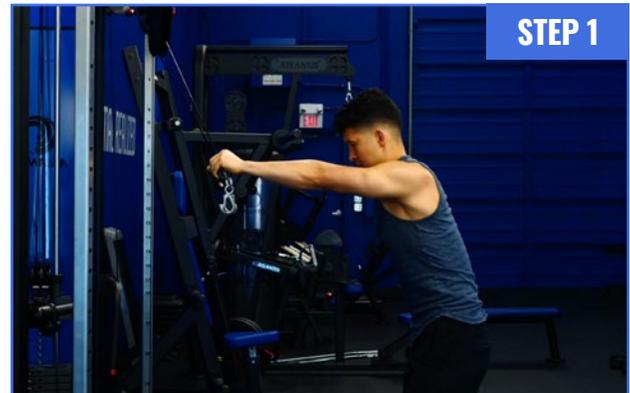
Stand in the middle of a cable machine with the pulleys set at the highest height with no handles attached. Grab the left cable with your right hand and the right cable with your left hand. Grab the little ball at the end of the cable for grip. Step a few steps back, and then move your arms straight in front of you at shoulder height. At this point the cables should be crossing over each other. You can rotate your hands slightly outwards to match the direction of the cable.

STEP 2

Brace your core and pull your arms down at a 45 degree angle away from your torso while keeping your arms straight. Continue pulling as far back as you can so that your arms end up slightly past your torso. Pause at the end position briefly, and then control the weight back to the starting position with your arms straight in front of your chest.

ADDITIONAL TIPS

If you're performing just one arm at a time, you'd perform it the exact same way, but just make sure that you position yourself so that when you pull your arm down, the cable is in line with your arm and that your arm makes a 45 degree angle away from your body. Standing directly sideways to the cable helps make this easy to set up.





LOWER

BODY

3

DAY 5: LOWER BODY 3

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Sumo deadlift</u>	3	8	2-3 minutes	Wider foot stance, narrower grip in between thighs, hips lower, spine neutral.
<u>Weighted step ups (*knee friendly)</u>	3	10 each side	1 minute per leg	Step up on bench, press through heels, alternate legs each rep.
<u>Single leg hip thrust</u>	3	15 each side	1.5-2 minutes	Upper back on bench, keep 1 leg up in air, place dumbbell over hip of working leg.
<u>Lateral band walk</u>	3	10 each side	1 minute per leg	Mini band around knees, feet shoulder-width apart, slight bend in knees and hinge forward, step laterally to one side and keep tension in the band.

SUMO DEADLIFT

For the sumo deadlift, since the exercise is quite technical, it is recommended that you watch the [exercise tutorial video](#).

STEP 1: SETUP

Start with a barbell on the ground. If you have access to big bumper plates, load the bar with those. If you aren't going to be using any weight or only have access to smaller weight plates, either elevate the bar onto a rack, weight stack, or any elevated platform so that the bar starts at about the level of your shins.

Stand with the bar over your midfoot. Take a sumo stance by moving your feet out wide, to at least outside of shoulder-width with your toes pointed out. You can tell if your feet are too wide based on your mobility if when you go down to grab the bar, your knees cave inward and you can't keep your knees out towards your toes. Play around with this to see what feels best.

Next, get down to grip the bar by pushing your hips back and then bending your knees out and forward towards the direction of your toes. Grab the bar with a double overhand grip with your arms hanging straight down right at shoulder-width apart, which should be inside your knees.

From here, bring the bar as close to your shins as possible and tuck your chin down to align your neck with your spine by gazing at the floor just a few feet in front of you.

STEP 2

Stabilize your body by thinking about bending the bar in half towards you by engaging your lat muscles, and then pull your chest up and hips down to wedge yourself into the bar. From here, brace your core and pull the slack out of the bar by lightly pulling up against it and pushing your feet away from the floor.

From here, while maintaining a straight back and keeping your chest up, pull up on the bar while pushing your feet down against the floor. As you do so, the bar should travel in a perfectly straight line up over your midfoot and should be kept as close to your body as possible. Your knees should also be pointing out, staying in line with the direction of your toes. Once the weight passes your knees, drive your hips forward and squeeze your glutes to finish the lift. From here, control the weight back down by first pushing your hips back and then once the weight passes your knees, bending your knees until the weights touch the ground. Again, keep the bar as close to your thighs and knees as possible. You can choose to either perform touch and go reps, just lightly tapping the ground with the weights each rep, or you can choose to let the weights fully settle on the ground and reset your form before going into the next rep.

ADDITIONAL TIPS

If you still have trouble with rounding your back as you pull, try lightening the weight and also consider elevating the starting position onto weight plates to shorten the range of motion. This is especially helpful for taller individuals or those with certain hip structures that make getting into the deadlift position difficult. You don't need to lift from the floor unless you're planning to compete as a powerlifter.



WEIGHTED STEP-UPS (KNEE FRIENDLY)

STEP 1: SETUP

Hold a pair of dumbbells by your sides and stand in front of a stable bench or box, or anything that you can step on to. It should be ideally between the level of your knees or mid-thighs.

STEP 2

Brace your core and place one foot on the bench. Push down into that foot and stand up until your leg is straight, keeping your other leg just slightly above the platform. Lower yourself down in a controlled manner, bring both feet back together, and then perform another step up with the opposite leg. Continue switching back and forth between legs until you complete the desired number of reps per side.

ADDITIONAL TIPS

Avoid using your planted leg to kick yourself up on the way up. Think of that leg as acting simply as a kickstand for balance. You want 80% to 90% of your weight to be on the working leg, and only 10-20% on the back leg.

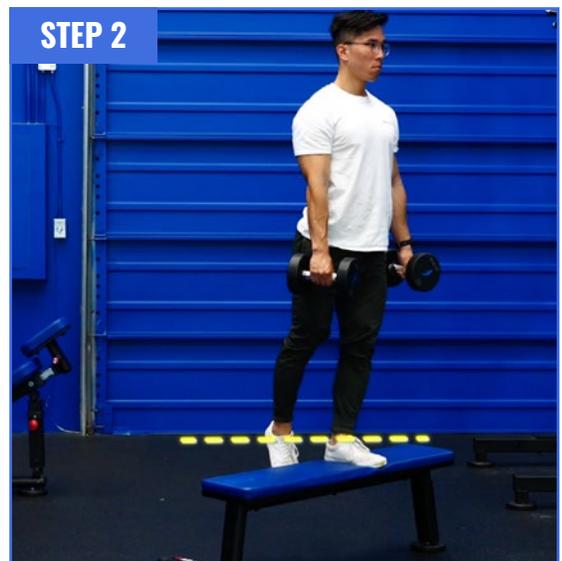
STEP 1



STEP 2



STEP 2



(WEIGHTED) SINGLE LEG HIP THRUSTS

STEP 1: SETUP

Grab a bench or any soft elevated platform that's about the height of your knees or shins. If needed, put a pair of heavy weight plates behind it to prevent it from sliding back as you perform the movement. Place the middle of your back on the bench and walk your feet out to straighten out your body. Your shins should be vertically lined up straight over your feet and your head, shoulders, hips, and knees should make one straight line.

STEP 2

Brace your core and squeeze your glutes. Then, while maintaining your position, lift one of your legs up towards the ceiling. From here, drop your butt down towards the ground while keeping your one leg elevated. Continue lowering until you're about halfway from the ground. Then, reverse the movement by pushing up through the heel of your planted leg to drive your hips back up to the top position. At the top position, keep your core braced and pause here for a second or two, really focusing on squeezing the glute of the planted leg. Then, return back down and repeat for more reps. Finish your reps on one leg before switching to the other side.

Once you've mastered it without weight and are able to do at least 3 sets of 10-15 reps with good form, you can add weight by holding a dumbbell with one hand over the hip of the working leg.



LATERAL BAND WALK

STEP 1: SETUP

Wrap a [Built With Science mini band](#) around your knees. Stand with your feet outside shoulder-width apart, knees slightly bent, and hinge your torso forward to about a 20 degree angle.

STEP 2

Staying on the same side, take a step laterally out to your side while maintaining tension in the band, and follow up with another step laterally with the other leg. Repeat for the desired number of reps.

ADDITIONAL TIPS

To make the exercise harder, you can wrap the mini band around your ankles.





WEEK

5-8



LOWER

BODY

1

DAY 1: LOWER BODY 1

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Back squat</u>	3	8	2-3 minutes	Experiment with foot stance, squat down to at least parallel, elevate heels onto weight plates if needed.
<u>Pause barbell hip thrust</u>	3	8	2-3 minutes	Squeeze glutes hard, knees 90 degrees at top position, don't go all the way down each rep. Add a 3 second pause at the top.
<u>Bodyweight 45 degree hyperextensions</u>	3	30	1.5-2 minutes	Top of pads at the hip, flare feet to 45 degree angle, round upper back, push hips into pad.
<u>Cable Kickbacks</u>	3	12 each side	1 minute per leg	Attach ankle cuff to cable machine, cable lowered to knee-height, slightly lowered torso, rotate foot, and kick heel back behind you.

BACK SQUAT

ATTENTION: For the barbell back squat, since the exercise is quite technical, it is recommended that you [watch the full exercise tutorial video](#). If needed, perform the exercise regression included in the video first if needed before performing the full barbell back squat.

STEP 1: SETUP

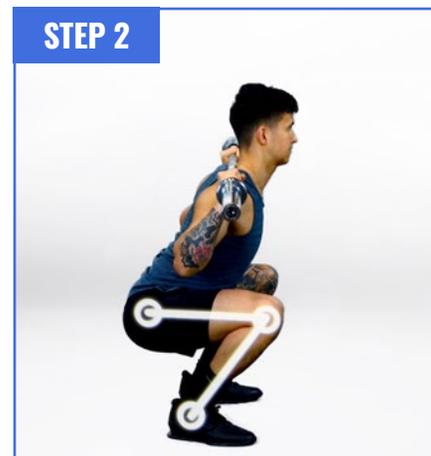
Set a barbell in a rack at about the height of your mid-chest. Face the bar and grip it with your hands slightly wider than shoulder-width apart. Duck under the bar and place it over the back of your shoulders, letting it rest on your upper traps. Lift it out of the rack by extending your legs. Take one step back with one foot, one step back with the other one, and then use a third step to correct your stance into an even position. The optimal foot stance will vary, but first experiment with a stance that is just outside shoulder-width with your toes pointed outwards at about 15 degree angle.

STEP 2

Plant your feet firmly into the ground, pull the bar down into your upper back, and engage your core. Take a deep breath in through your nose, and then squat straight down by bending at your hips and knees. As you do so, the bar should remain over the level of your midfoot and the weight should be evenly distributed between your big toe, your little toe, and your heels. Your knees should also be bending slightly outwards in the same direction of your toes. Continue squatting down until your thighs reach at least parallel or slightly below. From here, while keeping your core engaged, exhale and reverse the movement by extending your legs, thinking about bringing the bar up towards the ceiling and exhaling as you do so.

When done correctly, the bar should make an almost perfectly vertical path down and up each rep. Depending on your anatomy, your torso may end up more vertical or more bent over than others, which is normal as long as you're following the tips and avoiding the common mistakes.

ADDITIONAL TIPS: If you find it difficult to reach full depth, you can try elevating your heels onto weight plates to help with ankle mobility.



PAUSE BARBELL HIP THRUST

PLEASE NOTE: The execution of this exercise will be the same as explained below, just adding a 1 second pause at the bottom position.

For the barbell hip thrust, since the exercise is quite technical, it is recommended that you [watch the exercise tutorial video](#).

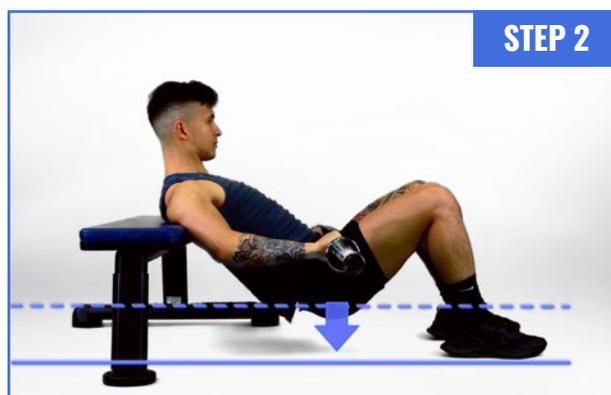
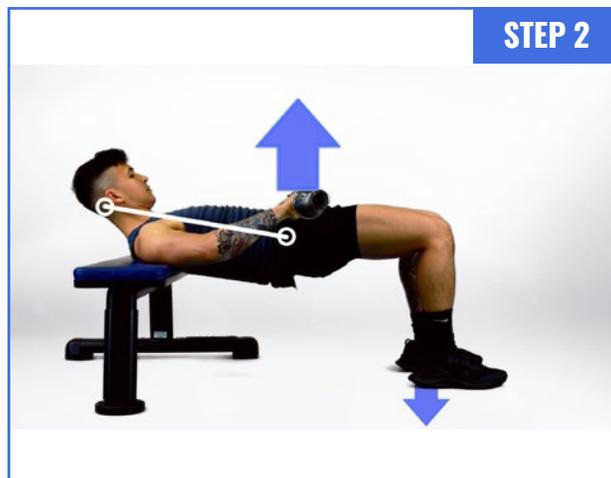
STEP 1: SETUP

Grab a bench or any soft elevated platform that's about the height of your knees or shins. If needed, put a pair of heavy weight plates behind it to prevent it from sliding back as you perform the movement. Next, grab a barbell, and load each side with weight, ideally using the bigger bumper plates if your gym has those available. If you're new to this movement, use just the barbell with no weight at first. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Lay down with your upper back against the bench and the bar sitting over your hips and your hands holding the bar with an overhand grip just outside your legs. From here, set your feet. You want them positioned such that at the top of the hip thrust your knees are bent at a 90 degree angle and your shins are vertical straight on top of your feet. Try a few reps without weight to find the sweet spot position for you. Once you've found the right distance, set your feet at about shoulder-width apart or slightly wider, with your toes pointed out at a slight angle.

STEP 2

Tuck your chin down and brace your core. Before initiating the thrust, squeeze your glutes. Then, while keeping your head and hips in a straight line, continue squeezing your glutes as you push through your heels to drive your hips forward to the top position, moving the weight straight up. At the top position, keep your core braced and pause for a second or two while continuing to squeeze your glutes. Control the weight back down by slowly lowering your butt down towards the ground, stopping at about halfway up from the bottom position and then repeating for another rep.



BODYWEIGHT 45 DEGREE HYPEREXTENSIONS

STEP 1: SETUP

Set up a back extension machine such that the top of the pad sits just underneath your hips. Flare your feet out to a 45 degree angle and round your upper back to better target the glutes.

STEP 2

Keep your upper back rounded and raise your body up by pushing your hips into the pad using your glutes. Lower yourself back down to the starting position with control and repeat for the desired number of reps.



CABLE KICKBACKS

STEP 1: SETUP

Attach an ankle cuff to a cable machine and move the pulley down to about the level of your knee. Stand facing square a few steps away from the cable machine with the non working leg in line with the anchor point of the cable, and then turn both feet 30 degrees in the direction of the working leg. Hold onto the pole with the arm that's on the same side as the non-working leg and bend your torso over forward just slightly.

STEP 2

Brace your core and press down on your non working leg for stability. Lift your foot and cross your working leg across the other leg towards the cable. While keeping your leg straight, use your glutes to kick your heel back and out behind you as far as is comfortable. As you do so, you can rotate your foot such that the outside part of your foot faces the ceiling at the end position. Control your leg back to the starting position, again crossing over your non-working leg, and then repeat for another rep. Finish your reps on one side before switching to the other side.





UPPER ***BODY***

1

DAY 2: UPPER BODY 1

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Bench press</u>	3	8	2-3 minutes	Grip slightly outside shoulder-width, keep chest up, lower bar to level of nipples, avoid flaring elbows out.
<u>Dumbbell chest supported row (mid/upper back focused)</u>	3	12	1.5-2 minutes	Set bench 2 notches up from bottom, angle elbows out, squeeze shoulder blades together.
<u>Incline dumbbell press</u>	3	10	1.5-2 minutes	Set bench 1-2 notches up from bottom, keep chest up, avoid flaring elbows out.
<u>Lat Pulldown</u>	3	10	1.5-2 minutes	Grip outside shoulder width, lean back slightly, pull bar to just under chin.
<u>Chest supported dumbbell rear delt row</u>	3	15	1.5-2 minutes	Set bench 2 notches up from bottom, pull with elbows at 45 degree angle.

BARBELL BENCH PRESS

STEP 1 SETUP

Lie down on the bench and position yourself such that your eyes are directly below the racked bar. Use a medium grip on the bar that's slightly wider than shoulder-width apart. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground. Unrack the bar and bring it over the level of your shoulders

STEP 2

Control the weight down while dropping your elbows down at about a 45 to 60 degree angle from your torso. The bar should travel down and slightly forward and touch your chest at the level of your sternum.

After the bar touches your chest, push the bar up and back to the starting position with your arms fully locked out. The bar should travel up and slightly back as you do this. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.

ADDITIONAL TIPS

Avoid bouncing the bar against your chest at the bottom position and use control to simply touch your chest. Whenever possible use a spotter, especially with heavier loads.



DUMBBELL CHEST SUPPORTED ROW (MID/UPPER BACK FOCUSED)

STEP 1: SETUP

Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells using a thumbless grip and lay your chest on the bench with your arms hanging down by your sides and palms facing each other. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

STEP 2

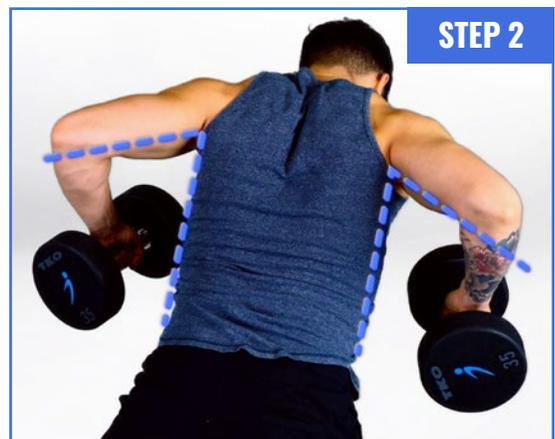
To stabilize your body, bring your shoulders down and away from your ears, squeeze your glutes and flex your abs. Then, pull your elbows back behind your body at about a 45 to 60 degree angle away from your torso. Squeeze your shoulder blades together at the top position.

STEP 3

Control the weight back down to the starting position instead of letting it just drop. Let your shoulder blades open up, reset, and then go into your next rep.

ADDITIONAL TIPS

Think about pulling with your elbows each rep in order to better activate your back.



INCLINE DUMBBELL PRESS

STEP 1: SETUP

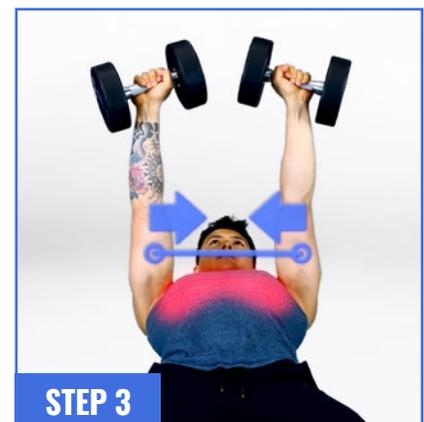
Set up an incline bench to about 15 to 30 degrees, typically the first to second notch up from the bottom. Grab a pair of dumbbells and sit on the bench. Kick up the dumbbells one at a time to get them into position with your arms straight over your body. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 45 to 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your chest, or as low as is comfortable for you.

STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.



LAT PULLDOWNS

STEP 1: SETUP

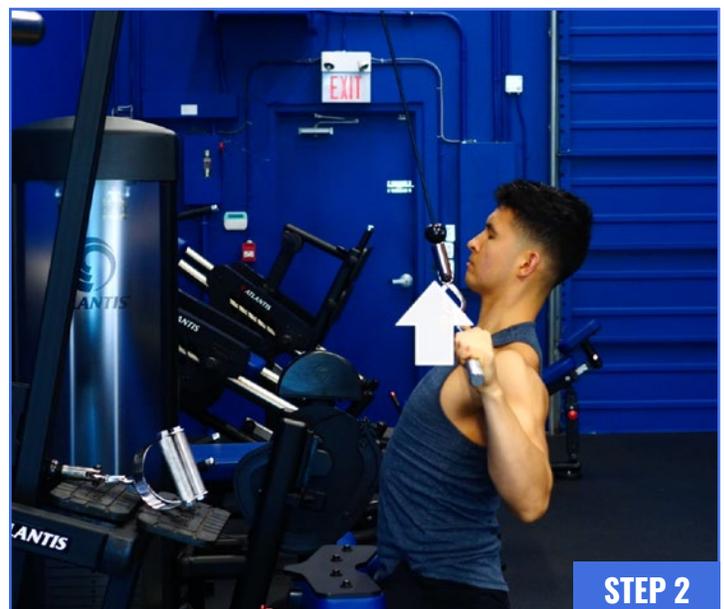
Adjust the height of the seat or knee pads so that your thighs are securely locked underneath, with your feet flat on the floor. Set your weight then stand up and grab the bar with an overhand grip just outside shoulder-width apart. Sit back down with your thighs under the pads. Tilt your upper back just slightly backwards.

STEP 2

Pull your elbows down until the bar reaches the level of your chin. Control the weight back up until your arms are almost fully straight, and then repeat for another rep.

ADDITIONAL TIPS

To better engage the back muscles, you can try using a thumbless grip and think about pulling with the elbows rather than with your hands.



CHEST SUPPORTED DUMBBELL REAR DELT ROW

STEP 1: SETUP

Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells and lay your chest on the bench so that your head extends off the end of the bench with your arms hanging down by your sides. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

STEP 2

Bring your shoulders down and away from your ears, squeeze your glutes, and flex your abs. From here, pull your elbows back behind your body at about a 45 degree angle away from your torso. Continue pulling as far back as you can. Pause briefly at the end position, control the weight back down to the starting position with your arms straight, and then go into your next rep.

ADDITIONAL TIPS

To best engage your rear delts, try using a thumbless grip and think about pulling with your elbows rather than with your hands. Keep your elbows angled out at about 45 degrees for best rear delt activation.

STEP 1



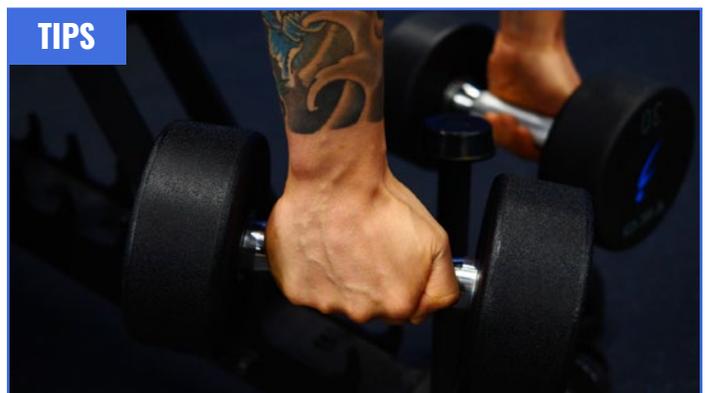
STEP 1



STEP 2



TIPS





LOWER

BODY

2

DAY 3: LOWER BODY 2

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Hip thrust (bodyweight)</u>	3	20	1.5-2 minutes	Squeeze glutes hard, knees 90 degrees at top position, don't go all the way down each rep.
<u>Dumbbell Bulgarian split squat (glute focused)</u>	3	10 each side	1 minute per leg	Use wider foot stance, lean torso forward slightly, do a set on one leg then rest 1 min then do the other leg.
<u>Lying leg curl</u>	3	10	1.5-2 minutes	Pull down on handles, avoid over-arching lower back, control the weight up and down.
<u>Seated hip abduction machine</u>	3	20	1.5-2 minutes	Sit on the machine with knees together, push knees out and squeeze glutes.

HIP THRUST (BODYWEIGHT)

The execution of this exercise will be the same as a barbell hip thrust, just without the barbell across the hips.

STEP 1: SETUP

Grab a bench or any soft elevated platform that's about the height of your knees or shins. If needed, put a pair of heavy weight plates behind it to prevent it from sliding back as you perform the movement.

Lay down with your upper back against the bench. From here, set your feet. You want them positioned such that at the top of the hip thrust your knees are bent at a 90 degree angle and your shins are vertical straight on top of your feet. Try a few reps without weight to find the sweet spot position for you. Once you've found the right distance, set your feet at about shoulder-width apart or slightly wider, with your toes pointed out at a slight angle.

STEP 2

Tuck your chin down and brace your core. Before initiating the thrust, squeeze your glutes. Then, while keeping your head and hips in a straight line, continue squeezing your glutes as you push through your heels to drive your hips forward to the top position. At the top position, keep your core braced and pause for a second or two while continuing to squeeze your glutes. Control your body back down by slowly lowering your butt down towards the ground, stopping at about halfway up from the bottom position and then repeating for another rep.



BULGARIAN SPLIT SQUAT (GLUTE-FOCUSED)

STEP 1: SETUP

First, pick what you'll use for elevation. There are many options available to you, so [watch the exercise tutorial video](#) to make the best decision for yourself and the equipment you have available.

Second, adjust your foot stance. To find the optimal stance, sit on the bench and extend your legs straight out. Where your feet end up is roughly where you want your foot position to be. To emphasize the glutes, move forward by an inch or two.

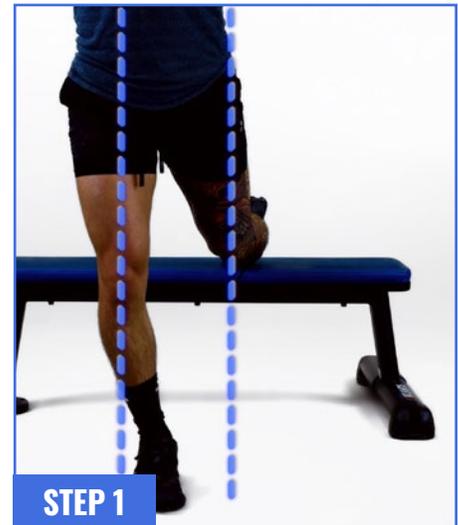
When your feet are set, they should be about hip width distance apart from each other rather than directly in front of each other. Grab a pair of dumbbells if needed, and get into the starting position. Start with your weaker leg.

STEP 2

With the dumbbells straight by your sides, brace your core and while keeping your lower back neutral, bend your torso over slightly. While maintaining this slight lean forward, squat down and drive your back knee towards the ground. Continue descending until your front thigh is at least parallel to the floor. At this point the knee of your back leg should be almost touching the floor and the shin of your front leg should be almost vertical on top of your foot. Pause briefly and then push through the heel of your front leg to drive your hips forward. Continue until you finish your reps on one leg, rest 1 minute, and then repeat on the other leg.

ADDITIONAL TIPS

Avoid relying too much on your back leg to push the weight up. Instead, think of your back leg as a kickstand for balance. Keep 80-90% of the weight in your front leg, and just 10-20% of the weight in your back leg.



LYING LEG CURLS

STEP 1: SETUP

Set up your foot pad and seat so that:

Your foot pad is resting slightly above the back of your heel.

Your knee is positioned directly beside the pivot point of the machine. For most people your knees will end up just slightly off the very end of the pad or just at the end of it.

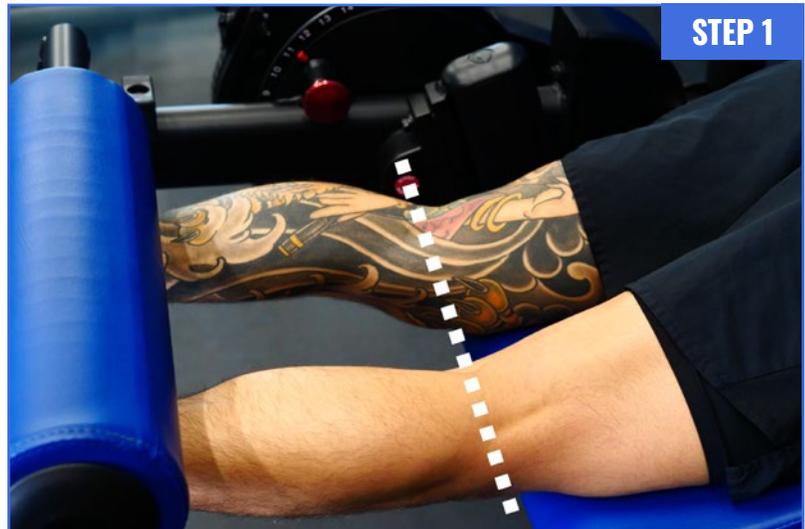
In the starting position when your feet are in contact with the foot pad, your knees should be slightly bent rather than fully extended.

STEP 2

Once you get the set up down, contract your abs, and pull down on the two handles beside the machine by using your lat muscles. From here, while keeping your toes pointed down, curl the weight up towards your butt as far as you can. Once you reach the top, control the weight back down until your legs almost fully straighten, and then go back into your next rep.

ADDITIONAL TIPS

Avoid fully extending your legs at the bottom position. The first 15 degrees or so of the movement actually involves more of the calves, so cut the range of motion short slightly by stopping each rep a little before your legs are completely straightened at the top position.



SEATED HIP ABDUCTION MACHINE

STEP 1: SETUP

Set up the machine such that when you sit down, the machine pads are resting on the outside of your lower thighs, right above the knees. Adjust the machine weight to the appropriate amount for your set. Tuck your core and squeeze your glutes. Slightly lean forward and hold onto the support.

STEP 2

Using your upper glute muscles, push out against the machine pads as far as you can. Pause at the end position for a second or two and then bring your knees back together until your knees almost touch together before repeating for another rep.

ADDITIONAL TIPS

If you don't have a machine, you can replace these with bands or substitute for the exercise "[Side Lying Hip Raise](#)".





UPPER

BODY

2

DAY 4: UPPER BODY 2

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Standing Barbell Overhead Press</u>	3	8	2-3 minutes	Press in straight line up, keep core and glutes engaged, avoid arching back.
<u>(Weighted) pull up</u>	3	5	1.5-2 minutes	Grip outside shoulder-width, pull until chin over bar, use alternative if unable to do 6 reps in a row.
<u>Flat dumbbell press</u>	3	10	1.5-2 minutes	Keep chest up, avoid flaring elbows out, control the weight up and down.
<u>Chest Supported Machine row</u>	3	10	1.5-2 minutes	Shoulder blades down, pull elbows back at a 45-60 degree angle, squeeze shoulder blades together.
<u>Dumbbell lateral raise</u>	3	12	1.5-2 minutes	Lean torso forward slightly, raise arms in scapular plane, avoid using momentum.

STANDING BARBELL OVERHEAD PRESS

STEP 1: SETUP

Set up the bar in a rack such that it's at the level of your armpits. Get under the bar and grab it with a grip just outside shoulder-width apart. Tuck your elbows so that they align directly under the bar with your forearms vertical. Lift the bar up off the rack, take 3 steps back, and plant your feet about shoulder width apart with your toes slightly pointed outwards.

STEP 2

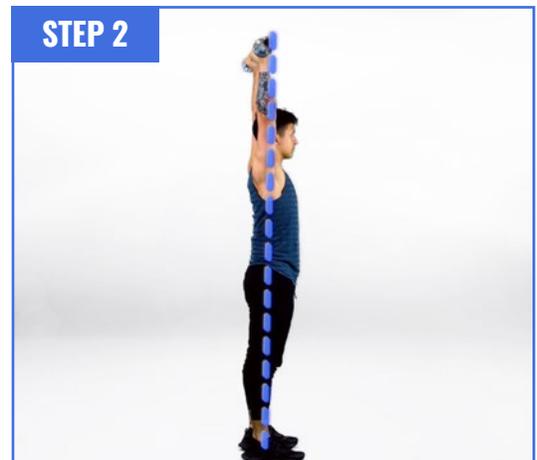
Squeeze your glutes, flex your quads, and brace your core. Take a deep breath in through your nose and then exhale as you press the bar straight up. As you do so, slightly tilt your chin back to avoid hitting it. Once the bar passes your head, you can tilt your head back forward back into its neutral position. Press until your arms are straight.

STEP 3

Inhale as you lower the bar by dropping your elbows into a roughly 45 degree angle in front of your body until the bar reaches the level of your upper chest. Pause here briefly, re-stabilize your glutes and core if needed, and then continue for your next rep.

ADDITIONAL TIPS

Avoid bending your knees and using leg drive to move the weight up. This is a different exercise. Instead, keep this a strict press by only using your upper body to press the weight up.



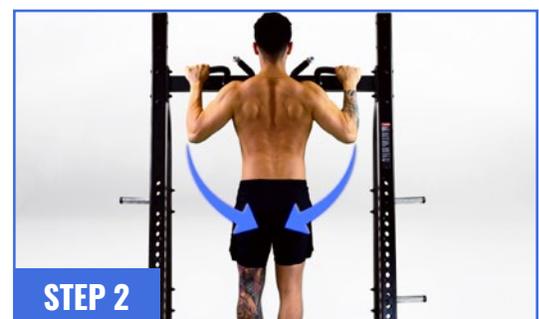
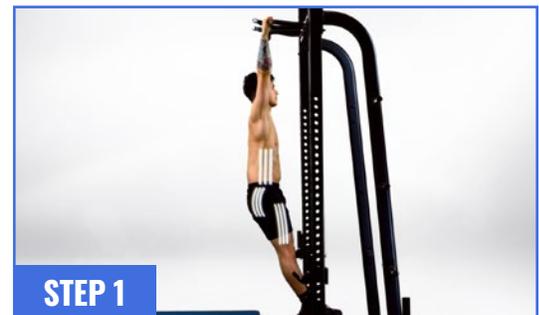
(WEIGHTED) PULL-UPS

STEP 1: SETUP

Grip the bar using an overhand grip slightly wider than shoulder-width apart. From here, let your body hang and then begin stabilizing your body by bringing your feet together, flexing your quads and glutes and contracting your abs. You want to maintain this position as you pull.

STEP 2

Initiate the pull by first bringing your shoulders down and away from your ears. Then, pull your elbows down and back into your sides as if you were trying to pull them into your back pockets. As you do this, think about trying to bring your chest up towards the bar. Continue pulling-up until your chin is above the bar. From here, control yourself by letting your elbows move up and out until your arms are almost fully straightened, and then continue into your next rep.



FLAT DUMBBELL PRESS

STEP 1 SETUP

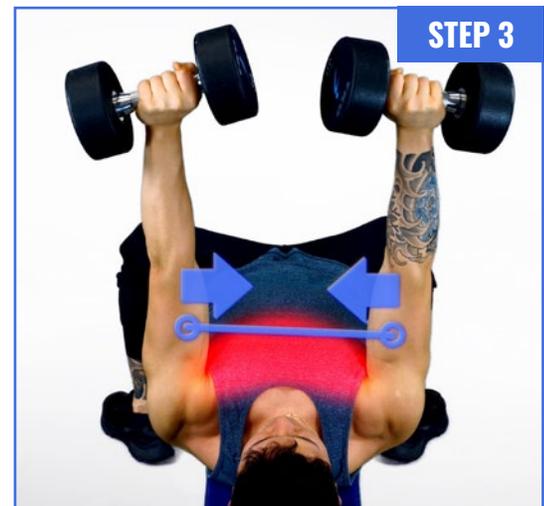
Grab a pair of dumbbells and sit on the edge of a flat bench. Kick up the dumbbells one at a time as you lay back on the bench to get them into position with your arms straight over your shoulders. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 45 to 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your torso, or as low as is comfortable for you.

STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.



CHEST SUPPORTED MACHINE ROW

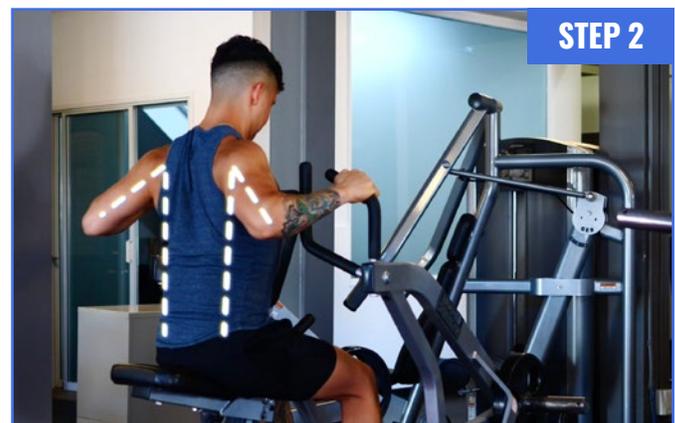
STEP 1: SETUP

If the machine has a seat, adjust the seat to a height such that when using a wide overhand grip, when your elbows pull back, they will make an angle of about 45 to 60 degrees. Once you've figured out the proper seat height, if the machine has a wider overhand grip, use that grip position. If the machine only has a narrow neutral grip available, then choose an exercise alternative otherwise it won't hit the target muscles very well.



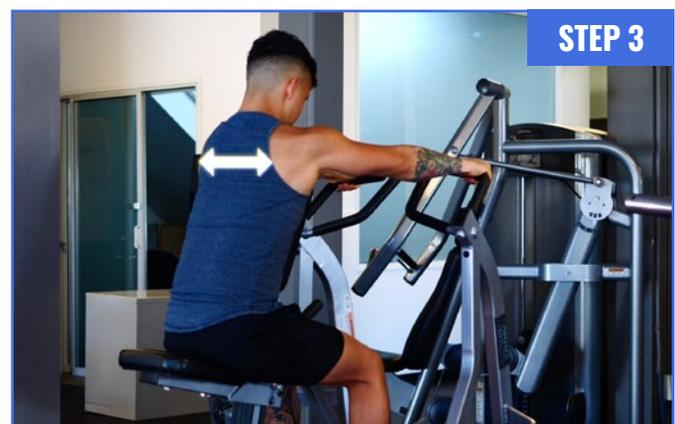
STEP 2

Bring your shoulders down and away from your ears and pull your elbows back behind your body at about a 45 to 60 degree angle away while squeezing your shoulder blades together.



STEP 3

Control the weight back down to the starting position, letting your shoulder blades open up, and then go into your next rep.



ADDITIONAL TIPS

To increase back activation, try using a thumbless grip and think about pulling with your elbows rather than with your hands.

DUMBBELL LATERAL RAISES

STEP 1: SETUP

Grab a pair of dumbbells and stand with your feet about shoulder width apart and knees slightly bent. Lean your torso forward about 15 degrees.

STEP 2

Brace your core. While keeping your arms just slightly bent, raise your hands out in front of you. As you do so, raise your arms in a Y position in front of you. This is about 15 to 30 degrees in front of your body. Raise the weight until your arms reach shoulder-height, control them back down until your hands are down in front of your thighs, and then repeat for more reps.

ADDITIONAL TIPS

To better help with muscle activation, you can try using a thumbless grip and rather than thinking about raising the weight up, think about raising the weight out as if you were pushing your hands out towards the walls.





LOWER

BODY

3

DAY 5: LOWER BODY 3

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Dumbbell Romanian Deadlift</u>	3	10	1.5-2 minutes	Push hips back, slight bend in knees, lower until hands reach level of shins.
<u>Single-leg leg press</u>	3	10 per side	1 minute per leg	Non-working leg on floor, working leg on foot plate, bend leg to a 90 degree angle, keep knee in line with ankle.
<u>Barbell glute bridge</u>	3	20	2-3 minutes	Back and shoulder pressing against ground, barbell over hips, knees bent and feet shoulder-width apart, lift weight until hips are in line with torso.
<u>Side Lying Hip Raise</u>	3	20 per side	1 minute per leg	Side plank position, knees and hips bent at 90 degrees, push grounded knee while lifting body up tall and opening up hips, bring leg back down to starting position.

DUMBBELL ROMANIAN DEADLIFT

STEP 1: SETUP

Grab a pair of dumbbells, hold them by your sides, and take a shoulder-width stance with your feet pointed slightly outwards at about a 15 degree angle.

STEP 2

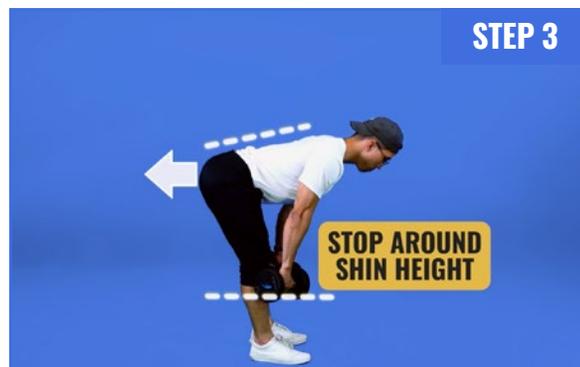
Contract your abs, take a deep breath in through your nose, then descend by pushing your hips straight back. Keep just a very slight bend at your knees and keep the bar as close to your body as possible, ideally right above the middle of your feet. As you descend, your hands should move from a neutral position at your sides to your palms facing towards you with the dumbbells held horizontally in front of your legs. Lower the dumbbells only until the point where you can't push your hips back without your lower back starting to round, usually at knee level or mid-shin level.

STEP 3

Keep your core braced and then exhale as you reverse the motion by pushing your hips forward and then rotating the dumbbells back into the starting position by your sides. Once your legs are fully straight, repeat for another rep. Spend about 2-3 seconds on slowly controlling the weight down, and then about 1 second to bring the weight back up.

ADDITIONAL TIPS

To better engage the hamstrings, you can think about pulling the floor back with your heels as you come up.



SINGLE-LEG LEG PRESS

STEP 1: SETUP

Move the backrest to the lowest setting or just 1 to 2 notches up from the bottom. Adjust the foot plate starting position so that you only need to extend your legs slightly to be able to release the weights. Lastly, if your leg press has safety pins, adjust them so that they will be able to catch the weight at the bottom position if you are unable to lift it.

Plant your non-working leg on the ground and place the foot of your working leg relatively high up on the foot plate, around the middle of it or higher.

STEP 2

Unlock the safety pins, extend your leg to release the weights, and brace your core. From here, lower the weight by bending your leg. Continue lowering the weight until your knee makes a 90 degree angle. At this point, your shin should be straight on top of your foot. Push through your heel to push the weight back up. Continue pushing until your leg is almost fully straightened, and then repeat for another rep. Finish your reps on one leg, take a minute to rest, and then repeat on the other leg.



BARBELL GLUTE BRIDGE

STEP 1: SETUP

Grab a barbell, and load each side with weight, ideally using the bigger bumper plates if your gym has those available. If you're new to this movement, use just the barbell with no weight at first. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Lay down on your back with your knees bent and feet about hip width apart and toes slightly pointed outwards with the barbell over your hips. Brace your core, and hold onto the barbell with an overhand grip just outside your legs. Before you lift up, squeeze your butt muscles hard to get them engaged.

STEP 2

From here, use your glutes to push your hips up and move the weight until your hips are in line with your torso. As you do so, keep your core engaged. Hold this position for a second while squeezing your glutes hard. Slowly lower back down to the ground and then repeat for another rep. You should feel a strong burning sensation in your glutes as you do this.



SIDE LYING HIP RAISE

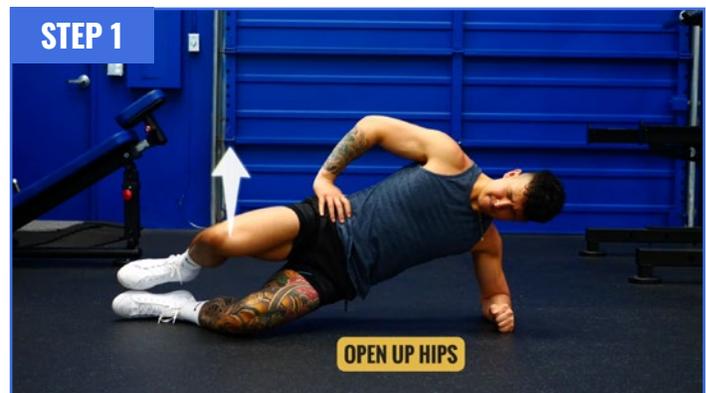
STEP 1: SETUP

Start in a side plank position on your elbow with your hips and knees on the ground, bent at about a 90 degree angle.

STEP 2

Push through the grounded knee down and lift your body up as tall as you can while opening up your hips by lifting your top leg up towards the ceiling. As you do so, use your glutes to drive your hips forward. Come down by sinking your hips back and bringing your legs back together to the starting position, and then repeat for another rep. At the top, drive your hips forward and at the bottom sink the hips back.

Control each rep and focus on form. Finish your reps on one leg before switching to the other side. If this is too difficult for you to do, I'd recommend starting out with the exercise alternative "side lying leg raise" instead.





WEEK

9-12



LOWER

BODY

1

DAY 1: LOWER BODY 1

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Front Foot Elevated Reverse Lunges</u>	3	10 each side	1 minute per leg	Use wider foot stance, lean torso forward slightly, do a set on one leg then rest 1 min then do the other leg.
<u>Barbell deadlift</u>	3	6	2-3 minutes	Hip-width stance, grip outside knees, keep head/back/hips in straight line.
<u>Standing Cable hip abduction</u>	3	12 each side	1 minute per leg	Attach ankle cuff to cable machine, swing leg outward and behind, avoid rotating foot.
<u>Smith machine frog pump</u>	3	30	2-3 minutes	Wide bench set up, shoulders and back pressed into the bench, make a diamond shape with legs, barbell over hips, and lift hips up.

FRONT FOOT ELEVATED REVERSE LUNGES

STEP 1: SETUP

Grab a pair of dumbbells and stand with your feet together on a small elevated platform like a weight plate. Brace your core.

STEP 2

While keeping your front leg planted on the platform, take a long step backwards with your other leg and sink down into a lunge position by driving the knee of your back leg towards the ground. Keep your back neutral and lean your torso forward slightly by about 20 degrees to better engage the glutes. Continue descending until your back knee almost touches the ground. Pause briefly in this position, and then push through the heel of your front leg to drive your hips forward, raising your body up back into the starting position with your feet together. Take your next step back with the other leg and continue alternating until you finish the desired number of reps on each leg.

ADDITIONAL TIPS

Avoid relying too much on your back leg to push your body up. Instead, after taking your step back, think of your back leg as a kickstand for balance and don't rely on it too much to kick yourself back up.

STEP 1



STEP 2



STEP 2



STEP 2



BARBELL DEADLIFT

For the barbell deadlift, since the exercise is quite technical, it is recommended that you [watch the exercise tutorial video](#).

STEP 1: SETUP

We're going to cover the conventional deadlift, which involves a fairly narrow stance.

Start with a barbell on the ground. If you have access to big bumper plates, load the bar with those. If you aren't going to be using any weight or only have access to smaller weight plates, either elevate the bar onto a rack, weight stack, or any elevated platform so that the bar starts at about the level of your shins.

Stand under the bar with your feet about hip-width apart and toes pointed outwards slightly. When you look down at the bar, it should be directly over your midfoot. Get down to grip the bar by pushing your hips back with a slight bend in your knees. Keep your back straight as you do so, and continue lowering until you're able to reach the bar. With your arms straight, grip the bar with an overhand grip that's about shoulder-width apart, which should be just outside of your knees. Bring the bar as close to your shins as possible and tuck your chin down to align your neck with your spine by gazing at the floor just a few feet in front of you.

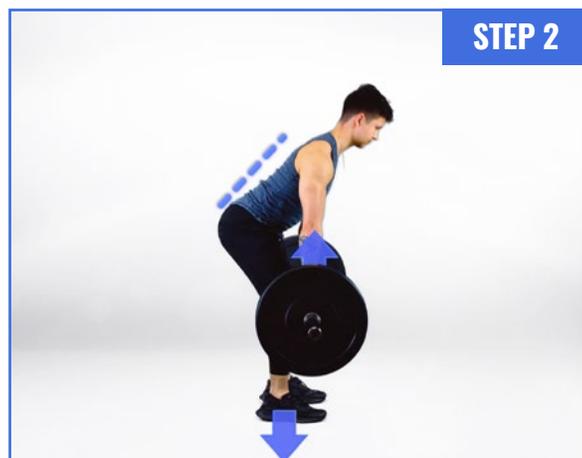
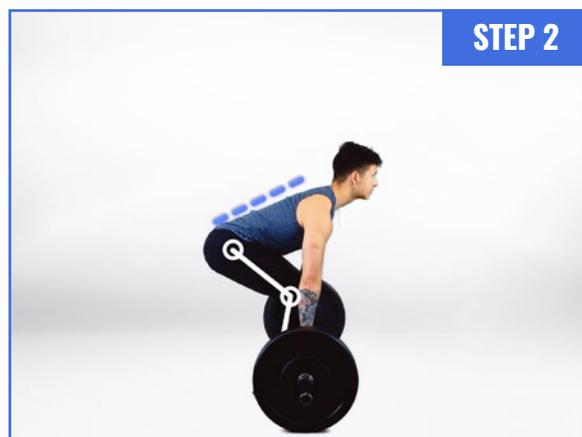
STEP 2

Stabilize your body by thinking about bending the bar in half towards you by engaging your lat muscles, and then pull your chest up and hips down to wedge yourself into the bar. From here, brace your core and pull the slack out of the bar by lightly pulling up against it and pushing your feet away from the floor.

From here, while maintaining a straight back and keeping your chest up, pull up on the bar while pushing your feet down against the floor. As you do so, the bar should travel in a perfectly straight line up over your midfoot and should be kept as close to your body as possible. Once the weight passes your knees, drive your hips forward and squeeze your glutes to finish the lift. From here, control the weight back down by first pushing your hips back and then once the weight passes your knees, bending your knees until the weights touch the ground. Again, keep the bar as close to your thighs and knees as possible as you do so. You can choose to either perform touch and go reps, just lightly tapping the ground with the weights each rep, or you can choose to let the weights fully settle on the ground and reset your form before going into the next rep.

ADDITIONAL TIPS

If you still have trouble with rounding your back as you pull, try lightening the weight and also consider elevating the starting position onto weight plates to shorten the range of motion. This is especially helpful for taller individuals or those with certain hip structures that make getting into the deadlift position difficult. You don't need to lift from the floor unless you're planning to compete as a powerlifter.



STANDING CABLE HIP ABDUCTION

STEP 1: SETUP

Attach an ankle cuff to a cable machine and move the pulley down to about the level of your knee. Stand facing parallel a few steps away from the cable machine with the non working leg in line with the anchor point of the cable. Hold onto the pole or a fixture with the arm that's on the same side as the non-working leg and bend your torso over forward just slightly.

STEP 2

Brace your core and press down on your non working leg for stability. Lift your foot and cross your working leg slightly behind and across the other leg away. While keeping your leg straight, use your glutes to kick your heel out to your side away from the cable machine as far as is comfortable. Control your leg back to the starting position, again crossing over your non-working leg, and then repeat for another rep. Finish your reps on one side before switching to the other side.



SMITH MACHINE FROG PUMP

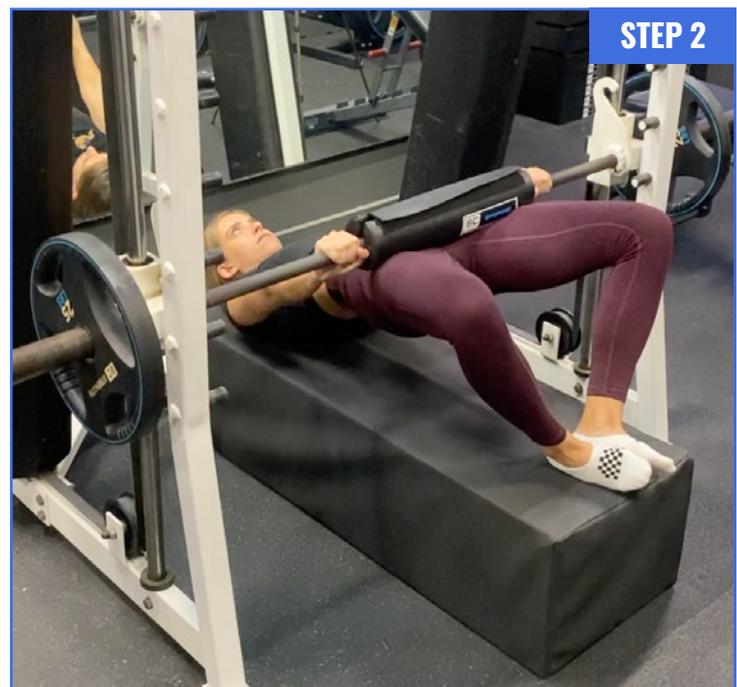
STEP 1: SETUP

Set up a wider bench underneath the Smith machine bar, leaving enough room for your hips to make contact with the bar. Load each side with weight. If you're new to this movement, use just the barbell with no weight at first. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Lay down on the bench with the barbell placed over your hips. Press your shoulders and upper and lower back against the bench. Place your feet together such that the bottoms of your feet are touching, and allow your knees to flare out to the side, forming a diamond shape with your lower body. Brace your core, and hold onto the barbell with an overhand grip just outside your legs. Before you lift up, squeeze your butt muscles hard to get them engaged

STEP 2

From here, use your glutes to push your hips up and move the weight until your hips are in line with your torso. As you do so, keep your core engaged, the bottoms of your feet in contact with each other, and your knees flared out to the side. Hold this position for a second while squeezing your glutes hard. Slowly lower back down to the ground and then repeat for another rep.





UPPER ***BODY***

1

DAY 2: UPPER BODY 1

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Standing dumbbell shoulder press</u>	3	10	1.5-2 minutes	Use lighter weight, keep core braced, squeeze glutes, avoid arching back.
<u>Seated cable row (mid/upper back focused)</u>	3	10	1.5-2 minutes	Use wide grip handle if possible, angle elbows out, squeeze shoulder-blades together.
<u>Push-Ups</u>	3	8	1.5-2 minutes	Set your hands slightly outside shoulder-width, descend to the ground and push back up.
<u>Inverted Row</u>	3	10	1.5-2 minutes	Bar in squat rack about chest height, overhand grip shoulder-width apart, pull elbows back.
<u>Lying Incline lateral raise</u>	3	15	1.5-2 minutes	Set bench 2-3 notches up from bottom, use light weight, raise arms in scapular plane.

STANDING DUMBBELL SHOULDER PRESS

STEP 1: SETUP

Grab a pair of dumbbells and bring them up just over your shoulders. Set your feet by moving them shoulder width apart and bring your elbows forward slightly at about a 45 degree angle in front of your body.

STEP 2

Squeeze your glutes, flex your quads, and brace your core. Take a deep breath in through your nose and then exhale as you press the dumbbells straight up. Press until your arms are straight and positioned directly over your shoulders.

STEP 3

Inhale as you lower the dumbbells by dropping your elbows into a roughly 45 degree angle in front of your body until the dumbbells reach the level of your chin. Pause here briefly, re-stabilize your glutes and core if needed, and then continue for your next rep.

ADDITIONAL TIPS

Avoid bending your knees and using leg drive to move the weight up. This is a different exercise. Instead, keep this a strict press by only using your upper body to press the weight up.

BRING DUMBBELLS UP
JUST OVER YOUR SHOULDERS

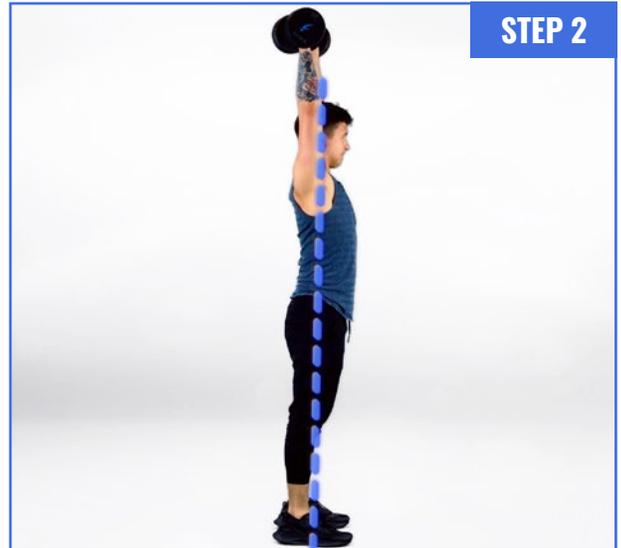
STEP 1

FEET SHOULDER-WIDTH APART

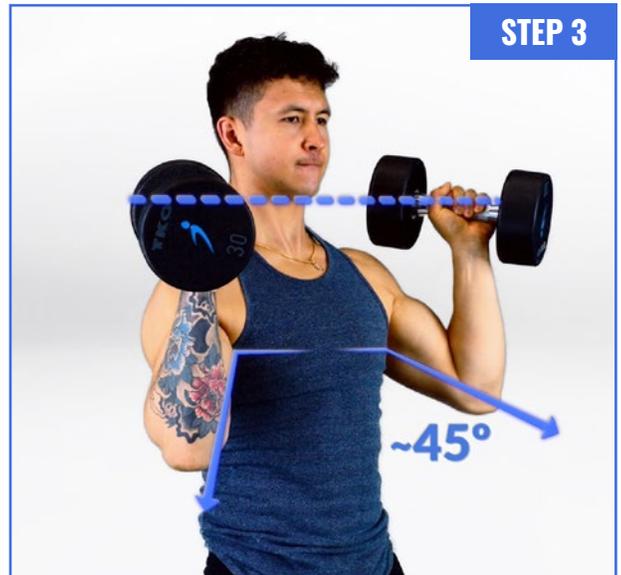
ELBOWS AT ABOUT 45 DEGREE
ANGLE INFRONT OF YOUR BODY



STEP 2



STEP 3



SEATED CABLE ROW (MID/UPPER BACK FOCUSED)

STEP 1: SETUP

Once you've found the attachment, get into the starting position with your knees slightly bent on the pad and back straight.

STEP 2

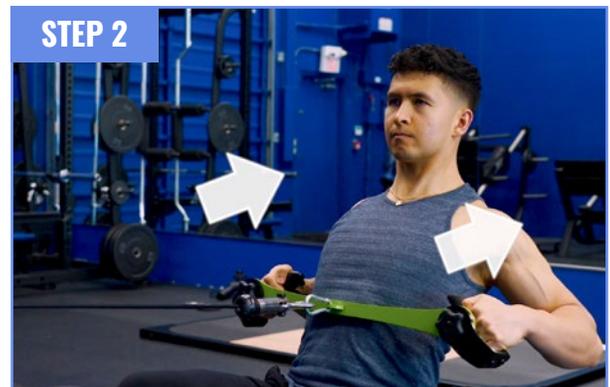
Brace your core and bring your shoulders down and away from your ears. Pull your elbows back behind your body at about a 45 to 60 degree angle away while squeezing your shoulder blades together.

STEP 3

Control the weight back down to the starting position, letting your shoulder blades open up, and then go into your next rep. You can let your upper body round forward to fully open up your back, as long as your core remains tight and your lower back doesn't round excessively.

ADDITIONAL TIPS

You can use the V-bar attachment, but a better option would be a wider handle setup so that your elbows can flare outwards as you pull. If you don't have access to any of that, you can try putting two handles over a lat pulldown attachment and twist them to lock them in place.



PUSH-UPS

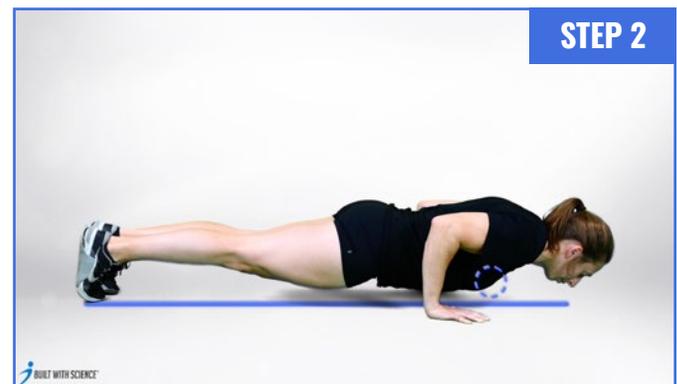
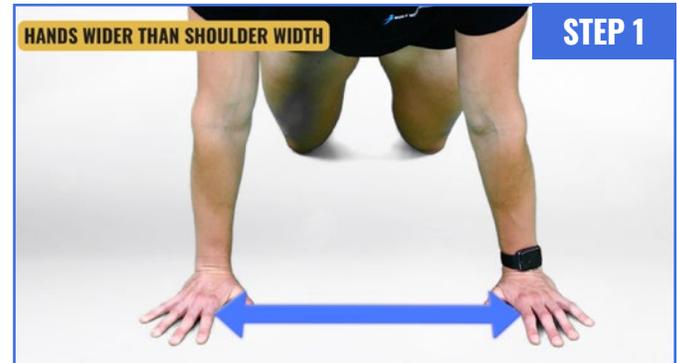
STEP 1: SETUP

Get down on all fours and set your hands by placing them just slightly wider than shoulder-width apart. With your arms fully extended, extend your legs one at a time straight behind you with your toes together.

STEP 2

Bring your shoulders down and away from your ears, engage your core, and flex your thighs and glutes. Tuck your chin to align your neck with your spine. Maintain this position as you lower your body down as slowly as you can by bending your elbows at about a 45 to 60 degree angle away from your torso. Continue lowering until your body reaches the ground. You should travel down and slightly forwards. From here, push up and back until your arms fully straighten. Let your shoulder-blades open up at the top before proceeding to the next rep.

Aim to do a total of 3 sets of 6-12 reps with good form. However, if you can't quite do 6 reps yet, just try to do as many as you can each set without going to complete failure and while keeping proper form. A good option if you can't do 6 reps is to perform your first set as full push-ups, and then for sets 2 and 3 use either banded or push-up negatives since you'll be able to do more reps with that and can continue building up your full push-up strength over time.



INVERTED ROW

STEP 1: SETUP

Set the bar to the appropriate height in the squat rack. The higher the bar the easier it'll be, so I'd suggest starting out with it set at about chest height. Grab the bar with an overhand grip slightly wider than shoulder-width apart. Move under the bar with your arms fully straight and legs fully extended in front of you with your toes together.

STEP 2

Brace your core and then lightly flex your quads and glutes. Then, while maintaining this position, pull your elbows back to lift yourself towards the bar. Continue pulling until your chest almost touches the bar. As you do so, your elbows should be angled at about a 60 degree angle away from your body. Control your body back down to the starting position with your arms fully straight, and then repeat for another rep.

ADDITIONAL TIPS

Once you can do 3 sets of 10 reps in a row, you can lower the bar so that your body is more horizontal. Continue to repeat this process. Once you're able to do this with your body almost completely horizontal to the ground is when you're ready to progress to banded pull-ups or unassisted pull-ups.

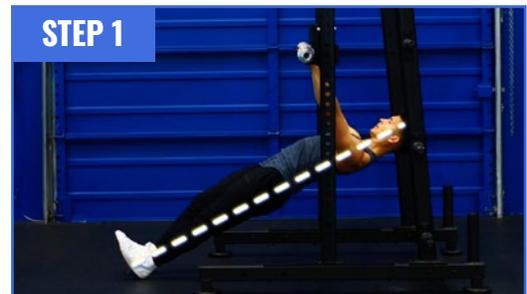
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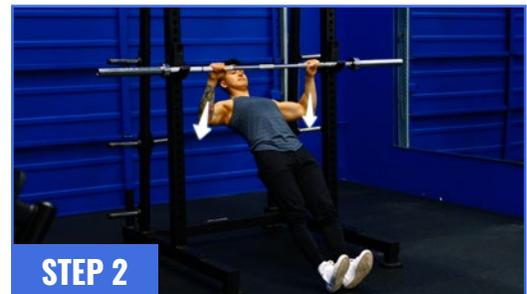
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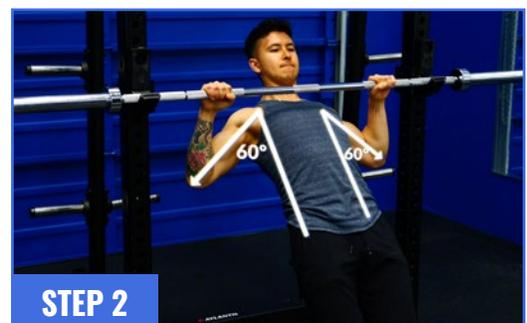
STEP 1



STEP 2



STEP 2



LYING INCLINE LATERAL RAISE

STEP 1: SETUP

Set up an incline bench to roughly a 45 degree angle, which is typically 2 to 3 notches up from the bottom of a bench. Grab a pair of light dumbbells. Lay your chest on the bench with your legs straight for support and your arms hanging by your sides.

STEP 2

Brace your core and squeeze your glutes. From here, while keeping your arms just slightly bent, raise your hands out in front of you. As you do so, raise your arms in a Y position in front of you. This is about 15 to 30 degrees in front of your body. Raise the weight until your arms reach shoulder-height, control them back down to the starting position, and then repeat for more reps.

ADDITIONAL TIPS

Note that this exercise does not require a lot of weight, so if you don't have light enough dumbbells, you can try holding onto a 2.5 or 5 lb weight plate instead. To better help with muscle activation, you can try using a thumbless grip if using dumbbells and rather than thinking about raising the weight up, think about raising the weight out as if you were pushing your hands out towards the walls.

STEP 1



STEP 1



STEP 2



STEP 2





LOWER

BODY

2

DAY 3: LOWER BODY 2

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u><i>Barbell Hip Thrust (1 ¼ reps)</i></u>	3	8	2-3 minutes	Squeeze glutes hard, knees 90 degrees at top position, control weight down to a quarter rep and push hips back to top position, then lower back to the starting position.
<u><i>Cable kneeling kickback</i></u>	3	10 each side	1 minute per leg	Bench in line with cables, hands and non-working leg on bench, ankle cuff attached to working leg, kick back and behind.
<u><i>Pause knee-banded barbell hip thrust</i></u>	3	12	2-3 minutes	Squeeze glutes hard, knees 90 degrees at top position, don't go all the way down each rep. Add a 1 second pause at the top.
<u><i>Band seated hip abduction</i></u>	3	30	1.5-2 minutes	Wrap resistance band around knees, sit at edge of a bench with knees together, push knees out and squeeze glutes.

BARBELL HIP THRUST (1 ¼ REPS)

For the barbell hip thrust, since the exercise is quite technical, it is recommended that you [watch the exercise tutorial video](#).

STEP 1: SETUP

Grab a bench or any soft elevated platform that's about the height of your knees or shins. If needed, put a pair of heavy weight plates behind it to prevent it from sliding back as you perform the movement. Next, grab a barbell, and load each side with weight, ideally using the bigger bumper plates if your gym has those available. If you're new to this movement, use just the barbell with no weight at first. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Lay down with your upper back against the bench and the bar sitting over your hips and your hands holding the bar with an overhand grip just outside your legs. From here, set your feet. You want them positioned such that at the top of the hip thrust your knees are bent at a 90 degree angle and your shins are vertical straight on top of your feet. Try a few reps without weight to find the sweet spot position for you. Once you've found the right distance, set your feet at about shoulder-width apart or slightly wider, with your toes pointed out at a slight angle.

STEP 2

Tuck your chin down and brace your core. Before initiating the thrust, squeeze your glutes. Then, while keeping your head and hips in a straight line, continue squeezing your glutes as you push through your heels to drive your hips forward to the top position, moving the weight straight up. At the top position, keep your core braced and pause for a second or two while continuing to squeeze your glutes. Control the weight back down a quarter of the way and drive your hips upwards back to the top position.

After this ¼ rep, then slowly lower your butt down towards the ground, stopping at about halfway up from the bottom position. This is one complete rep of the 1 ¼ reps. Repeat for the desired number of repetitions.



STEP 1



STEP 1



STEP 2



STEP 2

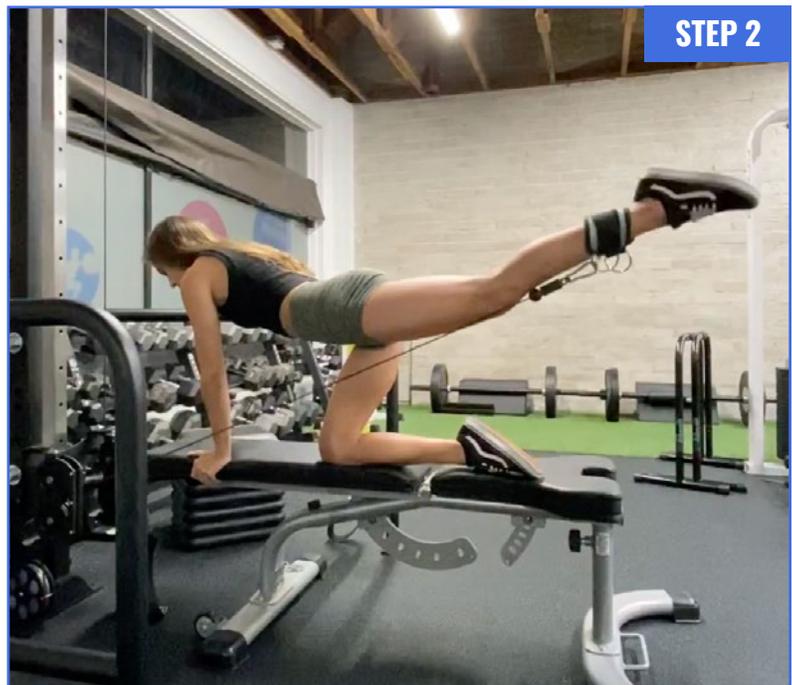
CABLE KNEELING KICKBACK

STEP 1: SETUP

Setup a bench such that you can place one leg on top of the bench and the other leg attached to the cable is able to move freely. Attach an ankle cuff to a cable machine and move the pulley down to about the level of your bench height. Place your hands and non-working leg on top of the bench such that you're in a table top position. Your working leg should be off to the side of the bench.

STEP 2

Brace your core and press down on your hands and non working leg for stability. Initiate the movement by using your glutes to kick your heel back and out behind you as far as is comfortable, avoiding hyperextending your lower back. Control your leg back to the starting position, and then repeat for another rep. Finish your reps on one side before switching to the other side.



PAUSE KNEE-BANDED BARBELL HIP THRUST

For the barbell hip thrust, since the exercise is quite technical, it is recommended that you [watch the exercise tutorial video](#).

STEP 1: SETUP

Grab a bench or any soft elevated platform that's about the height of your knees or shins. If needed, put a pair of heavy weight plates behind it to prevent it from sliding back as you perform the movement. Next, grab a barbell, and load each side with weight, ideally using the bigger bumper plates if your gym has those available. If you're new to this movement, use just the barbell with no weight at first. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Wrap your band around your knees. Lay down with your upper back against the bench and the bar sitting over your hips and your hands holding the bar with an overhand grip just outside your legs. From here, set your feet. You want them positioned such that at the top of the hip thrust your knees are bent at a 90 degree angle and your shins are vertical straight on top of your feet. Try a few reps without weight to find the sweet spot position for you. Once you've found the right distance, set your feet at about shoulder-width apart or slightly wider, with your toes pointed out at a slight angle.

STEP 2

Tuck your chin down and brace your core. Before initiating the thrust, squeeze your glutes and press your knees against the resistance band and hold that pressure throughout the movement. Then, while keeping your head and hips in a straight line, continue squeezing your glutes as you push through your heels to drive your hips forward to the top position, moving the weight straight up. At the top position, keep your core braced and pause for a second or two while continuing to squeeze your glutes. Control the weight back down by slowly lowering your butt down towards the ground, stopping at about halfway up from the bottom position and then repeating for another rep.



BANDED HIP ABDUCTIONS

STEP 1: SETUP

Using a [Built With Science mini band](#) or a mini band of your own, wrap it around your knees and sit at the edge of a bench with your knees together and feet just outside shoulder width apart and toes pointed out slightly. You can lean back and hold the bench behind you for support.

STEP 2: EXECUTION

Brace your core and using your upper glute muscles, push your knees out against the band as far as you can while keeping your feet planted. Pause at the end position for a second or two and then bring your knees back together before repeating for another rep.

ADDITIONAL TIPS

If a bench isn't available, you can do these standing up. Stand with your feet together, knees slightly bent and torso bent over about 20 degrees forward. Take a step up laterally to your side using your glutes, and then follow up with another step laterally by the other leg. Continue walking laterally until you perform the desired number of reps for the one side before switching and walking the other way.

Wrapping the band around your knees makes it easier, and wrapping it around your ankles will make it harder.

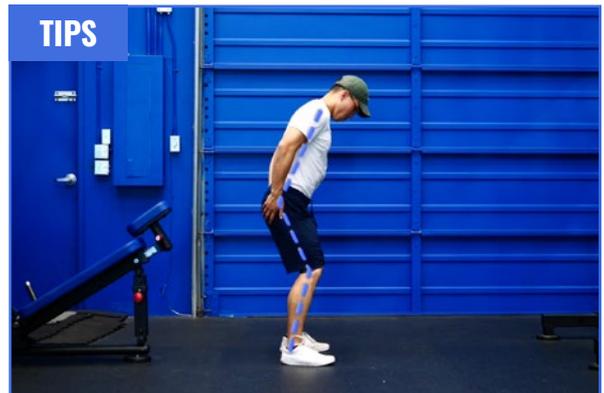
STEP 1



STEP 2



TIPS



TIPS





UPPER

BODY

2

DAY 4: UPPER BODY 2

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Pause bench press</u>	3	8	2-3 minutes	Grip slightly outside shoulder-width, keep chest up, lower bar to level of nipples, avoid flaring elbows out. Add a 1 second pause at the bottom.
<u>Weighted pull-up</u>	3	5	1.5-2 minutes	Grip outside shoulder-width, pull until chin over bar.
<u>Seated dumbbell shoulder press</u>	3	10	1.5-2 minutes	Set bench 2-3 notches down from top position, press in scapular plane.
<u>Dumbbell chest supported row (mid/upper back focused)</u>	3	12	1.5-2 minutes	Set bench 2 notches up from bottom, angle elbows out, squeeze shoulder blades together.
<u>Rear delt cable fly</u>	3	12	1.5-2 minutes	Grab opposite cables, cross cables at shoulder height, pull arms back behind you at a 45 degree angle.

PAUSE BENCH PRESS

PLEASE NOTE: The execution of this exercise will be the same as explained below, just adding a 1 second pause at the bottom position.

STEP 1 SETUP

Lie down on the bench and position yourself such that your eyes are directly below the racked bar. Use a medium grip on the bar that's slightly wider than shoulder-width apart. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground. Unrack the bar and bring it over the level of your shoulders

STEP 2

Control the weight down while dropping your elbows down at about a 45 to 60 degree angle from your torso. The bar should travel down and slightly forward and touch your chest at the level of your sternum.

After the bar touches your chest, push the bar up and back to the starting position with your arms fully locked out. The bar should travel up and slightly back as you do this. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.

ADDITIONAL TIPS

Avoid bouncing the bar against your chest at the bottom position and use control to simply touch your chest. Whenever possible use a spotter, especially with heavier loads.



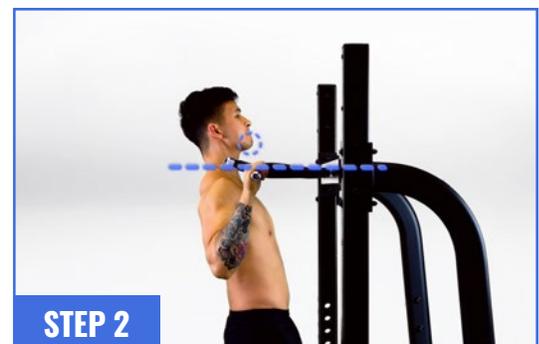
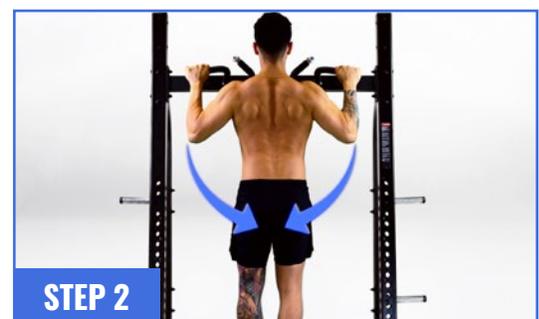
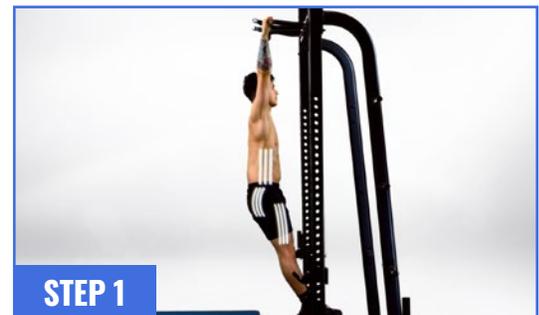
(WEIGHTED) PULL-UPS

STEP 1: SETUP

Grip the bar using an overhand grip slightly wider than shoulder-width apart. From here, let your body hang and then begin stabilizing your body by bringing your feet together, flexing your quads and glutes and contracting your abs. You want to maintain this position as you pull.

STEP 2

Initiate the pull by first bringing your shoulders down and away from your ears. Then, pull your elbows down and back into your sides as if you were trying to pull them into your back pockets. As you do this, think about trying to bring your chest up towards the bar. Continue pulling-up until your chin is above the bar. From here, control yourself by letting your elbows move up and out until your arms are almost fully straightened, and then continue into your next rep.



SEATED DUMBBELL SHOULDER PRESS

STEP 1: SETUP

Set up an incline bench at about a 60 to 75 degree angle, typically 2 to 3 notches down from the highest position. Grab a pair of dumbbells and sit on the bench with the dumbbells resting on your thighs. Kick the dumbbells up one at a time to get them up just over your shoulders. Plant your feet firmly on the ground. Bring your elbows forward slightly to about a 45 degree angle in front of your body.

STEP 2

Pull your shoulders down and away from your ears and brace your core. Press the weight up until your arms are straight and positioned directly over your shoulders.

STEP 3

Lower the weight back down by dropping your elbows into a roughly 45 degree angle in front of your body until the weights reach around the level of your chin, and then press back up.



DUMBBELL CHEST SUPPORTED ROW (MID/UPPER BACK FOCUSED)

STEP 1: SETUP

Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells using a thumbless grip and lay your chest on the bench with your arms hanging down by your sides and palms facing each other. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

STEP 2

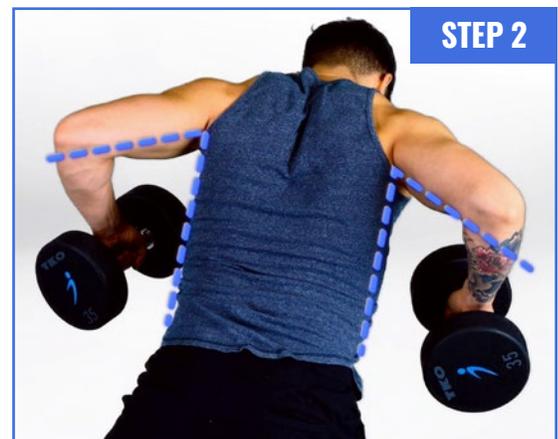
To stabilize your body, bring your shoulders down and away from your ears, squeeze your glutes and flex your abs. Then, pull your elbows back behind your body at about a 45 to 60 degree angle away from your torso. Squeeze your shoulder blades together at the top position.

STEP 3

Control the weight back down to the starting position instead of letting it just drop. Let your shoulder blades open up, reset, and then go into your next rep.

ADDITIONAL TIPS

Think about pulling with your elbows each rep in order to better activate your back.



REAR DELT CABLE FLY

STEP 1: SETUP

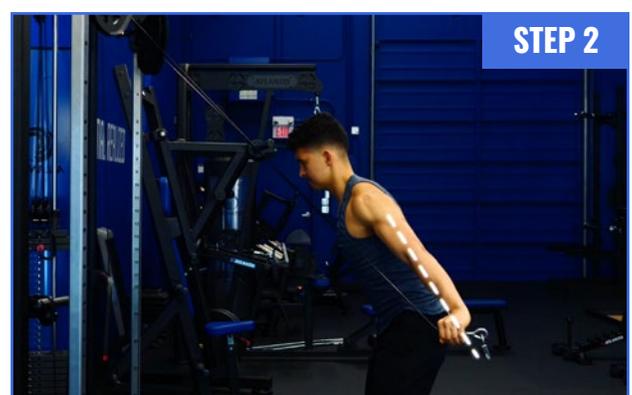
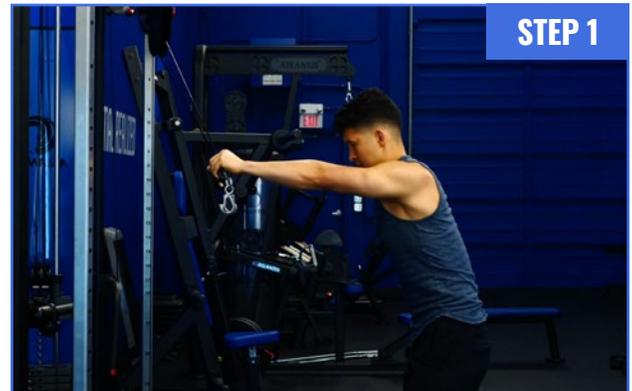
Stand in the middle of a cable machine with the pulleys set at the highest height with no handles attached. Grab the left cable with your right hand and the right cable with your left hand. Grab the little ball at the end of the cable for grip. Step a few steps back, and then move your arms straight in front of you at shoulder height. At this point the cables should be crossing over each other. You can rotate your hands slightly outwards to match the direction of the cable.

STEP 2

Brace your core and pull your arms down at a 45 degree angle away from your torso while keeping your arms straight. Continue pulling as far back as you can so that your arms end up slightly past your torso. Pause at the end position briefly, and then control the weight back to the starting position with your arms straight in front of your chest.

ADDITIONAL TIPS

If you're performing just one arm at a time, you'd perform it the exact same way, but just make sure that you position yourself so that when you pull your arm down, the cable is in line with your arm and that your arm makes a 45 degree angle away from your body. Standing directly sideways to the cable helps make this easy to set up.





LOWER

BODY

3

DAY 5: LOWER BODY 3

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<u>Barbell hip thrust</u>	3	6	2-3 minutes	Squeeze glutes hard, knees 90 degrees at top position, don't go all the way down each rep.
<u>Back squat</u>	3	6	2-3 minutes	Experiment with foot stance, squat down to at least parallel, elevate heels onto weight plates if needed.
<u>Weighted 45 degree hyperextensions</u>	3	15	1.5-2 minutes	Top of pads at the hip, flare feet to 45 degree angle, round upper back, weight at chest level, push hips into pad.
<u>Band diagonal kickback</u>	3	20	1 minute per leg	Mini band around knees, slightly hinge forward, kick working leg diagonally behind.

BARBELL HIP THRUST

For the barbell hip thrust, since the exercise is quite technical, it is recommended that you [watch the exercise tutorial video](#).

STEP 1: SETUP

Grab a bench or any soft elevated platform that's about the height of your knees or shins. If needed, put a pair of heavy weight plates behind it to prevent it from sliding back as you perform the movement. Next, grab a barbell, and load each side with weight, ideally using the bigger bumper plates if your gym has those available. If you're new to this movement, use just the barbell with no weight at first. You'll also want to use a thick pad or towel and wrap it around the middle of the barbell for comfort.

Lay down with your upper back against the bench and the bar sitting over your hips and your hands holding the bar with an overhand grip just outside your legs. From here, set your feet. You want them positioned such that at the top of the hip thrust your knees are bent at a 90 degree angle and your shins are vertical straight on top of your feet. Try a few reps without weight to find the sweet spot position for you. Once you've found the right distance, set your feet at about shoulder-width apart or slightly wider, with your toes pointed out at a slight angle.

STEP 2

Tuck your chin down and brace your core. Before initiating the thrust, squeeze your glutes. Then, while keeping your head and hips in a straight line, continue squeezing your glutes as you push through your heels to drive your hips forward to the top position, moving the weight straight up. At the top position, keep your core braced and pause for a second or two while continuing to squeeze your glutes. Control the weight back down by slowly lowering your butt down towards the ground, stopping at about halfway up from the bottom position and then repeating for another rep.



BACK SQUAT

ATTENTION: For the barbell back squat, since the exercise is quite technical, it is recommended that you [watch the full exercise tutorial video](#). If needed, perform the exercise regression included in the video first if needed before performing the full barbell back squat.

STEP 1: SETUP

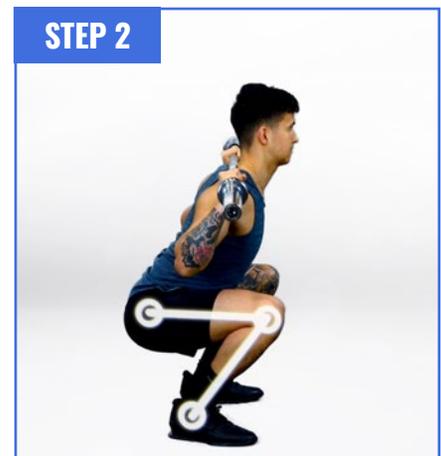
Set a barbell in a rack at about the height of your mid-chest. Face the bar and grip it with your hands slightly wider than shoulder-width apart. Duck under the bar and place it over the back of your shoulders, letting it rest on your upper traps. Lift it out of the rack by extending your legs. Take one step back with one foot, one step back with the other one, and then use a third step to correct your stance into an even position. The optimal foot stance will vary, but first experiment with a stance that is just outside shoulder-width with your toes pointed outwards at about 15 degree angle.

STEP 2

Plant your feet firmly into the ground, pull the bar down into your upper back, and engage your core. Take a deep breath in through your nose, and then squat straight down by bending at your hips and knees. As you do so, the bar should remain over the level of your midfoot and the weight should be evenly distributed between your big toe, your little toe, and your heels. Your knees should also be bending slightly outwards in the same direction of your toes. Continue squatting down until your thighs reach at least parallel or slightly below. From here, while keeping your core engaged, exhale and reverse the movement by extending your legs, thinking about bringing the bar up towards the ceiling and exhaling as you do so.

When done correctly, the bar should make an almost perfectly vertical path down and up each rep. Depending on your anatomy, your torso may end up more vertical or more bent over than others, which is normal as long as you're following the tips and avoiding the common mistakes.

ADDITIONAL TIPS: If you find it difficult to reach full depth, you can try elevating your heels onto weight plates to help with ankle mobility.



WEIGHTED 45 DEGREE HYPEREXTENSIONS

STEP 1: SETUP

Set up a back extension machine such that the top of the pad sits just underneath your hips. Flare your feet out to a 45 degree angle and round your upper back to better target the glutes. Grab a dumbbell or weighted plate and hold it to your chest throughout the movement..

STEP 2

Keep your upper back rounded and raise your body up by pushing your hips into the pad using your glutes. Lower yourself back down to the starting position with control and repeat for the desired number of reps.



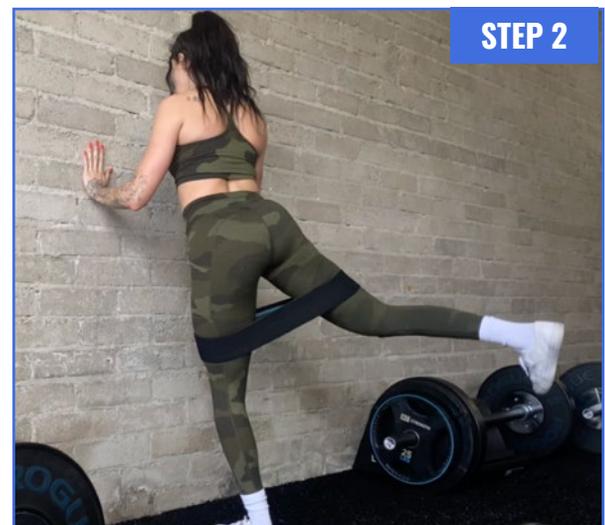
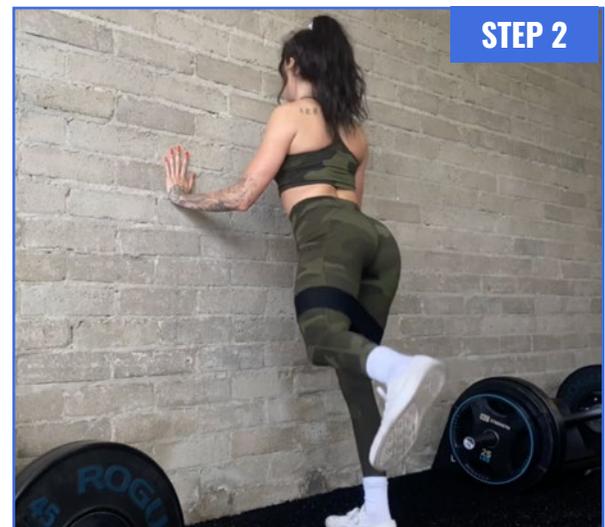
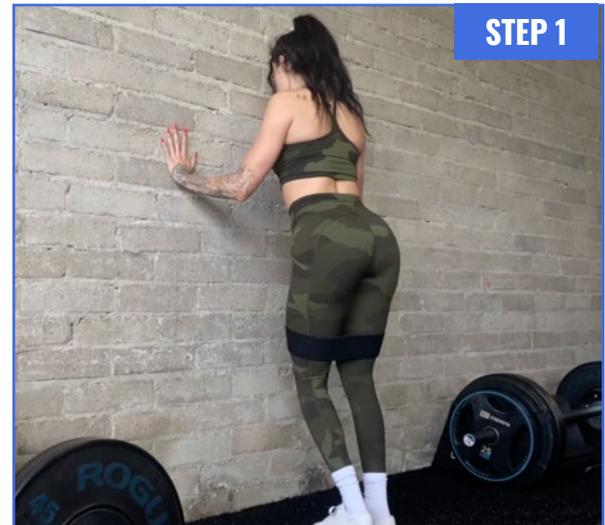
BAND DIAGONAL KICKBACK

STEP 1: SETUP

Wrap a [Built With Science mini band](#) around your knees. Use a wall or another stable fixture for support. Stand with your feet together to start and slightly hinge forward, knees slightly bent.

STEP 2

Brace your core and squeeze your glutes. Kick your working leg out behind you at a slightly diagonal angle, avoiding hyper-extending your lower back. Return your leg to the starting position and repeat for the desired amount of reps before switching to the other leg.



ADDITIONAL COMMENTS

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