

LET'S GET STARTED!

Instructions

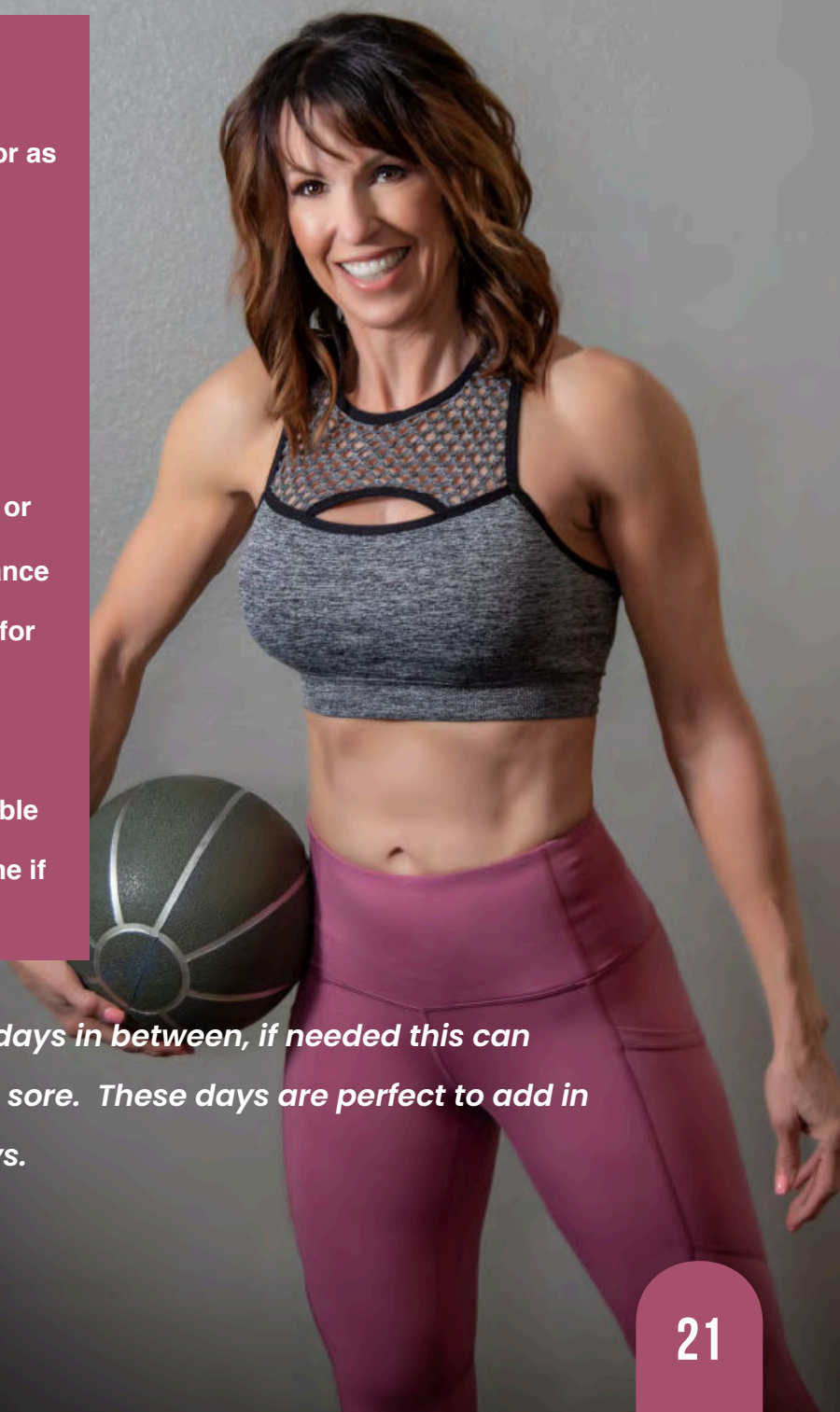
The workouts are designed to add to your current program if you choose or as a stand alone program.

The build phase will focus on 2 glute days and 2 hamstring focused days.

Equipment needed will be dumbbells or barbell, a step-up box, bench, resistance booty bands, stability ball, yoga mat for the floor, and ankle weights .

If working out at gym you can use cable machine, leg press and smith machine if you choose.

The tone and sculpt phase are days in between, if needed this can also be a rest day if you are too sore. These days are perfect to add in on your upper body and ab days.



THE WORKOUTS

Day 1 Glute Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up– R	1	30 seconds	
Side Lying Leg Raises – Toes up– L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Barbell Hip Thrust Pyramid	4	15, 10, 5, 20	
Super Set			
A. High Step ups – glute focused	3	10/10	
B. Butt Plank Marches	3	1 minute	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Donkey Kicks – straight leg	3	15	

Super set: Do exercise A – then move to B with little to no rest between.

Day 2 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down– L	1	30 seconds	
Leg Swings Front to back – R	1	30 seconds	
Leg Swings Front to Back – L	1	30 seconds	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back – L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Bicycle Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 3 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up– R	1	30 seconds	
Side Lying Leg Raises – Toes up– L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Romanian Deadlifts	4	10 – 15	
Super Set			
A. Frog Curls	3	10 – 15	
B. Curtsy Lunges	3	10/10	
Super Set Finisher			
A. Banded Kickbacks or (Cable)	3	15/15	
B. Banded Reverse/Curtsy/Side Lunges	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 4 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up – R	1	30 seconds	
Side Lying Leg Raises – Toes up – L	1	30 seconds	
Prone Alternating Glute Squeeze	1	30 seconds	
Deep Frog Squat	1	5	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Banded Side Walks	3	15– 20	
B. Banded Squats	3	15– 20	
C. Rainbows R	3	15– 20	
D. Rainbows L	3	15– 20	
E. Kneeling Squats	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell 1 Arm Rows	3	10/10	
Pushups	3	10 – 12	
Hammer Curls	3	10 – 12	
Overhead Triceps Extensions	3	10 – 12	
Kettlebell Swings	3	10 – 12	
Cocoon Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 5 Glute Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Barbell or Dumbbell Single Leg Hip Thrust	4	8/8	
Frog Pumps with Dumbbell	3 - 4	20	
Box Squats with Barbell or Dumbbell	3 - 4	10	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Standing Frog Squats	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 6 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down – L	1	30 seconds	
Spiderman	1	5 per side	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back– L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Sit Ups	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 7 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Single Leg Romanian Deadlifts	4	10/10	
Bulgarian Split Squats	4	10/10	
Super Set			
A. Good Mornings	3	15 - 20	
B. Hamstring Curls on ball	3	15 - 20	
Banded Super set Finisher			
A. Monster Walks	3	15 - 20	
B. Banded Abductors Seated	3	15 - 20	

Super set: Do exercise A – then move to B with little to no rest between.



Day 8 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down– L	1	30 seconds	
Leg Swings Front to back – R	1	30 seconds	
Leg Swings Front to Back – L	1	30 seconds	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back – L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Bicycle Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

THE WORKOUTS

Day 9 Glute Focused Workout – Build Phase

Focus on progressive overload

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up– R	1	30 seconds	
Side Lying Leg Raises – Toes up– L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time *Increase Reps	Notes
Barbell Hip Thrust Pyramid	4	15, 10, 5, 20	
Super Set			
A. High Step ups – glute focused	3	10/10	
B. Butt Plank Marches	3	1 minute	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Donkey Kicks – straight leg	3	15	

*Super set: Do exercise A – then move to B with little to no rest between. * Focus on increasing reps this week.*

Day 10 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up – R	1	30 seconds	
Side Lying Leg Raises – Toes up – L	1	30 seconds	
Prone Alternating Glute Squeeze	1	30 seconds	
Deep Frog Squat	1	5	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Banded Side Walks	3	15– 20	
B. Banded Squats	3	15– 20	
C. Rainbows R	3	15– 20	
D. Rainbows L	3	15– 20	
E. Kneeling Squats	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell 1 Arm Rows	3	10/10	
Pushups	3	10 – 12	
Hammer Curls	3	10 – 12	
Overhead Triceps Extensions	3	10 – 12	
Kettlebell Swings	3	10 – 12	
Cocoon Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 11 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up– R	1	30 seconds	
Side Lying Leg Raises – Toes up– L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Romanian Deadlifts	4	10 – 15	
Super Set			
A. Frog Curls	3	10 – 15	
B. Curtsy Lunges	3	10/10	
Super Set Finisher			
A. Banded Kickbacks or (Cable)	3	15/15	
B. Banded Reverse/Curtsy/Side Lunges	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 12 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down – L	1	30 seconds	
Spiderman	1	5 per side	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back– L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Sit Ups	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 13 Glute Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Barbell or Dumbbell Single Leg Hip Thrust	4	8/8	
Frog Pumps with Dumbbell	3 - 4	20	
Box Squats with Barbell or Dumbbell	3 - 4	10	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Standing Frog Squats	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 14 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down– L	1	30 seconds	
Leg Swings Front to back – R	1	30 seconds	
Leg Swings Front to Back – L	1	30 seconds	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back – L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Bicycle Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 15 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Single Leg Romanian Deadlifts	4	10/10	
Bulgarian Split Squats	4	10/10	
Super Set			
A. Good Mornings	3	15 - 20	
B. Hamstring Curls on ball	3	15 - 20	
Banded Super set Finisher			
A. Monster Walks	3	15 - 20	
B. Banded Abductors Seated	3	15 - 20	

Super set: Do exercise A – then move to B with little to no rest between.



Day 16 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up – R	1	30 seconds	
Side Lying Leg Raises – Toes up – L	1	30 seconds	
Prone Alternating Glute Squeeze	1	30 seconds	
Deep Frog Squat	1	5	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Banded Side Walks	3	15– 20	
B. Banded Squats	3	15– 20	
C. Rainbows R	3	15– 20	
D. Rainbows L	3	15– 20	
E. Kneeling Squats	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell 1 Arm Rows	3	10/10	
Pushups	3	10 – 12	
Hammer Curls	3	10 – 12	
Overhead Triceps Extensions	3	10 – 12	
Kettlebell Swings	3	10 – 12	
Cocoon Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

THE WORKOUTS

Day 17 Glute Focused Workout – Build Phase - Focus on Progressive Overload

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time Increase Reps*	Notes
Barbell Hip Thrust Pyramid	4	15, 10, 5, 20	
Super Set			
A. High Step ups – glute focused	3	10/10	
B. Butt Plank Marches	3	1 minute	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Donkey Kicks – straight leg	3	15	

Super set: Do exercise A – then move to B with little to no rest between . Increase Reps over last week.

Day 18 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down– L	1	30 seconds	
Leg Swings Front to back – R	1	30 seconds	
Leg Swings Front to Back – L	1	30 seconds	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back – L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Bicycle Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 19 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up– R	1	30 seconds	
Side Lying Leg Raises – Toes up– L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Romanian Deadlifts	4	10 – 15	
Super Set			
A. Frog Curls	3	10 – 15	
B. Curtsy Lunges	3	10/10	
Super Set Finisher			
A. Banded Kickbacks or (Cable)	3	15/15	
B. Banded Reverse/Curtsy/Side Lunges	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 20 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down – L	1	30 seconds	
Spiderman	1	5 per side	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back– L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Sit Ups	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 21 Glute Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Barbell or Dumbbell Single Leg Hip Thrust	4	8/8	
Frog Pumps with Dumbbell	3 - 4	20	
Box Squats with Barbell or Dumbbell	3 - 4	10	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Standing Frog Squats	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 22 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down– L	1	30 seconds	
Leg Swings Front to back – R	1	30 seconds	
Leg Swings Front to Back – L	1	30 seconds	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back – L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Bicycle Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 23 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Single Leg Romanian Deadlifts	4	10/10	
Bulgarian Split Squats	4	10/10	
Super Set			
A. Good Mornings	3	15 - 20	
B. Hamstring Curls on ball	3	15 - 20	
Banded Super set Finisher			
A. Monster Walks	3	15 - 20	
B. Banded Abductors Seated	3	15 - 20	

Super set: Do exercise A – then move to B with little to no rest between.



Day 24 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up – R	1	30 seconds	
Side Lying Leg Raises – Toes up – L	1	30 seconds	
Prone Alternating Glute Squeeze	1	30 seconds	
Deep Frog Squat	1	5	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Banded Side Walks	3	15– 20	
B. Banded Squats	3	15– 20	
C. Rainbows R	3	15– 20	
D. Rainbows L	3	15– 20	
E. Kneeling Squats	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell 1 Arm Rows	3	10/10	
Pushups	3	10 – 12	
Hammer Curls	3	10 – 12	
Overhead Triceps Extensions	3	10 – 12	
Kettlebell Swings	3	10 – 12	
Cocoon Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

THE WORKOUTS

Day 25 Glute Focused Workout – Build Phase Final Week - Focus on Progressive Overload

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Barbell Hip Thrust Pyramid	4	15, 10, 5, 20	
Super Set			
A. High Step ups – glute focused	3	10/10	
B. Butt Plank Marches	3	1 minute	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Donkey Kicks – straight leg	3	15	

Super set: Do exercise A – then move to B with little to no rest between.

Day 26 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down – L	1	30 seconds	
Spiderman	1	5 per side	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back– L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Sit Ups	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 27 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Romanian Deadlifts	4	10 - 15	
Super Set			
A. Frog Curls	3	10 - 15	
B. Curtsy Lunges	3	10/10	
Super Set Finisher			
A. Banded Kickbacks or (Cable)	3	15/15	
B. Banded Reverse/Curtsy/Side Lunges	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 28 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Leg Swings Side to Side – Toes down– R	1	30 seconds	
Leg Swings Side to Side – Toes down– L	1	30 seconds	
Leg Swings Front to back – R	1	30 seconds	
Leg Swings Front to Back – L	1	30 seconds	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Reverse Hyper Extensions on Bench or Ball (legs close and feet together)	3	15– 20	
B. Fire Hydrant with Kick Back – R	3	15– 20	
C. Fire Hydrant with Kick Back – L	3	15– 20	
D. Bent Knee Donkey Kicks – R	3	15– 20	
E. Bent Knee Donkey Kicks – L	3	15– 20	
F. Raised Clams – R	3	15– 20	
G. Raised Clams – L	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell Shoulder Press	3	10 – 12	
Side Lateral Raises	3	10 – 12	
Bicep Curls	3	10 – 12	
Body Weight Bench Dips	3	10 – 12	
Rear Delt Fly	3	10 – 12	
Bicycle Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 29 Glute Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises - Toes down - R	1	30 seconds	
Side Lying Leg Raises - Toes down - L	1	30 seconds	
Side Lying Leg Raises - Toes up- R	1	30 seconds	
Side Lying Leg Raises - Toes up- L	1	30 seconds	
Plank Marches	1	30 seconds	
Pigeon Pose	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Barbell or Dumbbell Single Leg Hip Thrust	4	8/8	
Frog Pumps with Dumbbell	3 - 4	20	
Box Squats with Barbell or Dumbbell	3 - 4	10	
Super Set Finisher			
A. Prone Frog Pumps	3	15	
B. Standing Frog Squats	3	15/15	

Super set: Do exercise A – then move to B with little to no rest between.



Day 30 Tone and Sculpt + Upper Body (optional rest day)

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up – R	1	30 seconds	
Side Lying Leg Raises – Toes up – L	1	30 seconds	
Prone Alternating Glute Squeeze	1	30 seconds	
Deep Frog Squat	1	5	

Sculpt and Tone Circuit	# of Sets	Reps or Time	Notes
A. Banded Side Walks	3	15– 20	
B. Banded Squats	3	15– 20	
C. Rainbows R	3	15– 20	
D. Rainbows L	3	15– 20	
E. Kneeling Squats	3	15– 20	

Complete this round as a **circuit**, going from 1 exercise to the next with little to no rest between.

Upper Body Exercises (optional)	# of Sets	Reps or Time	Notes
Dumbbell 1 Arm Rows	3	10/10	
Pushups	3	10 – 12	
Hammer Curls	3	10 – 12	
Overhead Triceps Extensions	3	10 – 12	
Kettlebell Swings	3	10 – 12	
Cocoon Crunches	3	20	

Complete each exercise as a straight set. Do all 3 sets then move to next exercise. Or you can do a circuit going from 1 exercise to the next with little to no rest between, then rest between each round.

Day 31 Hamstring Focused Workout – Build Phase

Activation Exercises	# of Sets	Reps or Time	Notes
Side Lying Leg Raises – Toes down – R	1	30 seconds	
Side Lying Leg Raises – Toes down – L	1	30 seconds	
Side Lying Leg Raises – Toes up– R	1	30 seconds	
Side Lying Leg Raises – Toes up– L	1	30 seconds	
Spiderman Stretch	1	5 per side	
Hip Flexor Stretch	1	5 per side	

Build	# of Sets	Reps or Time	Notes
Single Leg Romanian Deadlifts	4	10/10	
Bulgarian Split Squats	4	10/10	
Super Set			
A. Good Mornings	3	15 – 20	
B. Hamstring Curls on ball	3	15 – 20	
Banded Super set Finisher			
A. Monster Walks	3	15 – 20	
B. Banded Abductors Seated	3	15 – 20	

Super set: Do exercise A – then move to B with little to no rest between.



DAILY WORKOUT LOG

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec																			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Mon	Tues	Wed	Thur	Fri	Sat	Sun	Water Intake																							

Cardio			
Activity	Duration	Intensity	Calorie Burn

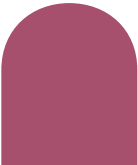
Weight Training					
Shoulders	Back	Chest	Arms	Legs	Core

Exercise	Set 1		Set 2		Set 3		Set 4	
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Cool Down:					Time:			

Notes

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