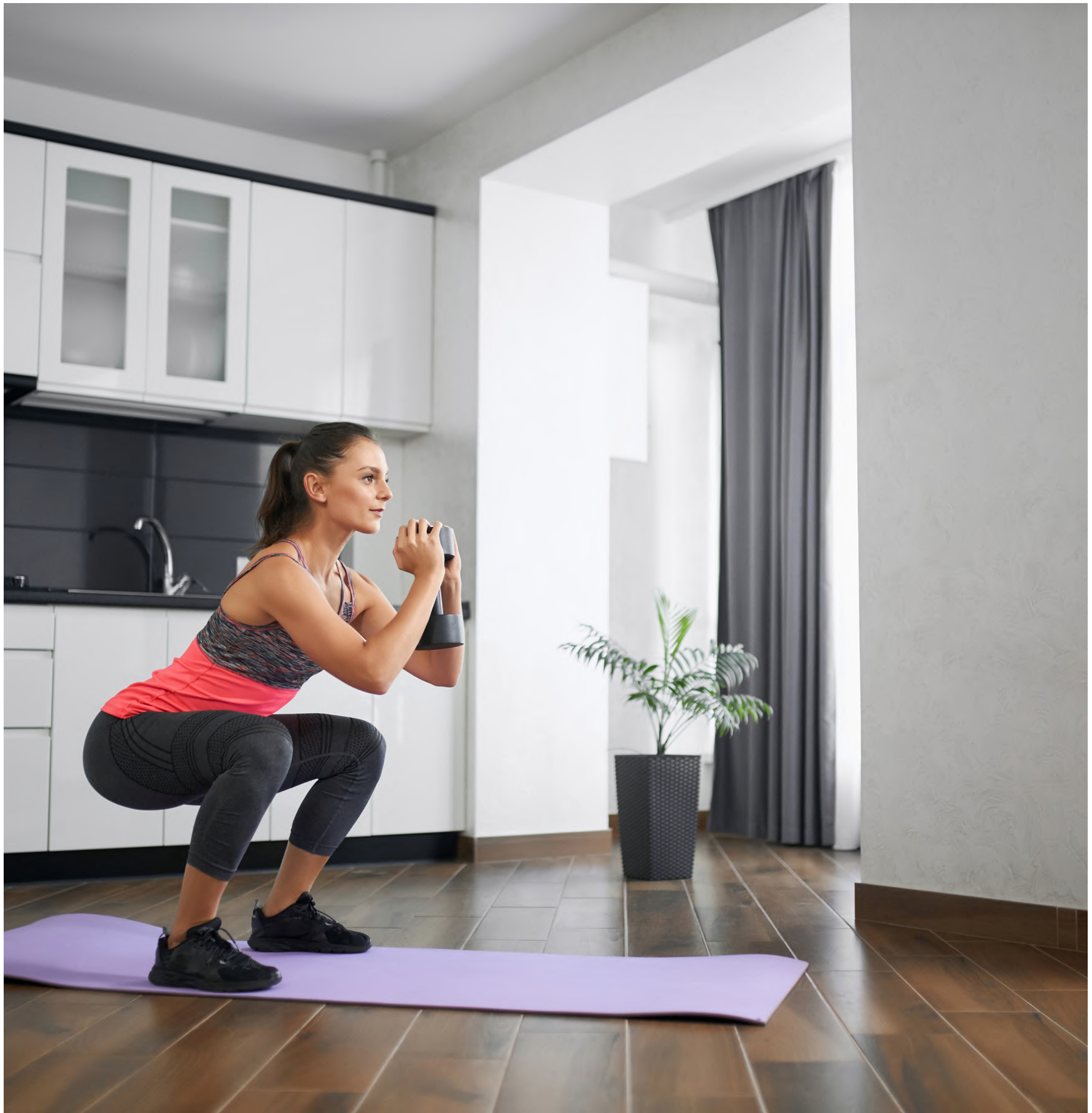


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4 Week Glute Workout Plan at Home



Primary Goal	Glute Strength and Muscle
Muscles Targeted	Glutes, Hamstrings and Calves
Training Level	Beginner, Intermediate and Advanced
Program Duration	4 Weeks
Average Workout Duration	30 Minutes
Training Days Per Week	2 Days
Required Equipment	Dumbbells (or Barbell)

Day 1

Exercise	Reps	Sets
<u>DB Sumo Goblet Squat</u>	8-12	3
<u>DB Single Straight Leg Deadlifts</u>	8-12	3
<u>DB Bulgarian Split Squat</u>	8-12	3
<u>Bodyweight Hip Thrusts</u>	15	3
<u>Eccentric (Slow) Bodyweight Good Mornings</u>	10	3

Day 2

Exercise	Reps	Sets
<u>DB Romanian Deadlifts</u>	8-12	3
<u>DB Single Straight Leg Deadlifts</u>	8-12	3
<u>DB Walking Lunges</u>	8-12	3
<u>Bodyweight Single Leg Hip Thrusts</u>	8-12	3
<u>Bodyweight Glute Bridge 10 Second Hold</u>	8-12	3