

6 WEEKS TO STRONG, SEXY GLUTES

BARBELL PILATES TRAINING
GUIDE



Disclaimer:

The information in this guide is meant to supplement, not replace, proper strength training and/or medical advice. Like anything involving fitness, body and health, following this guide poses some inherent risk. By following this training guide, you, the reader, take full responsibility for your safety and know your limits. Before practicing the exercises described in this training guide, be sure that your equipment is well maintained, you've consulted with a medical professional beforehand, and do not take risks beyond your level of experience, aptitude, training, and comfort level.

6 Weeks to Strong, Sexy Glutes

Welcome to the ultimate booty building guide! In just 6 weeks you will see your glutes lift, tighten and get rounder than ever before!

This is a carefully curated, 6-week program that emphasizes some of my best bootylicious moves while giving you a challenging, well-rounded (no pun intended) full-body workout! I've used these exercises for myself and my clients over the years with great success. Now, you can have access to it too.

If you're looking to add inches to your bum, give it a round, plump shape and are ready to train, then this guide is perfect for you!

Who is this program for?

- Those with at least 6-months of weight training experience willing to train 3 days a week.
- Someone with access to gym equipment, mainly resistance bands, dumbbells, kettlebells, and some cable machines.
- Anyone willing to follow the plan as outlined and track their workouts on their own.
- Someone who wants results and has the go-getter attitude willing to get there.

Once you get the program, the rest is your responsibility. Revisit it anytime you want to give your bum a boost.

If you are looking for customized programs, I offer 3-month custom plans for \$75 per individual. This is super discounted for those who got this guide and want to continue with more booty-building plans (they usually go for \$100 or more!) Email info@barbellpilates.com with subject line "Custom plans" for more info.

I can't wait for you to get started! You're going to love the results!

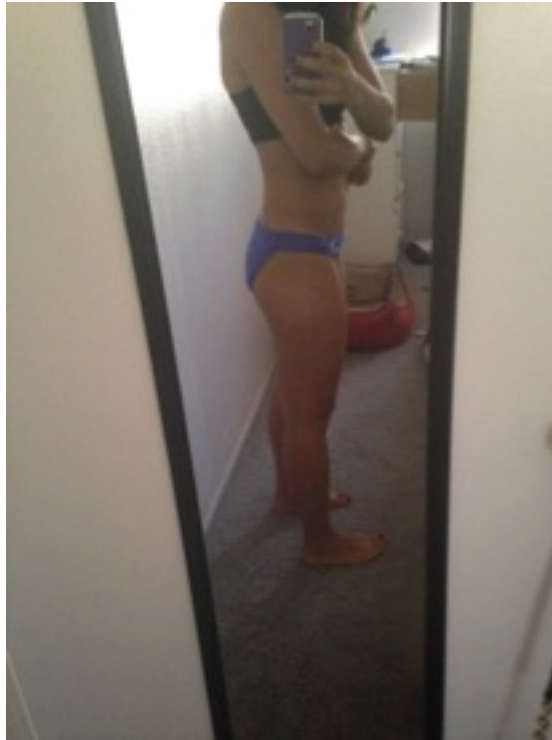
But first, a quick story...

A few years ago I found myself physically and emotionally drained. I had suffered a very rough break-up from my long-term boyfriend, lost my grandmother and my aunt all in one summer.

I was so depressed I could barely get out of bed to go to work, let alone exercise! But some days I dragged myself to the gym and went through the motions of the workout. I felt so hopeless and depressed at the time that not even exercise was making me feel better.

My body responded accordingly. I lost a considerable amount of weight, my booty flattened, and all my muscle tone became non-existent. When I finally looked in the mirror one day I was horrified by what I saw. Not because I looked terrible but because I didn't recognize my own body!

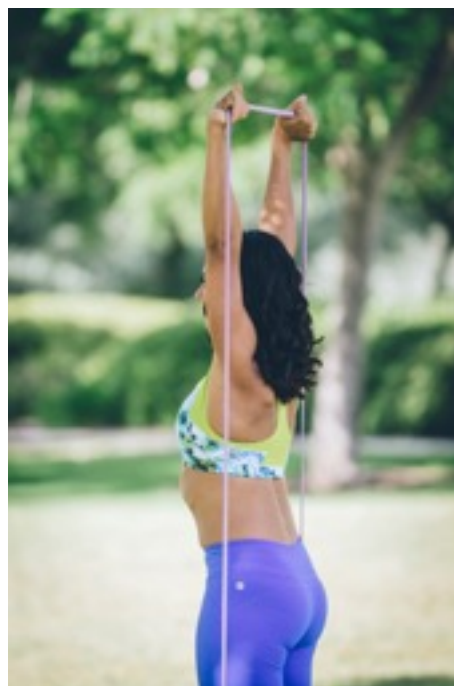
I was used to curves and muscle tone! Who was this skinny, undefined, and sad little girl?
Here's a before photo:



Now, I know that this image isn't necessarily "bad" but for someone who loves lifting weights and having an athletic physique, this picture shocked me! I had lost my curves!

At that moment I decided to get back into the gym, train my glutes hard and put some muscle back on my frame. Not only did I need the mental distraction, but I needed a goal to work towards, no matter how superficial it was.

Here's what I looked like after four months of training glutes:



As you can see, the results are like night and day!

It might sound silly to say this, but training for stronger, sexier glutes truly changed the way I felt and showed up in the world at the time. It gave me purpose when I felt hopeless, and it slowly lifted my spirits every time I looked in the mirror and saw my body take shape in a beautiful way.

No matter what your reason for wanting to build strong, sexier glutes I want you to know this: With consistent effort and patience, you'll come out a different person in the end. Not just in curves but in confidence too.

I hope that over the next six weeks you show up for yourself and find more confidence and self-love in the process!

XoXo

How to use this guide

This guide is broken up into three phases: **The Primer**, **The Build Up**, and **The Burn**.

Step 1: Start each workout with a light warm-up that includes foam rolling and some stretching.

Step 2: Do each workout on non-consecutive days and be sure to track your reps/sets and the amount of weights you're using each day.

Step 3: End your workouts with a 5-10 minute cool-down.

A few helpful must-knows:

- **Sets:** Refers to the number of "rounds" you'll do each exercise
- **Reps:** Refers to the number of repetitions for each exercise
- **A1), A2), A3)**....These refer to each exercise you must complete within each circuit (A1-A3 and B1-B3). This means you'll complete **one set** of each exercise back to back without breaks before you repeat the circuit again.

For example, in Weeks 1 & 2, you'll complete A1, A2, and A3 for the number of reps prescribed. You can take 30-60seconds rest and then repeat A1, A2 and A3 a second, and then a third time. After all three sets are done, you can move on to the second circuit of B1, B2, and B3.

How to be successful with this guide

- Schedule your workouts so you don't miss them. Do all three of them in one week!
- **Google any of the exercises you're unfamiliar with** as there is no customized or private coaching available with this guide. You are smart, capable, and committed...so don't let a little extra Googling get in the way of your results! ;)
- **I offer up video and picture tutorials for some of the exercises. Find them in the last page titled 'Additional Resources'**

- You're welcome to do light activity or cardio on your days off. Light yoga, Pilates, a walk, jog...whatever floats your boat! Unless otherwise indicated in the program.
- Track your workouts!
- Eat a well-balanced diet of protein, veggies, and drink plenty of water. This program won't have the same desired affect if you're eating a ton of processed foods or starving yourself in the process.
- Take before and after pictures to track your progress. You can also take measurements or see how your clothes are fitting to determine your progress.
- Ideally you're increasing the weights you're using a little each week. A bootylicious bum requires some heavy weights girlfriend! Aim for at least a 5-pound increase each week.

Ready to get started? Let's go!

Weeks 1 & 2: The Primer

The first two weeks is an introduction to some amazing booty-sculpting exercises. Prepare for high reps and lots of glute action!

Workout A

Exercise	Sets	Reps	Notes
A1) Goblet squat	3	15	Use a dumbbell or kettlebell
A2) Lateral band walk	3	25	Band around knees; 25 reps total
A3) Dumbbell frog pumps	3	25	Put a dumbbell on the hips. Head & shoulders on BOSU if possible
B1) Split squat	3	10/leg	Think: A stationary lunge.
B2) Banded pull-aparts	3	12 total	
B3) Isometric side plank	3	20 secs/side	

Workout B

Exercise	Sets	Reps	Notes
A1) Romanian Deadlift	3	15	Use dumbbells
A2) Glute march	3	15	Start in a glute bridge then march out the legs. Keep hips level.
A3) Banded clamshells	3	10/side	
B1) Swiss ball hamstring curl	3	15	Both legs on the ball!
B2) Bent over row	3	15	Can use single or two arms at a time.
B3) Plank hold	3	20 sec	

Workout C

Exercise	Sets	Reps	Notes
A1) Step-ups (with or without dumbbells)	3	10/leg	Use a a low bench with 2-3 risers. Focus on pushing off the leg that's on the step.
A2) Loaded glute bridge	3	15	From the floor. Use a plate/dumbbell on hips
A3) Seated Dumbbell Overhead Press	3	15	
B1) Sumo deadlift (Dumbbell or Kettlebell only)	3	15	
B2) Banded monster walks	3	15 total	Band above the knees
B3) Elevated push-ups	3	12	Hands on a high bench. If advanced, do push-ups from the floor. NO KNEES!

Congratulations! You completed Primer weeks 1 & 2! Take a photo or take some measurements to track your progress.

Weeks 3 & 4: The Ramp Up

Time to ramp up! Use heavier weights and add a little extra cardio to maximize results!

Workout A

Exercise	Sets	Reps	Notes
A1) Goblet squat with 1sec pause at the bottom	4	12	Don't rush your reps!
A2) Glute bridge with band abductions	4	15 + 10 abductions	Place band around knees, complete 15 bridges, then do 10 abductions to finish.
A3) Seated cable row	4	12	Alternative: 1-arm dumbbell row
B1) Walking dumbbell lunge	4	10/leg	
B2) Miniband quadruped hip extension	4	20	Watch THIS tutorial
B3) Back extensions	4	12	Bodyweight or use a small plate. Do not arch the low back.

Workout B

Exercise	Sets	Reps	Notes
A1) Dumbbell bench press	4	12	
A2) 1-leg glute bridge	4	10/leg	Shoulders elevated on bench. Bodyweight only
A3) Lateral band walk	4	20/total	
B1) Dumbbell Romanian Deadlift	4	12	
B2) Lat pull down	4	12	Seated
B3) One-leg plank	4	30sec/total	
C1) Sprint interval	20 minutes total	30 seconds hard effort: 1 minute off	Use a treadmill, rowing machine or outside sprints.

Workout C

Exercise	Sets	Reps	Notes
A1) Sumo deadlift (with 1 sec pause at bottom)	4	12	Give those glutes a hard squeeze at the top!
A2) Barbell hip thrust	4	12	Shoulders elevated on a bench. Use a pad for your hips
A3) Push-ups	4	10	
B1) Reverse hypers (bodyweight and with bent knees)	4	12	
B2) [High] step-ups	4	8/leg	If you struggle to push off the front leg on the bench, use a lower bench
B3) Pilates single leg stretch	4	20 total	
C1) Walk on treadmill at an incline	10-20 minutes		Alternative: Hill sprints x6-8 times

Woohoo! You just dominated The Build weeks 2 and 3!
Time to treat yourself with some new workout gear to
show off your hard work!

Weeks 5 & 6: The Burn

Final weeks will be high volume for an extra burn. Plan to be at the gym just a little longer for these. It's well-worth it! Fit in cardio as you see fit (either after a workout or on another day when you don't have to lift) using one of the options from weeks 3 & 4.

Workout A

Exercise	Sets	Reps	Notes
A1) Squat with 1sec pause at the bottom	5	8	For advanced: use a barbell. For beginners: Use a heavy dumbbell or kettlebell for goblet squats
A2) Monster walks	5	12 total	Band around knees
A3) Banded clamshells	5	10/leg	Band around knees
B1) Reverse lunge with front foot on a step	5	10/leg	Use dumbbells
B2) Cable pull-throughs	5	10/leg	Alternative: Use a resistance band for 15 reps
B3) Side plank with hip raise	5	8/side	Lift hips up and down while doing your plank

Workout B

Exercise	Sets	Reps	Notes
A1) Chinups	5	3-6	Beginner: Use assistance machine Intermediate/Advanced: Use a band if necessary
A2) Side lunge	5	10/leg	Hold a dumbbell or kettlebell Goblet style
A3) Bent over row with 1sec pause at the top	5	8/arm	Do one arm at a time
B1) Barbell hip thrust	5	10	
B2) Overhead press	5	8	Use dumbbells
B3) Mountain climbers	5	20	

Workout C

Exercise	Sets	Reps	Notes
A1) Barbell deadlift	5	8	Can also use dumbbells or kettle bells
A2) Side lying leg raises	5	10/leg	
A3) 1-leg Swiss ball hamstring curl	5	6/leg	
B1) Loaded glute bridge	5	10 total	From the floor. Use dumbbell or barbell.
B2) Push-ups	5	8	
B3) Frog pumps	5	20	Dumbbell on hips

High-five beauty! You did it! Review your progress photos, slip on your hottest outfit and go conquer the world!

You are radiant and I am so proud of you!

Additional resources:

[Why glute training is a must for everyone \(part 1\)](#)

[7 essential glute training tips for women \(part 2\)](#)

[6 essential exercises for glute training \(part 3\)](#)

[Single-leg hip thrust tutorial](#)

[Strong Curves by Bret Contreras and Kellie Davis](#)