

4-week glute *workout plan*

Three 30–40 minute sessions a week, the same moves every week, getting a little harder each week. That’s how glutes actually grow: consistency and progressive overload.

WEEKLY SCHEDULE

Mon	Workout A
Tue	Walk 30 min
Wed	Workout B
Thu	Rest or stretch
Fri	Workout C
Sat	Walk 30 min
Sun	Rest

HOW IT PROGRESSES

WEEK DO THIS

1	2 sets of each. Learn the form.
2	3 sets of each.
3	3 sets, add 2 reps or a little weight.
4	3 sets, lower slowly for 3 s. Beat week 3.

Rest 60–90 s between sets. End each set with about 2 good reps left.

WORKOUT A · SQUAT FOCUS

EXERCISE	REPS	FORM CUE
Squat (bodyweight or goblet)	12	Sit back, knees out, chest up
Hip thrust or glute bridge	12	Squeeze 1 s at the top
Reverse lunge	10 / leg	Lean slightly forward for more glute
Banded lateral walk	15 / side	Small steps, stay low
Plank	30 s	Ribs down, glutes tight

WORKOUT B · HINGE FOCUS

EXERCISE	REPS	FORM CUE
Romanian deadlift (DBs or backpack)	10	Push hips back, soft knees
Single-leg glute bridge	10 / leg	Hips stay level
Step-up (stairs or bench)	10 / leg	Drive through the front heel
Clamshell (band optional)	15 / side	Don’t roll your hips back
Bird dog	8 / side	Slow, no twisting

WORKOUT C · SINGLE-LEG FOCUS

EXERCISE	REPS	FORM CUE
Bulgarian split squat	8 / leg	Back foot on a sofa or bench
Hip thrust, 2 s pause	12	Pause at the top
Sumo squat	12	Wide stance, toes out
Frog pumps	20	Soles together, squeeze up
Side plank	20 s / side	Hips high

WARM-UP (5 MIN, EVERY SESSION)

- 20 glute bridges
- 10 bodyweight squats
- 10 leg swings each side
- 20 s side-to-side lunges

TIPS

- Feel it in your glutes, not your lower back
- Eat protein at every meal
- Sleep 7+ hours, since muscle grows at rest
- Take a photo on day 1 and day 28, for you only

LOG YOUR TOP SET (WEIGHT × REPS)

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Squat				
Hip thrust				
Romanian deadlift				
Bulgarian split squat				
Step-up				

Stop any exercise that causes sharp pain. Check with a doctor first if you're pregnant, injured or new to exercise.

Get the full plan in Habpic

Stronger Days has a 30-day home strength plan with progressions, daily walks and protein tracking.

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