



ON THE REACH
FOR A BETTER PEACH

19 DAYS OF GLUTE-FOCUSED WORKOUTS

Start your quest for the perfect summer body early, with our exclusive YouFit Trainer designed guide of 19 glute workouts. Try unique glute & leg-focused exercises everyday, and work harder for a rounder rear.

GYMS
YouFit





WORKOUTS



01

4 sets of 15
Each set to failure

Barbell Hip Thrusts
Leg Press Machine
Barbell Romanian Deadlift
Abduction Machine

02

4 Rounds
Repeat For 20 minutes

Banded Upwards
Glute Bridge Pulses
Bulgarian Split Lunge
with Dumbbells
Glute Extension with Dumbbells
Banded Side Lying Clams

03

3 Sets for Each Exercise

BB hip bridge
Heavy/glute focus
8-12 reps (1-2 minute rest)

B or staggered stance RDL
(KB or DB)
Hamstring focus
12 reps (1 minute rest)

KB Goblet squat
quad + glute focus
1 minute rest

Bulgarian split squat
All leg focus
12-15 reps (1 minute rest)

Leg extension
15 reps (1 minute rest)

Roman chair
Glute+hamstring focus
15 reps (1 minute rest)

04

15-20 Minute Circuit
for Each Exercise

BB squat
15 reps / 12 reps /
10 reps / 8 reps

BB hip bridge
8 reps / rest / 8 reps /
rest / 8 reps

Superset the following

DB RDL
12 reps

Bulgarian split squat
12 reps

Finish with Stairmaster or
Banded Glute Bridge
to burnout / exhaustion

05

Warmup

Floor bridge
2 sets of 15 reps

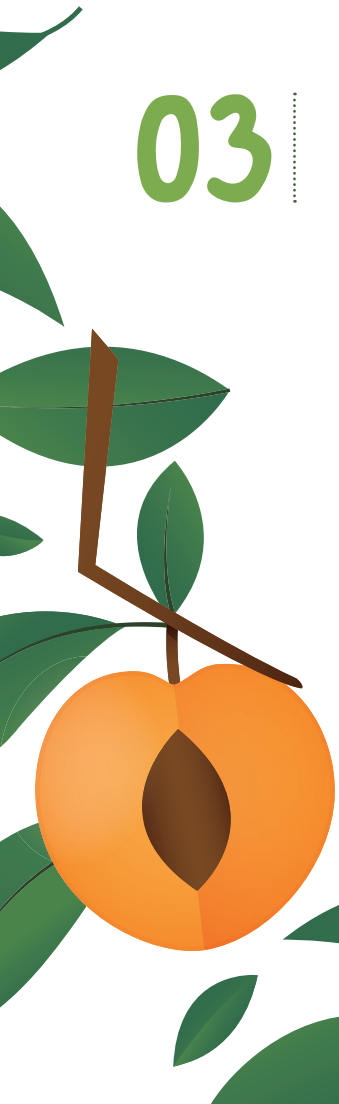
Circuit

Hip Thrust
4 working sets of 15 reps

Frog Bridges with bands
3 working sets of 15 reps

Reverse hyper extension
3 working sets of 15 reps

DB RDL (3 second negative)
3 working sets of 15 reps





WORKOUTS



06

Warmup

Standing hip circles & dynamic runners stretch

Circuit

Banded BB hip thrust
3 sets of 12 reps

Pulsing DB RDL
3 sets of 15 reps

Bulgarian split squats
3 sets of 12 reps
(no fwd lean, quad focus)

Glute kickbacks with pause/squeeze at top
3 sets of 10 reps

07

3 Rounds of Circuit 8-12 reps each

BB Front squats

Elevated heel goblet squats

Sled push down, pull back with weight belt

08

SM Kas glute bridge
3 sets of 10-12 reps

Trap bar RDL's
1 heavy top set then
2 sets of 6-10 reps

Glute bias walking lunges (heavy)
2 sets of 16-20 steps

09

Warm up

90/90 stretch, hip circles

Complete 4 rounds 10 reps of each

Stationary lunges

BB Back squat

RDL

10

Complete 3 Rounds 12 reps each of each

Heavy DB deadlifts

EZ bar walking lunges

Heel elevated goblet squats

11

Complete 3 Rounds 12 reps of each

Close stance SM squat

Back rounded hyper extensions

B Stance RDLs

12

Complete 3 Rounds 10 reps of each

KB goblet squat
rest 15 seconds

KB walking lunges
rest 25 seconds

KB RDL
rest 15 seconds

Deficit calf raises
rest 2 minutes before next round





WORKOUTS



13

Complete 3 sets of Set A

Hip thrusts
12-15 reps each

Banded lying abductions
20 reps each

Complete 3 sets of Set B

Rdls barbell
10-12 reps each

Kb swings
20 reps each

Complete 4 sets of Set C

DB Glute/hammy extensions
30 reps each

15

Complete 3 sets of Set A

Back squats
15 reps

Banded lateral steps
40 reps

Complete 3 sets of Set B

DB Reverse lunges (hip dom.)
12 reps each

Banded jump squats
1 minute

Complete 3 or 4 sets of Set C

Hip thrusts b stance
12 reps each

14

Complete 3 sets of Set A

Hip thrusts double pump
10 reps each

Complete 3 sets of Set B

Sumo deadlifts
6-8 reps

Lying hamstring curls
20 reps

Complete 3 sets of Set C

Goblet box squats
12-15 reps

Banded glute bridge
30 reps

16

Complete 3 Sets

BB Sumo Deadlift
10 reps

KB Sumo Double Pulse Squat
12 reps

Single Leg Glute Bridge
(Back on Box)
10 each leg

DB RDL
12 reps

Reverse lunge
6 each leg

Pop Squat
15 reps





17

Complete 3 Sets

Glute kickbacks
12 reps

Lateral lunge
6 on each leg

Side plank with clam hip
15 reps

*(perform each exercise on one leg
before switching to other leg)*

Bulgarian Split Squat
6 reps each leg

Banded Glute Bridge
15 reps

18

Complete 4 Sets

Split squat
10 reps

Lateral Lunge
10 reps each leg

Glute Bridge
10 reps

Lateral band walk
20 steps to each side

19

Complete 1 Round (repeat as desired)

Hip Thrusts
15 reps

RDL
12 reps

Walking Lunges
12 total

Stability Ball Hamstring Curl
15 reps

Banded side walks
20 steps to each side

