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THE GLUTE GUIDE

60 DAY PROGRAMME

ONE DAY...OR DAY ONE.
START NOW.

ASPIRE FITNESS

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The Glute Guide: 60 Day Plan

Introduction

At Aspire fitness we have put a lot of time and effort into putting together amazing workouts, recipes, blogs and more and uploaded them to our website www.aspire.fit Like everything we post we make sure we do our research to bring you the most effective and scientifically proven methods for reaching your goals, and **The glute guide** is no different for those wanting to build a bigger butt. So, if you're like most women and want to transform your body by creating a bigger but firm bum, whilst also applying the correct tactics to aid fat loss, then this guide is for you.

The best part of this plan is that by the end you are going to of created a bigger and firmer booty within 2 months. You can either complete this workout on your own or with a gym buddy its entirely up to you, but there is a word of warning...Its Hard!!

The Challenge

These workouts are going to be touch. The glutes are the seconds largest muscle in the human body, therefore the burn is going to be bigger.

These 3 muscles - Gluteus Medius/Minimus/Maximus help move the hips and thighs and are vital for keeping the trunk of your body and posture strong and upright. They are very important muscle in the human body and must be kept strong.

Each exercise in the plan will help keep the glutes strong and also will build an amazing physique overtime.

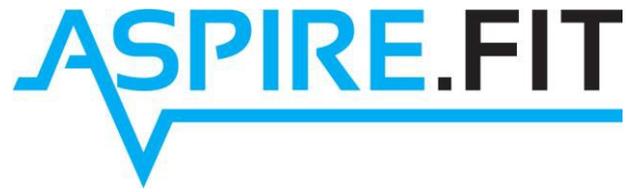
Each workout will take 60 minutes followed by 2 days of rest.

Then you will move onto the second workout (4 in total)

You will repeat each of the 4 workouts for 60 days. (5 full cycles)

On each workout make sure you challenge yourself. The way to improve growth in the glutes is progressive overload (see next session)

Make sure you challenge yourself to push your own limits, aim to lift heavier every week and if you succeed in that till the end you will create the butt you always wanted. Its on you.



How to get the absolute most out of the plan. Advice to Maximise results:

Training

Work through the training programme and the exercises given. Follow the exercises one at a time in the exact order.

Once you are comfortable with lifting a weight with the correct form a **progressive overload** must be added and the body must be forced to adapt to the new tension given in order for muscles to grow and strength to be gained. These adaptations will aid fat loss, muscle tone and increase your overall results.

The lack of progressive overload is the main reason people fail to see results. They are in the same routine they did when they first started with no demands being placed on their body therefore, they remain exactly the same.

This is why progressive overload is the absolute key to getting results in any workout routine.

When you reach the top of your rep range, add weight.

Try to increase by 2.5kg-5kg for the next set and add them to either side of the barbell or increase each dumbbell by the same weight.

Take a 2-1-1 approach when lifting the weights. Each rep should take 2 seconds up, 1 second pause at the top then 1 second down on the rep (2-1-1) then repeat that cycle.

What if I can't finish the set as the weight is too heavy?

If you struggle to finish the set, say for instance you completed 5/10 reps, keep having breaks and pushing through until you complete all 10 reps, then on the next set slightly drop the weight down to something you can just manage to get all the reps complete.



Exercise 1

List 10 fitness goals you want to achieve after you have completed the 12-week programme. Once you do this, circle the 3 you want to achieve the most.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Exercise 2

List 10 advantages of not completing the 12-week block.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List 10 advantages of completing the 12-week block.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Take a look back at everything that you have written and the intent behind it. What you have written down is where you want to be and something you probably have never achieved. Make sure you spend the next 60 days making all the right decisions to reach your goals. Make it happen.



Training Programme Information

Mesocycle Goal – Build Muscle

Training Level- Beginner – Intermediate

Days Per Week – 4 (5)

Programme Duration – 60 Days

Rest period before next Glute workout – 3 Days (5 cycles)

Time per session – 60 Mins Approx

Training Programme

Workout 1

Exercise	Sets	Reps
Squats	4	8-10
Walking Lunge	3	8-10
Superset		
Glute Bridge	4	10 with pause at top.
Donkey Kick	4	15 each leg
Giant Set		
Pulse squats (3)	4	10
Cable Squat Walk	4	10 (5 forward 5 back)
Cable Pull Through	4	12
Cable Kickbacks	4	12 each leg

Workout 5 (Optional Extra)

Get out for a walk/hike.

Walking outdoors has many benefits and if you are not aching too much from the previous workout it may serve ideal for an active recovery or an additional session to keep your legs working and to burn extra calories.

Some of the benefits to hiking are;

- Building strength in your glutes, quadriceps, hamstrings and other leg muscles.
- Improved core strength.
- Great calorie burner to help burn fat.
- Boost in bone density.
- Improved mood and positive impact on stress and anxiety.

So, with that said there is no reason why you can't mix it up and get yourself outdoors if you feel up to it. Map yourself out a good off-road route and feel free to add in some hills and uneven terrain as you progress.