



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



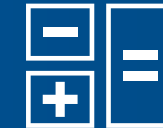
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BUILD THE BEST GLUTES IN YOUR GYM WITH THESE 3 WORKOUTS

Before you start a 100 day squat challenge, check out this 3 day glute building split. It'll help you shred fat and make your legs & glutes look great!

Link to Workout: <https://www.muscleandstrength.com/workouts/myers-glute-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 3 Days

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Kettle Bells, Machines

Author: Coach Dustin Myers

Workout 1

Exercise	Sets	Reps
Sumo Deadlift	5	8
Superset		
Walking Lunges	5	10 Each Leg (¼ Rep at Bottom)
Glute Bridge	5	10 (3 Secs Pause)
Giant Set		
Body Squats	4	25
Treadmill Walk	4	1 Min (15% Incline, 3 - 4 MPH)
Hamstring Bridge	4	5 Each Leg (3 Secs Pause)
Treadmill Walk	4	1 Min (15% Incline, 3 - 4 MPH)

Workout 2

Exercise	Sets	Reps
Back Squat	6	12, 10, 8, 6, 4, 2
Triset		
Bulgarian Split Squats	5	5 Each (3 Secs Pause)
Pistol Squat	5	10 Each Leg
Booty Lunges	5	20 ¼ Reps on a Step
Superset		
Sled or Cable Pull Through	3	15
Stairmaster or Stairstepper	1	20 Mins

Workout 3

Exercise	Sets	Reps
Walking Lunges	3	5
Superset		
Dumbbell Step Ups	3	8 Each Leg
Booty Bands	3	25 Each Leg
Superset		
Goblet Sumo Squat	3	12
Single Leg Glute Bridge	3	5 Each Leg
Walking Lunges (Bodyweight)	1	10 Mins