



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



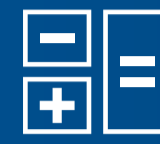
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## GET YOUR BUTT IN GEAR: 3 DAY GLUTE WORKOUT

Performance coach Eric Brown shows you how to get rid of that flat rear end by combining sprints and barbell leg training. Standard & advanced workouts included.

Link to Workout: <https://www.muscleandstrength.com/workouts/butt-gear-3-day-glute-workout>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 10 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 30-45 Mins

**Equipment:** Barbell

**Author:** Eric Brown

### Standard Training Scheme

## Day 1

Exercise	Sets	Reps	Rest
<a href="#">Barbell Squat</a>	5	5	90 Secs
<b>Superset</b>			
<a href="#">Barbell Hip Thrust</a>	3 - 4	8 - 12	See Notes
<a href="#">Dumbbell Lunge</a>	3 - 4	8 - 12	See Notes
Superset: Rest 45 - 75 Secs between moves & 90 - 120 Secs between sets.			

## Day 2

Exercise	Sets	Reps	Rest
Option A: Hill Sprints	1	6 - 10	Walk Back
Option B: 50 Meter Sprints	1	6 - 10	Walk Back
Perform Option A or B, not both. See <a href="#">article</a> for notes.			

# Advanced Training Scheme

## Day 1

Exercise	Sets	Reps	Rest
<a href="#">Barbell Squat</a>	5	5	90 Secs
<b>Superset</b>			
<a href="#">Barbell Hip Thrust</a>	5	6	See Notes
Glute Ham Raise	5	6	See Notes
Superset: Rest 45 - 75 Secs between moves & 90 -120 Secs between sets.			

## Day 2

Exercise	Sets	Reps	Rest
<a href="#">Romanian Deadlift</a>	5	10	90 Secs
<b>Superset</b>			
<a href="#">Barbell Hip Thrust</a>	5	10	See Notes
<a href="#">Dumbbell Lunge</a>	5	10	See Notes
Superset: Rest 45 - 75 Secs between moves & 90 -120 Secs between sets.			

## Day 3

Exercise	Sets	Reps	Rest
Option A: Flying 30 Meter Sprint	1	6 - 8	Walk Back
Option B: 100 Meter Sprints	1	10	Walk Back
Perform Option A or B, not both. See <a href="#">article</a> for notes.			