



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



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Workouts



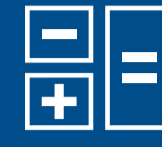
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## HOW TO DEVELOP GREAT GLUTES: 3 BUTT WORKOUTS

It's time to build the perfect back end! Suzanne Barlas provides you with glute training tips, along with a beginner, intermediate and advanced level workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/great-glutes-3-butt-workouts>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 12 Weeks  
**Days Per Week:** 1 Day

**Time Per Workout:** 20 - 30 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines  
**Author:** Suzanne Barlas

### Beginner Workout

Exercise	Sets	Reps
<a href="#">Leg Kickbacks</a>	2 - 4	15
Outside Side Leg Raises	2 - 4	15
Inside Leg Raises	2 - 4	15
<a href="#">Hip Thrusts</a>	2 - 4	15

### Intermediate Workout

Exercise	Sets	Reps
<a href="#">Walking Lunges</a>	3 - 4	15 Each Leg
<a href="#">Free Weight Squats</a>	3 - 4	15
<a href="#">Step Ups</a>	3 - 4	15 Each Leg
<a href="#">Leg Kickbacks</a>	3 - 4	15 Each Leg

### Advanced Workout

Exercise	Sets	Reps
<a href="#">Leg Press</a> (Feet High & Close)	6	10 Pyramiding Weight
<a href="#">Backward Lunges</a> on Smith Machine	4	10 Each Leg
Cable Kickbacks	4	10 Each Leg
Glute Flexor	4	10 Each Leg