



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



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Workouts



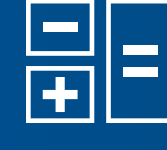
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## WOMEN'S 3-DAY GLUTE BUILDING WORKOUT

This full-body plan will help maximize your glute gains and get you in great shape. Two accessory workouts are also included that will fire up your glute growth!

Link to Workout: <https://www.muscleanstrength.com/workouts/womens-3-day-glute-workout>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 3 Day

**Time Per Workout:** 45 Mins

**Equipment:** Bands, Barbell,

Bodyweight, Dumbbells, Other

**Target Gender:** Female

**Author:** Roger "Rock" Lockridge

### Full-Body Workout 1

Exercise	Sets	Reps	Rest
<a href="#">Barbell Hip Thrust</a>	3	8 - 12	60 - 90 Sec
<a href="#">Hyperextension</a>	3	8 - 12	60 - 90 Sec
<a href="#">Dumbbell Squat</a>	3	12	60 Sec
<a href="#">Lying Leg Raise</a>	3	12	60 Sec
<a href="#">Pull Up</a>	3	12	60 Sec
<a href="#">Bent-Over Barbell Row</a>	3	12	60 Sec
<a href="#">Lateral Raise</a>	3	12	60 Sec
<a href="#">Overhead Triceps Extension</a>	3	12	60 Sec
<a href="#">Push Up</a>	3	12	60 Sec

### Full-Body Workout 2

Exercise	Sets	Reps	Rest
<a href="#">Good Morning</a>	3	8 - 12	60 - 90 Sec
<a href="#">Glute Kick Back</a>	3	8 - 12	60 - 90 Sec
<a href="#">Stiff Leg Deadlift</a>	3	8 - 12	60 - 90 Sec
<a href="#">Goblet Squat</a>	3	12	60 Sec
<a href="#">Crunches</a>	3	12	60 Sec
<a href="#">Incline Dumbbell Press</a>	3	12	60 Sec
<a href="#">Dumbbell Flys</a>	3	12	60 Sec
<a href="#">Dumbbell Tricep Kickbacks</a>	3	12	60 Sec
<a href="#">Pullover</a>	3	12	60 Sec
<a href="#">Seated Dumbbell Curl</a>	3	12	60 Sec

### Full-Body Workout 3

Exercise	Sets	Reps	Rest
<a href="#">Bodyweight Glute Bridge</a>	3	15 - 30 Sec	60 - 90 Sec
<a href="#">Curtsy Lunge</a>	3	12	60 - 90 Sec
<a href="#">Jump Squat</a>	3	12	60 Sec
<a href="#">Walking Lunge</a>	3	12 Each Leg	60 Sec
<a href="#">Side Crunch</a>	3	12	60 Sec
<a href="#">Seated Dumbbell Press</a>	3	12	60 Sec
<a href="#">Rear Lateral Raise</a>	3	12	60 Sec
<a href="#">Lying Tricep Extension</a>	3	12	60 Sec
<a href="#">Flat Dumbbell Fly</a>	3	12	60 Sec
<a href="#">T-Bar Row</a> or <a href="#">Two-Arm DB Row</a>	3	12	60 Sec

### Accessory Workout 1

Exercise	Sets	Reps	Rest
<a href="#">Bodyweight Glute Bridge</a>	5	20	30 Sec
<a href="#">Bodyweight Hip Thrust</a>	5 - 10	100 Total Reps	As Needed*

\*Perform as many reps as you can. Upon failure, rest briefly before continuing where you left off. Continue until you perform 100 total reps.

### Accessory Workout 2

Exercise	Sets	Reps	Rest
<a href="#">Curtsy Lunge</a>	3	15	None
<a href="#">Banded Good Morning*</a>	3	15	30 Sec

\*If you don't have access to a band, you can use your bodyweight, a dumbbell, or a barbell.