

Booty-ful Beginnings Workout A: Weeks 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight glute bridge 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
A2: One arm dumbbell row 3 sets, 8-12 reps (each)	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight box squat 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
B2: Barbell bench press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Dumbbell Romanian deadlift 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying abduction 1 set, 15-30 reps (each)	Weight Reps		
Front plank 1 set, 20-120 seconds	Seconds		
Side plank from knees 1 set, 20-60 seconds	Seconds		
Notes:			

Note: Perform one set of A1 then immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout B: Weeks 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight foot elevated single-leg glute bridge 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
A2: Front lat pulldown 3 sets, 8-12 reps (each)	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight step up 3 sets, 10-20 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Dumbbell military press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight 45-degree back ext. 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying clam 1 set, 15-30 reps (each)	Reps left Reps right		
Crunch 1 set, 15-30 reps	Reps		
Side crunch 1 set, 15-30 (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout C: Weeks 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Glute march 3 sets, 60 sec	Weight Reps	Weight Reps	Weight Reps
A2: Seated row 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight parallel squat 3 sets, 10-20 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Dumbbell incline press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight single-leg RDL 3 sets, 10-20 reps (each side)	Weight Reps	Weight Reps	Weight Reps
X-band walk (light tension) 1 set, 10-20 steps (each side)	Reps left Reps right		
RKC plank 1 set, 10-30 sec	Reps		
Rope horizontal chop 1 set, 10 reps (each side)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout A: Weeks 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight hip thrust 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
A2: Standing single-arm cable row 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Goblet squat 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
B2: Barbell bench press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Barbell Romanian deadlift 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying abduction 1 set, 15-30 reps (each)	Reps left Reps right		
Feet elevated plank 1 set, 20-60 seconds	Seconds		
Side plank 1 set, 20-60 seconds (each)	Seconds left Seconds right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout B: Weeks 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight single-leg glute bridge 3 sets, 10-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Negative chin-up 3 sets, 3 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight walking lunge 3 sets, 20-40 total steps	Weight Reps	Weight Reps	Weight Reps
B2: Dumbbell military press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight reverse hyperextension 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying clam 1 set, 15-30 reps (each)	Reps left Reps right		
Swiss ball crunch 1 set, 15-30 reps	Reps		
Swiss ball side crunch 1 set, 15-30 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout C: Weeks 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight hip thrust (pause rep method) 3 sets, 10-20 reps (3 sec pause at top)	Weight Reps	Weight Reps	Weight Reps
A2: Modified inverted row 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Goblet squat 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
B2: Close grip barbell bench press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Russian kettlebell swing 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
X-band walk (moderate tension) 1 set, 15-30 reps (each)	Reps left Reps right		
Straight-leg sit-up 1 set, 15-30 reps	Seconds		
Band rotary hold 1 set, 10-20 seconds (each)	Seconds left Seconds right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout A: Weeks 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell hip thrust 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
A2: Dumbbell bent over row 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Barbell box squat 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
B2: Push-up 3 sets, 3-10 reps	Weight Reps	Weight Reps	Weight Reps
Barbell American deadlift 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying abduction 1 set, 15-30 reps (each)	Reps left Reps right		
Dumbbell Swiss ball crunch 1 set, 15-30 reps	Reps		
Half-kneeling cable anti-rotation press 1 set, 10-15 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout B: Weeks 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight single-leg hip thrust 3 sets, 10-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Chin-up (band assisted) 3 sets, 1-5 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight Bulgarian split squat 3 sets, 10-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
B2: Barbell military press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Good morning 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
X-band walk 1 set, 15-30 reps (each)	Reps left Reps right		
Feet elevated plank 1 set, 60-120 sec	Reps		
Dumbbell side bend 1 set, 15-30 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds, and repeat until all sets are completed. Do the same for B1 and B2.

Booty-ful Beginnings Workout C: Weeks 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell hip thrust (pause rep method) 3 sets, 8-15 reps (3 sec pause at top)	Weight Reps	Weight Reps	Weight Reps
A2: Dumbbell chest supported row 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Barbell parallel squat 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
B2: Barbell incline press 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight back extension 3 sets, 10-30 reps	Weight Reps	Weight Reps	Weight Reps
Side lying clam 1 set, 15-30 reps (each)	Reps left Reps right		
Hanging leg raise 1 set, 10-20 reps	Reps		
Rope horizontal chop 1 set, 10-15 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout A: Weeks 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell glute bridge 3 sets, 20 reps	Weight Reps	Weight Reps	Weight Reps
A2: One-arm dumbbell row 3 sets, 8 (each)	Weight Reps	Weight Reps	Weight Reps
B1: Barbell box squat 3 sets, 5 reps	Weight Reps	Weight Reps	Weight Reps
B2: Dumbbell incline bench press 3 sets, 8 reps	Weight Reps	Weight Reps	Weight Reps
Barbell American deadlift 3 sets, 5 reps	Weight Reps	Weight Reps	Weight Reps
Cable standing abduction 1 set, 20 reps (each)	Weight Reps		
RKC plank 1 set, 60 seconds	Seconds		
Side plank 1 set, 60 seconds	Seconds		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout B: Weeks 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight shoulder elevated single-leg hip thrust 3 sets, 8-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Chin-up 3 sets, 5 reps	Weight Reps	Weight Reps	Weight Reps
B1: Dumbbell high step up 3 sets, 10 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Barbell military press 3 sets, 8 reps	Weight Reps	Weight Reps	Weight Reps
Prisoner single-leg 45 back extension 2 sets, 12 reps (each)	Weight Reps	Weight Reps	
Banded seat abduction 1 set, 20 reps	Reps left Reps right		
Straight-leg sit-up 1 set, 20 reps	Seconds		
45-degree side bend 1 set, 20 reps (each)	Seconds		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout C: Weeks 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell American hip thrust 3 sets, 20 reps	Weight Reps	Weight Reps	Weight Reps
A2: Standing single-arm cable row 3 sets, 8 reps each side	Weight Reps	Weight Reps	Weight Reps
B1: Goblet full squat 3 sets, 5 reps	Weight Reps	Weight Reps	Weight Reps
B2: Single-arm dumbbell bench press 3 sets, 8 reps	Weight Reps	Weight Reps	Weight Reps
Cable straight-leg pull-through 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Side lying hip raise 1 set, 10 reps (each)	Weight Reps		
Turkish get up 1 set, 5 reps (each)	Seconds		
Half-kneeling cable anti-rotation press 1 set, 8-12 reps (each)	Seconds		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout A: Weeks 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell hip thrust 3 sets, 3-8 reps	Weight Reps	Weight Reps	Weight Reps
A2: Seated row 3 sets, 8 reps	Weight Reps	Weight Reps	Weight Reps
B1: Barbell full squat 3 sets, 5 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Barbell bench press 3 sets, 3-8 reps	Weight Reps	Weight Reps	Weight Reps
Barbell good morning 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Band standing abduction 1 set, 10-30 reps (each)	Weight Reps		
Ab wheel rollout from knees 1 set, 8-20 reps	Reps		
Dumbbell side bend 1 set, 10-20 reps	Reps		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout B: Weeks 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight single-leg hip thrust (shoulder and foot elevated) 3 sets, 8-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight neutral grip pull-up 3 sets, 3-8 reps	Weight Reps	Weight Reps	Weight Reps
B1: Dumbbell walking lunge 3 sets, 10 steps (20 total steps)	Weight Reps	Weight Reps	Weight Reps
B2: Barbell push press 3 sets, 6 reps	Weight Reps	Weight Reps	Weight Reps
Dumbbell back extension 2 sets, 20 reps	Weight Reps	Weight Reps	
Banded seat abduction 1 set, 10-30 reps	Weight Reps		
Hanging leg raise 1 set, 8-20 reps	Reps		
Landmine 1 set, 8-12 reps	Reps		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout C: Weeks 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell hip thrust (isohold method) 3 sets, 30-60 sec	Weight Reps	Weight Reps	Weight Reps
A2: D-handle lat pulldown 3 sets, 8 reps	Weight Reps	Weight Reps	Weight Reps
B1: Skater squat 3 sets, 8 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Narrow base push-up 3 sets, 5-15 reps	Weight Reps	Weight Reps	Weight Reps
Barbell single-leg RDL 3 sets, 8-12 reps (each)	Weight Reps	Weight Reps	Weight Reps
Side lying hip raise 1 set, 10-30 reps (each)	Weight Reps		
Straight-leg sit-up 1 set, 10-20 reps	Reps		
45-degree side bend 1 set, 10-20 reps (each)	Reps		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout A: Weeks 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell hip thrust (rest/pause method) 3 sets, 6 reps, 1 rep, 1 rep, 1 rep	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight inverted row 3 sets 6-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Barbell Zercher squat 3 sets, 5-10 reps	Weight Reps	Weight Reps	Weight Reps
B2: Feet elevated push-up 3 sets, 5-20 reps	Weight Reps	Weight Reps	Weight Reps
Barbell sumo deadlift 3 sets, 6-12 reps	Weight Reps	Weight Reps	Weight Reps
X-band walk (heavy tension) 1 set, 20 reps (each)	Weight Reps		
Dumbbell Swiss ball crunch 1 set, 20 reps	Reps		
Band rotary hold 1 set, 15 seconds (each)	Seconds		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout B: Weeks 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Barbell hip thrust (constant tension method) 3 sets, 2-30 reps (non-stop)	Weight Reps	Weight Reps	Weight Reps
A2: Weighted parallel pull-up 3 sets, 1-3 reps	Weight Reps	Weight Reps	Weight Reps
B1: Dumbbell Bulgarian split squat 3 sets, 10 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Barbell incline press 3 sets, 6-10 reps	Weight Reps	Weight Reps	Weight Reps
Gliding leg curls 2 sets, 6-15 reps	Weight Reps	Weight Reps	
Banded hip rotation 1 set, 8-15 reps (each)	Weight Reps		
Body saw 1 set, 8-15 reps	Reps		
Half-kneeling cable anti-rotation press 1 set, 8-12 reps (each)	Reps		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gluteal Goddess Advanced Workout C: Weeks 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: American hip thrust 3 sets, 5 heavy reps	Weight Reps	Weight Reps	Weight Reps
A2: Dumbbell chest supported row 3 sets, 6-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Dumbbell step up/reverse lunge combo 3 sets, 8-15 reps (each)	Weight Reps	Weight Reps	Weight Reps
B2: Single-arm dumbbell military press 3 sets, 8-12 reps (each)	Weight Reps	Weight Reps	Weight Reps
Prisoner single-leg back extension 3 sets, 8-15 reps (each)	Weight Reps	Weight Reps	Weight Reps
Side lying hip raise 1 set, 1-30 reps (each)	Weight Reps		
Hanging leg raise 1 set, 8-20 reps	Reps		
Landmine 1 set, 8-12 reps (each)	Reps		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout A: Week 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight glute bridge 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight modified inverted row 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight box squat 3 sets, 10-20 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight torso-inclined push-up 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight hip hinge with dowel 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying abduction 1 set, 10-30 reps (each)	Reps left Reps right		
Front plank 1 set, 30-120 seconds	Seconds		
Side plank from knees 1 set, 20-60 sec (each)	Seconds left Seconds right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout B: Week 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight foot elevated single-leg glute bridge 3 sets, 10-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight chin-up (negative) 3 sets, 1-3 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight step up 3 sets, 10-20 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight knee push-up 3 sets, 5-15 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight Swiss ball 45-degree back extension 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying clam 1 set, 20-30 reps (each)	Reps left Reps right		
Crunch 1 set, 20-30 reps	Reps		
Side crunch 1 set, 20-30 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout C: Week 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Glute march (alternate legs in marching fashion) 3 sets, 30-60 sec	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight inverted row 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight box squat 3 sets, 10-20 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight negative push-up 3 sets, 3-5 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight hip hinge with dowel 3 sets, 10-20 reps	Weight Reps	Weight Reps	Weight Reps
Side lying abduction 1 set, 10-30 reps (each)	Reps left Reps right		
Straight-leg sit-up 1 set, 15-30 reps	Reps		
Swiss ball side crunch 1 set, 15-30 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout A: Week 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight hip thrust 3 sets, 10-30 reps	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight inverted row (less torso angle) 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight full squat 3 sets, 10-30 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight push-up 3 sets, 1 rep (strict singles)	Weight Reps	Weight Reps	Weight Reps
Bodyweight single-leg RDL 3 sets, 10-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
Side lying abduction 1 set, 20-30 reps (each)	Reps left Reps right		
RKC plank 1 set, 20-60 seconds	Seconds		
Side plank 1 set, 20-60 sec (each)	Seconds left Seconds right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout B: Week 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight single-leg glute bridge 3 sets, 10-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight chin-up (single rep) 3 sets, 1 rep	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight walk lunge 3 sets, 10-20 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight knee push-up with elbows tucked 3 sets, 6-20 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight reverse hyper extension 3 sets, 10-30 reps	Weight Reps	Weight Reps	Weight Reps
Side lying clam 1 set, 10-30 reps (each)	Reps left Reps right		
Swiss ball crunch 1 set, 15-30 reps	Reps		
Swiss ball side crunch 1 set, 15-30 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout C: Week 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight hip thrust 3 sets, 10-30 reps	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight inverted row (steep torso angle) 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight high step up 3 sets, 10-20 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight torso elevated push-up 3 sets, 8-12 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight back extension 3 sets, 20-30 reps	Weight Reps	Weight Reps	Weight Reps
Side lying hip raise 1 set, 10-20 reps (each)	Reps left Reps right		
Feet elevated plank 1 set, 60-120 sec	Reps		
Swiss ball side crunch 1 set, 20 reps (each)	Reps left Reps right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout A: Week 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight shoulder elevated single-leg hip thrust 3 sets, 8-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight chin-up 3 sets, 3-10 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight step up/ reverse lunge combo 3 sets, 10-15 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight push-up 3 sets, 5-10 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight Swiss ball back extension 3 sets, 8-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
Quadruped double transverse abduction 1 set, 6 reps (each side, slow and controlled)	Reps left Reps right		
Prisoner Swiss ball crunch 1 set, 10-30 reps	Reps		
Side plank with abduction 1 set, 20-60 sec (each)	Seconds left Seconds right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout B: Week 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight shoulder and foot elevated single-leg hip thrust 3 sets, 6-20 reps (each)	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight feet elevated inverted row 3 sets, 6-12 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight Bulgarian split squat 3 sets, 5-30 reps (each)	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight feet elevated pike push-up 3 sets, 6-20 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight sliding leg curls 2 sets, 10-20 reps	Weight Reps	Weight Reps	
Side double abduction 1 set, 1-6 reps (each, slow and controlled)	Reps left Reps right		
RKC plank 1 set, 30-60 sec	Reps		
Feet elevated side plank with abduction 1 set, 20-60 secs (each)	Seconds left Seconds right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Best Butt Bodyweight/At Home Workout C: Week 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
A1: Bodyweight shoulder elevated single-leg hip thrust (pause reps) 3 sets of 5-15 reps (each side with 3 second pause at top)	Weight Reps	Weight Reps	Weight Reps
A2: Bodyweight pull-up 3 sets of 3-10 reps	Weight Reps	Weight Reps	Weight Reps
B1: Bodyweight high step up 3 sets of 10-15 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
B2: Bodyweight narrow base push-up 3 sets of 3-8 reps	Weight Reps	Weight Reps	Weight Reps
Russian leg curls 3 sets of 3-5 reps	Weight Reps	Weight Reps	Weight Reps
Side lying hip raise 1 set of 10-20 reps (each side)	Reps left Reps right		
Body saw 1 set of 10-15 rep	Reps		
Feet elevated side plank with abduction 1 set of 20-60 seconds (each side)	Seconds left Seconds right		
Notes:			

Note: Perform one set of A1, and immediately follow it with one set of A2. Rest 30-90 seconds and repeat until all sets are completed. Do the same for B1 and B2.

Gorgeous Glutes (only) Workout A: Week 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Bodyweight hip thrust 3 sets, 20 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight full squat 3 sets, 20 reps	Weight Reps	Weight Reps	Weight Reps
Bodyweight back extension 3 sets, 20 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
Side lying clam 1 set, 30 reps (each side)	Weight Reps		
Notes:			

Gorgeous Glutes (only) Workout B: Week 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Bodyweight single-leg glute bridge 3 sets, 20 reps (each side)	Weight Reps	Weight Reps	Weight Reps
Bodyweight walking lunge 3 sets, 10-20 reps (each side)	Weight Reps	Weight Reps	Weight Reps
Bodyweight reverse hyper extension 3 sets, 20 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
Side lying abduction 1 set of 30 reps (each side)	Weight Reps		
Notes: 			

Gorgeous Glutes (only) Workout C: Week 1-4 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Barbell glute bridge 3 sets, 10 reps	Weight Reps	Weight Reps	Weight Reps
Goblet full squat 3 sets, 10 reps	Weight Reps	Weight Reps	Weight Reps
Dumbbell Romanian deadlift 3 sets, 10 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
Cable hip rotation 1 set, 10 reps (each side)	Weight Reps		
Notes:			

Gorgeous Glutes (only) Workout A: Week 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Barbell hip thrust 3 sets, 8-12 reps	Weight	Weight	Weight
	Reps	Reps	Reps
Barbell front squat 3 sets, 8-12 reps	Weight	Weight	Weight
	Reps	Reps	Reps
Barbell Romanian deadlift 3 sets, 8-12 reps	Reps left	Reps left	Reps left
	Reps right	Reps right	Reps right
Band seated abduction 1 set of 30 reps	Weight		
	Reps		
Notes:			

Gorgeous Glutes (only) Workout B: Week 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Bodyweight single-leg hip thrust 3 sets, 8-12 reps (each side)	Weight Reps	Weight Reps	Weight Reps
Bodyweight skater squat 3 sets, 8-12 reps (each side)	Weight Reps	Weight Reps	Weight Reps
Dumbbell single-leg Romanian deadlift 3 sets, 8-12 reps (each side)	Reps left Reps right	Reps left Reps right	Reps left Reps right
Cable standing abduction 1 set, 30 reps (each side)	Weight Reps		
Notes:			

Gorgeous Glutes (only) Workout C: Week 5-8 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Barbell glute bridge 3 sets, 10 reps	Weight Reps	Weight Reps	Weight Reps
Barbell Zercher squat 3 sets, 10 reps	Weight Reps	Weight Reps	Weight Reps
Dumbbell back extension 3 sets, 10 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
Side lying hip raise 1 set, 12 reps	Weight Reps		
Notes:			

Gorgeous Glutes (only) Workout A: Week 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Barbell American hip thrust (constant tension method) 3 sets, 20 reps	Weight Reps	Weight Reps	Weight Reps
Dumbbell deficit Bulgarian split squat 3 sets, 12 reps (each side)	Weight Reps	Weight Reps	Weight Reps
Barbell American deadlift 3 sets, 8 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
Half-kneeling anti-rotation press 1 set, 15 reps (each side)	Weight Reps		
Notes:			

Gorgeous Glutes (only) Workout B: Week 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Bodyweight shoulder and foot elevated single-leg hip thrust (pause rep method) 3 sets, 6 reps (3 second pause at top, each side)	Weight Reps	Weight Reps	Weight Reps
Barbell high box squat 3 sets, 6 reps	Weight Reps	Weight Reps	Weight Reps
Single-leg 45-degree hyper extension 3 sets, 12 reps (each side)	Reps left Reps right	Reps left Reps right	Reps left Reps right
Cable hip rotation 1 set, 15 reps (each side)	Weight Reps		
Notes:			

Gorgeous Glutes (only) Workout A: Week 9-12 Training Log

Name: _____ Date: _____ Weight: _____

Exercise	Set 1	Set 2	Set 3
Barbell hip thrust (rest pause method) 3 sets, 10 reps (6 reps, 1,1,1, and 1)	Weight Reps	Weight Reps	Weight Reps
Dumbbell high step up 3 sets, 8 reps (each side)	Weight Reps	Weight Reps	Weight Reps
Russian kettlebell swing 3 sets, 20 reps	Reps left Reps right	Reps left Reps right	Reps left Reps right
Side lying hip raise 1 set, 15 reps (each side)	Weight Reps		
Notes:			