



The Glute Builder Guide





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Introduction

First, I want to say thank you for joining our awesome community! We are truly excited to have you here and I look forward to helping you with your fitness goals.

In this guide I will be covering what are the best ways to improve the shape and size of your glutes so you can look better in yoga pants, feel sexy on your night out, and be stronger in the gym.

If you want someone whose priority is reaching your fitness goals, finding a healthy lifestyle that fits your schedule, and improving your mental well being then check out my online coaching programs at www.OnyxAthleticPerformance.com.

Enough chit-chat. Let's get after it.

Coach Haley





The Importance of the Mind-Muscle Connection

Your mind is the master of everything, including your glutes! Believe it or not, using your mind to visualize a stronger contraction can actually activate more muscle fibers. Activating more muscle fibers will cause more fatigue and therefore cause greater strength gains.

The mind muscle connection works especially well with isolation exercises. An isolation exercise is a movement that targets a single muscle to cause the most amount of fatigue and muscle breakdown. Some examples of isolation exercises are bicep curls and calf raises.

In The Glute Builder Guide, we are going to use isolation exercises in conjunction with compound movements to target specific parts of your glutes. The glutes are made up of three muscles: the gluteus maximus, the gluteus medius, and the gluteus minimus. For simplicity we are going to lump the medius and minimus into one muscle because they have similar actions.

The gluteus maximus is the main muscle of the glutes. It is the largest of the glute muscles (hence the name maximus) and it is the muscle that makes your butt look thick and full. The gluteus medius is what makes your butt look lifted and round. It is important to train both muscle groups so you have a balanced appearance.

So how do we fire these puppies up? Try this simple drill to wake up your glutes: where ever you are right now I want you to try squeezing your glutes as hard as you can and hold that contraction for 5 long seconds. A visualization I have used with some of my clients is the hundred dollar bill test. Forgive the crudeness of this example, but I think it really helps get the point across.





Close your eyes and picture that you have a crisp one hundred dollar bill sitting in between your cheeks (not the ones on your face). Now pretend a strong gust of wind tries to blow the hundred dollar bill away. It's your job to squeeze your cheeks as hard as you can so you don't lose your hundred dollar bill. Believe me, it works.



So when you are doing any exercise that uses your glutes, think about the hundred dollar bill.

Progressive Overload

Progressive overload is a principle of strength training that means you must make exercises more difficult so you can continue to make progress. There are many ways to make an exercise harder: more sets, more reps, heavier resistance, an exercise progression, different type of resistance, different tempo, etc.

I recommend having some excellent exercises at the core of your program (we will get to those later) and changing some of the details to ensure progress and growth. For example using a barbell instead of dumbbells or performing the exercise unilaterally instead of bilaterally are simple, yet effective ways to keep things interesting and create a new stimulus for the body. Even increasing the depth and range of motion of familiar exercise can rock your gluteal world.

It is time to change things up if you can are not feeling muscle fatigue near the end of your sets and things feel easier in general. Many people do endless sets and reps of the same exercises and wonder why they aren't getting the results they want. Make things harder!

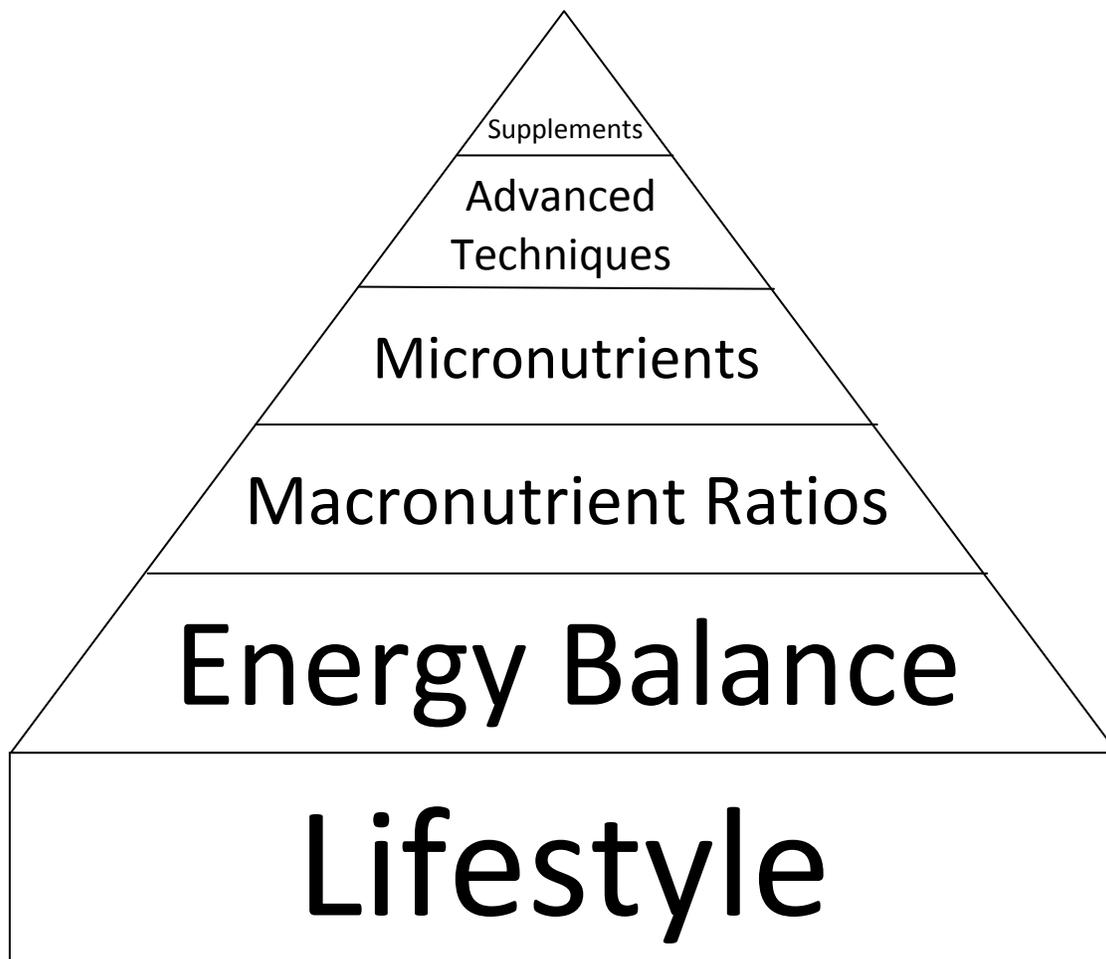




Nutrition

No muscle building guide would be complete without a section on nutrition. Nutrition is the key that unlocks the chain on your inner she-beast. Working out and exercise are important and they have their own unique set of benefits but nutrition is where things get real. For a more complete nutrition guide, check out my Kickstarter or Transformation online coaching program.

Let me introduce you to the principles of nutrition pyramid.





Lifestyle

Having a lifestyle conducive to living a healthy life is the foundation of everything. I'm not expecting you to grow your own organic kale so you can juice it and drink it for breakfast while you meditate with Tibetan monks. All I mean is that you have a somewhat regular schedule, are sleeping during the same times every day, aren't doing any hard drugs, and you don't drink booze like a fish. There are always ways to improve your lifestyle but don't get hung up here unless you have some serious personal issues to sort out. Most people don't have to think about this one but it's worth mentioning.

Energy Balance

The next level of the pyramid is energy balance. Energy balance is how many calories you burn compared to how many calories you eat. Eat more than you need and you will gain weight and vice versa. Theoretically if you ate the recommended amount of calories every day, your weight would stay the same. In reality, when the goal is weight maintenance there is about a 5 pound window where you bounce around.

Macronutrient Ratios

Macronutrients are protein, carbohydrates, and fats. These are the ways your body gets calories (a.k.a energy) so you can sleep, digest, breathe, move, and be alive! So once you are eating the appropriate amount of calories for your goal, the next step would be to distribute those calories into the right macronutrients.

There are a lot of different ideas about what the best macronutrient ratio is but one thing most sensible diets have in common is a good amount of protein. To start, get used to eating a high protein food every time you eat, around 20 grams of protein per serving according to the nutrition label. After you can hit your calorie and protein goal, then fine tune your diet so you can hit the prescribed amount of carbohydrates and fats.

Once you can hit your prescribed calorie and macronutrient recommendations without too many problems, now you can start experimenting to figure out what ratio of





carbohydrate and fat you prefer. Some people feel more satiated with a higher carbohydrate diet and vice versa.

Micronutrients

The next building block of the pyramid is micronutrients, which are vitamins and minerals. I am also going to lump fiber, sodium, cholesterol, and water into this group for the sake of simplicity. Making sure you are getting adequate amounts of micronutrients is paramount for your health and preventing diseases. Vitamins and minerals are abundantly present in whole foods like vegetables, fruit, nuts, legumes, and grains. When a food is processed, many of the micronutrients are lost so eat as many "label-less" foods as possible. Here are a few recommendations:

- Eat at least 25 grams of fiber per day, getting a good mix of soluble and insoluble fiber.
- 2300 mg is the maximum amount of sodium you should consume per day. This is equal to one teaspoon. You may eat less sodium if you have high blood pressure or heart disease.
- Your cholesterol levels should be checked when you get your annual exam with your physician. Eating micronutrient rich foods and foods without trans fats will help keep your cholesterol within normal ranges.
- Good ol' H₂O should be your beverage of choice. Drinking half your bodyweight in ounces of water is a good goal for water intake. That would mean if you weighed 250 pounds, you would need 125 ounces of water which is almost a gallon of water a day.

Advanced Techniques

If you really want to supercharge your results, then it might be time to start some advanced dieting techniques assuming your calories, macronutrients, and micronutrients are all good. Advanced techniques can be anything from carb cycling to intermittent fasting. Unfortunately a lot of people start with advanced techniques, even though they don't know have a firm grasp on how many calories they need for their goals.





Supplements

At the very top of the pyramid are supplements. Supplements are meant to fill the gaps once you are doing everything else right. Do not rely on supplements for basic nutritional needs because absorption for most supplements is inferior to eating food.

The 5 Best Glute Builder Exercises

The glutes contribute to four main muscle movements: hip extension, hip abduction, hip external rotation, and tilting the pelvis posteriorly.

Basically the more of these motions you can perform in one exercise, the greater the glute engagement. Minor tweaks to familiar exercises like squats and lunges can dramatically increase the glute activity. For example, doing a lunge with a more upright and vertical torso will use the quads more. Whereas if the torso is leaning slightly forward and the hips are pushed back while the shin stays vertical, glute engagement goes through the roof!

Another key to increasing glute engagement is performing a posterior pelvic tilt. If you think about the hundred dollar bill test when you perform every rep, you should be performing a posterior pelvic tilt. Drawing your stomach in will also help with a posterior pelvic tilt. Another visual I use is to pretend you are wading into a cold pool or lake and once you waded up to your stomach, you instinctively suck your belly in to avoid the cold water.

So without further ado, the five best glute builder exercises

1. Hip Thrusts
2. Band Walking
3. Deadlift
4. Foot Up Split Squat
5. Uni Bench Squat





Hip Thrust

Legs



1 - Lie with your shoulders and head on a bench, knees bent, feet flat and hips low, holding a barbell across your midsection.

2 - Raise your hips up, making a straight line with your body from your shoulders to your knees.

- Lower back to the start position and repeat.

Cues for More Glute Engagement

Suck your stomach in like you are wading into ice cold water

Don't let your hundred dollar bill blow away

Drive through your heels without lifting your toes

Variations

Smith Machine

Dumbbells

Single leg

Heavy super band anchored to the floor and crossing over the hips

Back on the floor instead of bench





Band Walking

Hip



1 - Stand with your feet shoulder-width apart and the tubing or band around your lower thighs.

2 - Slightly squat and slowly step out to one side, keeping your core engaged and toes straight ahead.

3 - Repeat stepping to one side or the other as directed.

- Variation: Step forward and backward at 45 degrees.

Cues for More Glute Engagement

Stay low in your squat

Keep the toes pointing straight forward (no duck feet or pigeon toes)

Keep the chest tall and eyes looking up

Variations

Band at ankles and knees

Step forward and backward at 45 degree angle

Perform quick steps with one foot while the other leg stays stationary





Deadlift

Legs

- 1 - Start in a squat position with the barbell on the floor, your feet hip-width apart, your head up and your hips low.
- 2 - Stand up, lifting the barbell, keeping your arms straight and your back flat.
- 3 - Lower the barbell back to the floor, pushing your hips back and down and bending your knees.

Cues for more Glute Engagement

Knees bent just a smidge

Squeeze your glutes as hard as you can at the top of the movement

Reach your hips back and pretend you are trying to shut a door with your butt

Variations

Use a different implement (hex bar, cables, dumbbells, kettlebell, sandbag, etc)
Anchor a super band behind you at hip height and step into the band for more difficult hip extension

Change stance to sumo style

Change the way you grip (overhand, mixed, supinated)

Add chains to the end of the barbell





Foot Up Split Squat

Legs



- 1 - Stand upright with one foot on a bench behind with your arms by your sides.
 - 2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Cues for More Glute Engagement

Sit on your back leg

Your back knee should be floating an inch above the floor

Keep your weight in the heel of your front leg

Variations

Quickly hop on the front foot after reaching the top of the lunge and land while lowering down

Hold weights or external load (kettlebell, sandbag, etc)

Anchor a super band to the side of the front knee so the band is wrapped around the outside of the knee for more external rotation

Perform half rep pulses from the bottom half of the movement to halfway up





Uni Bench Squat Legs



1 - Stand upright in front of a bench holding dumbbells with your arms straight and one foot slightly off the floor.

2 - Lower your body down into a squat position to touch the bench behind, keeping your foot off the floor in front.

3 - Push off your standing foot to return to the start position, keeping your back flat throughout.

- Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

Cues for More Glute Engagement

Keep your chest tall

Gently sit down, don't plop

Don't rock or use momentum

Don't let your standing knee wobble, push it out to the side

Variations

Progressively lower the bench

Hop on one foot in between reps

Start holding a heavy external load and stand up without rocking forward or backward



Adding the Glute Builders to Your Workouts

Adding the best glute building exercises to your regular workouts can be as simple as trading out one or two exercises from your existing program. I recommend training glutes on the same day you train the rest of your legs. If you want to do cardio on the same day as a glute day, do your cardio after your strengthening exercises.

Structure your workout so the most difficult exercise for you is first. Whatever exercise makes your glutes and muscles fatigue fastest should be given priority, probably deadlifts or hip thrusts for most people.

Find a resistance or weight where you can perform at least 8 reps. The general rule is you should be fatigued at the end of each set but still perform the exercise with proper form. You should be able to eke out 2-5 more reps at the end of each set. For example, if you are aiming for a set of 12 reps, your body could perform 14-18 total reps before giving in to fatigue.

Perform each exercise slowly and deliberately with a slow tempo. Pause at the beginning, middle, and end of each rep. Don't cheat yourself by doing the exercises too fast or with poor form.

If you are a beginner, I would aim for 10-12 sets per week of a combination of the glute builder exercises. More experienced lifters can tolerate 12-20 or more sets per week. If you broke up the exercises into two leg days per week with at least one day in between each leg day, each workout would look something like this:

Leg/Glute Day 1

Barbell Hip Thrust on Bench (3 sets x 12 reps)
Foot Up Split Squat (3 sets x 10 reps per side)
Band Walking (2 sets x 20 steps each direction)
Add 1-2 more leg exercises of your choosing

Leg/Glute Day 2

Barbell Deadlifts (3 sets x 8 reps)
Uni Bench Squat (3 sets x 10 reps per side)
Add 2-3 more leg exercises of your choosing

Feel free to add or reduce the number of sets based on your current fitness level. Add more weight, resistance, or progress the exercise when you need a bigger challenge.

If you are consistent with your workouts and nutrition you will definitely see an improvement in your glute shape and tone.

Remember, no glutes, no glory.

