



4

WEEK

The

BOOTY- LICIOUS

Program

**Build a
Hotter
Butt At
Home In
Just 4
Weeks!**

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Lets get started and become the best version of yourself!

INTRODUCTION

This program is designed to help women build a hotter booty, fast! Whether you want to increase the size of your back end, tone up and firm up your butt or achieve a more balanced physique, this home workout program is for you.

In just four weeks, you'll notice changes that are sure to turn heads.



Medical Disclaimer

The information in this program, including but not limited to text, pictures, and other material, is provided solely for educational and informational purposes. The content in this article isn't intended to replace any professional medical advice, diagnosis, or treatment. Always seek the opinion of your physician or another trained health care practitioner regarding any questions you may have about a medical condition or treatment, and never disregard professional medical advice or delay in getting it because of something you read in this program. As it is, we can guarantee no results for your specific condition.

HOW ARE GLUTES BUILT?

The principles of glute training stay the same as with any other muscle in the body.

Unless you're a total newbie in working out, your body works hard in order not to build too much muscle. This is because having more muscle mass requires you to consume more energy through food, and the only thing our body knows is survival. So you can probably understand how having 300 pounds of muscle isn't ideal for survival- we would need to eat more than a whole village to keep the mass.

Beginners, on the other hand, find it fairly easy to put on some muscle mass. This phenomenon is called "newbie gains."

We have to force the muscles to grow, and we do so by making them work harder and eating enough food to ensure hypertrophy.

WORKING HARD ENOUGH

Muscles won't grow unless we give them a reason to.

This is why it's really important to finish almost every set close to failure. Since this program is based around home workouts, we assume you don't have a heavy barbell and weights lying around, so working close, or even to failure, is perfectly safe.

Most of the exercises prescribed in the program are purely bodyweight, except for side lying abduction raises and clamshells, which include a resistance band, but can also be done without it.

Of course, if you aren't even close to reaching failure by only using your body weight as resistance, you can add resistance by holding some weights, such as water bottles, books, rocks, or actual gym weights.

The feeling of coming close to failure won't be pleasant.

If it were easy, everyone would have a nice-looking bum.



EATING WELL ENOUGH

Sadly, just working hard enough won't bring you optimized results.

We also need to eat both well enough and enough.

Ideally, you should be in a slight caloric surplus during the length of the program. This means that you're consuming slightly more calories than you need to maintain your current weight.

You can easily get your maintenance calories by using any online calorie calculator. Then, add 250-500 kcal on top of that to be in a significant enough caloric surplus to gain muscle. Regarding protein, both men and women in resistance training are advised to consume anywhere from 1.7 to 2.2 grams of protein per kilogram of body weight. This translates to about 0.78 to 1 gram of protein per pound of body weight.

The ratio of fat and carbs consumed depends on the individual, although we always advise having a balanced diet.

THE PROGRAM

Now that we got everything out of the way let's get down to business!

You can choose between two programs: one beginner and one advanced program.

If you're new to working out, we suggest starting with the beginner one and then progressing to the advanced one when you get strong enough.

Both programs are four weeks long and have 12 workouts in total, meaning you'll be doing three workouts per week.

If the prescribed reps are too much for you to handle, you can bring them down a bit; just make sure you write the numbers down to keep track of your progress.

The same goes for the rest in between sets- you can prolong it if you feel you aren't recovering fast enough to complete the next set.

This is NOT a circuit workout, meaning you must complete all sets of a given exercise before moving on to the next.





BEGINNER

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WEEK 1

MONDAY

Exercise	Sets	Reps	Rest
Free Squat	3	10	1
Glute Bridge	3	12	1
Single Leg Deadlift	2	10	1
Clamshells	3	20	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Split Squat	3	10	1
Glute Bridge	3	12	1
Donkey Kick	3	10	1
Clamshells	2	20	1

FRIDAY

Exercise	Sets	Reps	Rest
Free Squat	3	8	1
Glute Bridge	3	12	1
Single Leg Deadlift	2	10	1
Clamshells	3	20	1

MONDAY

Exercise	Sets	Reps	Rest
Free Squat	3	12	1
Glute Bridge	3	12	1
Single Leg Deadlift	3	10	1
Side Lying Abduction	3	20	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Reverse Lunge	3	10	1
Feet Elevated Glute Bridge	3	12	1
Leg Swing	3	10	1
Clamshells	2	20	1

FRIDAY

Exercise	Sets	Reps	Rest
Free Squat	3	12	1
Glute Bridge	3	12	1
Single Leg Deadlift	3	10	1
Side Lying Abduction	3	10	1

MONDAY**WEEK 3**

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	10	1
Feet Elevated Glute Bridge	3	12	1
Single Leg Deadlift	3	10	1
Side Lying Abduction	3	12	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Split Squat	3	12	1
Glute Bridge	3	12	1
Leg Swing	3	10	1
Donkey Kick	2	10	1
Clamshells	3	20	1

FRIDAY

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	10	1
Feet Elevated Glute Bridge	3	12	1
Single Leg Deadlift	3	10	1
Side Lying Abduction	3	12	1

MONDAY

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	10	1
Single Leg Hip Thrust	3	10	
Single Leg Deadlift	3	10	1
Side Lying Abduction	3	12	1
Donkey Kick	3	10	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Curtsy Lunge	3	10	1
Hip Thrust	3	15	1
Frog Pump	3	15	1
Clamshells	3	20	1

FRIDAY

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	10	1
Single Leg Hip Thrust	3	10	1
Single Leg Deadlift	3	10	1
Side Lying Abduction	3	12	1
Donkey Kick	3	10	1



ADVANCED

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MONDAY

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	12	1
Feet Elevated Glute Bridge	3	12	1
Single Leg Deadlift	3	10	1
Donkey Kicks	3	12	1
Clamshells	3	20	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	12	1
Single Leg Hip Thrust	3	12	1
Single Leg Deadlift	3	10	1
Donkey Kicks	3	12	1
Side Lying Abduction	3	12	1

FRIDAY

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	12	1
Feet Elevated Glute Bridge	3	12	1
Single Leg Deadlift	3	10	1
Donkey Kicks	3	12	1
Clamshells	3	20	1

MONDAY

WEEK 2

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	12	1
Feet Elevated Glute Bridge	3	12	1
Side Lying Abduction	3	10	1
Donkey Kicks	3	12	1
Clamshells	3	20	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Bulgarian Split Squat	3	12	1
Curtsy Lunge	3	10	1
Single Leg Hip Thrust	3	12	1
Donkey Kicks	3	12	1
Side Lying Abduction	3	12	1

FRIDAY

Exercise	Sets	Reps	Rest
1 & 1/2 Squat	3	12	1
Feet Elevated Glute Bridge	3	12	1
Side Lying Abduction	3	10	1
Donkey Kicks	3	12	1
Clamshells	3	10	1

MONDAY

WEEK 3

Exercise	Sets	Reps	Rest
Eccentric Skater Squat	3	8	1
1 & 1/2 Squat	3	12	1
Frog Pump	3	15	1
Side Lying Abduction Raise	3	10	1
Donkey Kick	3	12	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Reverse Lunge	3	12	1
Deficit Glute Bridge	3	12	1
Leg Swing	3	10	1
Donkey Kicks	3	10	1
Clamshells	3	20	1

FRIDAY

Exercise	Sets	Reps	Rest
Eccentric Skater Squat	3	12	1
1 & 1/2 Squat	3	12	1
Frog Pump	3	15	1
Side Lying Abduction Raise	3	12	1
Donkey Kick	3	12	1

MONDAY**WEEK 4**

Exercise	Sets	Reps	Rest
Eccentric Skater Squat	3	8	1
Bulgarian Split Squat	3	12	1
Frog Pump	3	20	1
Side Lying Abduction	3	12	1
Donkey Kick	3	12	1

WEDNESDAY

Exercise	Sets	Reps	Rest
Curtsy Lunge	3	10	1
Single Leg Hip Thrust	3	12	1
Frog Pump	3	15	1
Clamshells	3	20	1
Donkey Kick	3	12	1

FRIDAY

Exercise	Sets	Reps	Rest
Eccentric Skater Squat	3	8	1
Bulgarian Split Squat	3	12	1
Frog Pump	3	20	1
Side Lying Abduction Raise	3	12	1
Donkey Kick	3	12	1