

**The BEST GLUTE
exercises (featuring
science) with Gym and
Home Variations
for a stronger,
bigger peach.**



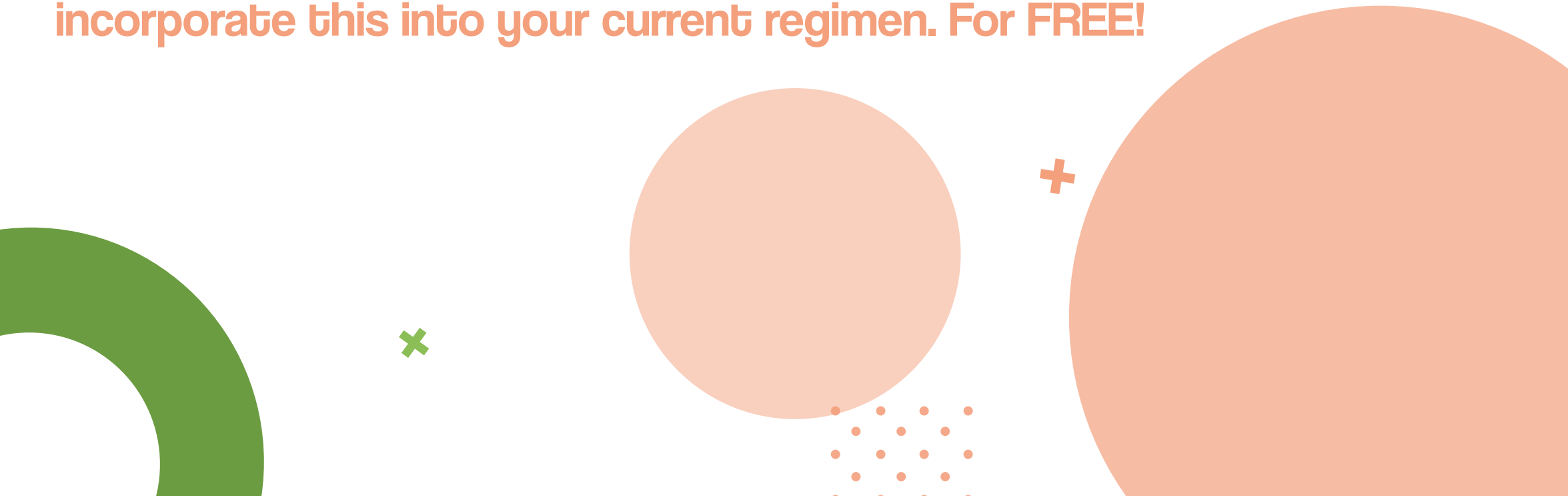
JLPEACH
FITNESS 

Thanks for downloading my new FREE glute guide!



In this guide I will go through the best exercises that recruit your glute muscles to the max! We will visit the science behind your glutes and everything you need to know to build those strong and sexy curves.

I will also throw in a weeks' worth of workouts so you can incorporate this into your current regimen. For FREE!



This guide is going to cover:



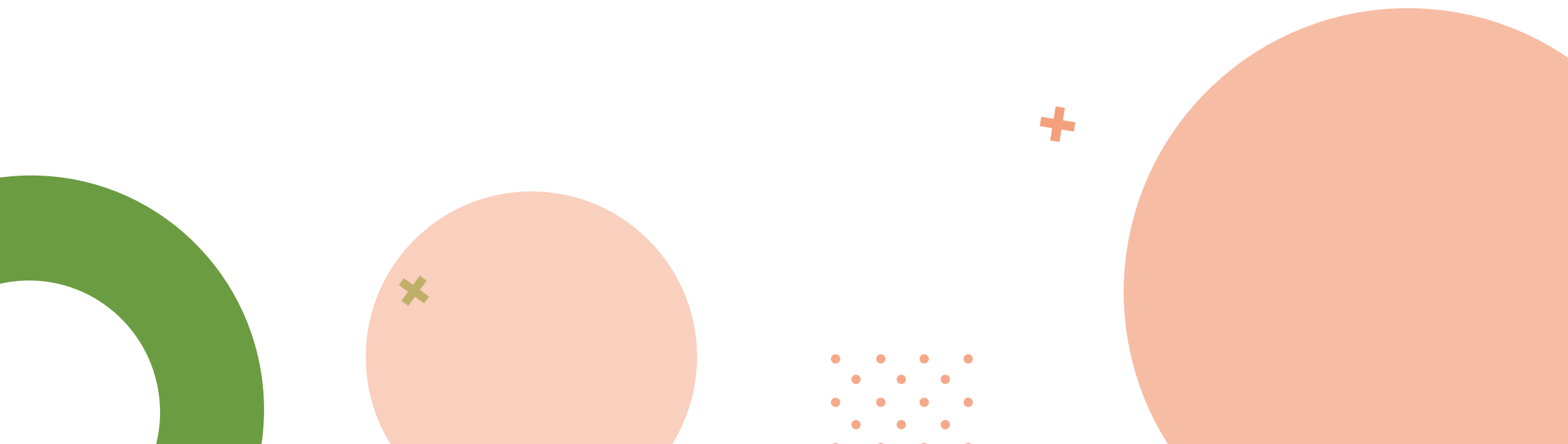
1. The anatomy of the glutes.
2. Terminology.
3. Exercises that really recruit those glute muscles.
4. Home and gym versions of each exercise with video demos.
5. How to work out your calories – You will find the link to my FREE calorie calculator dotted around this booklet.
6. How to set up a workout routine to really prioritise your glutes.
7. Progressive overload.



Are you struggling to develop and strengthen your glutes?



You've come to the right place. In this booklet I will educate and empower you with some of my favourite exercises that will give you those stronger, sexier glutes. First off! Let's go through some terminology that you'll need to know as it'll be used throughout this guide and you will probably hear it down the line. It's also good to broaden your knowledge too!



Terminology



Your glutes are made up of 3 areas: glute medius, glute maximus and glute minimus.

The glute max is the largest of the glute muscles. It is also the most superficial on producing the shape of the glute. It slopes across the buttock at a 45 degree angle. It is the main extensor of the thigh and assists in lateral rotation.

The glute medius is fan shaped and lies between the maximus and minimus. It assists in abductions and medially rotates around the lower limb.

The glute minimus is the deepest and smallest muscle of the three. It has a similar shape and function to the medius.



Anterior and Posterior Pelvic Tilt

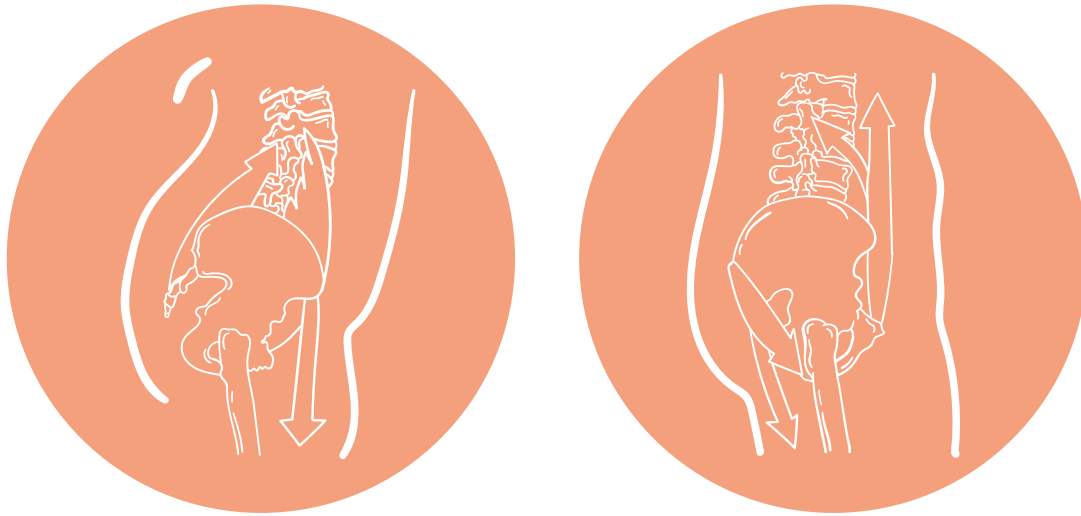
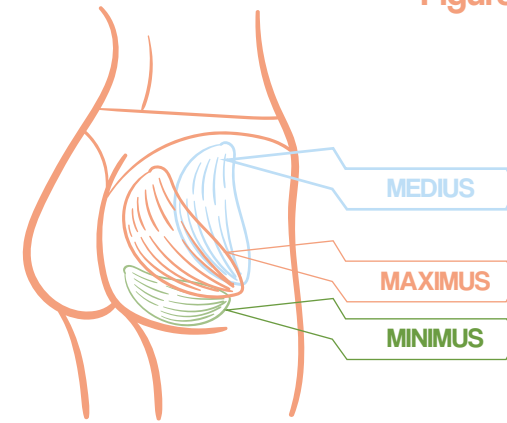


Figure 1



The glutes are a powerful muscle group that play a key role in many movements and everyday life.

They have the added benefit of looking good when they are well developed on both men and women.

They are also a muscle group that many tend to struggle with developing and strengthening. Having poor glutes can lead to problems and imbalances that can extend elsewhere in the body.

It's my job as a coach to educate you, empower you and guide you along the way. All of my clients receive a custom workout and meal plan to assist them in their progress. All include education and are custom to your needs. Ready to get confident and feel sexy? Then click the link below to get your tailored workout and meal plan.

www.jlpeach.com



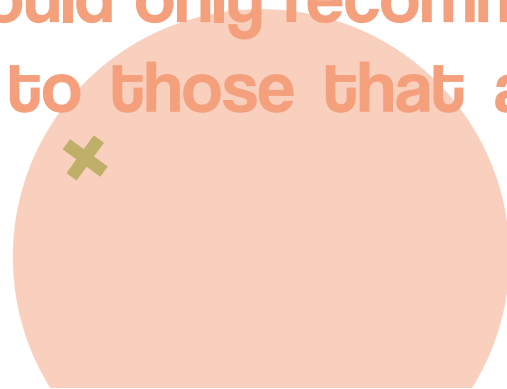
A still life composition of healthy food items arranged on a rustic, textured surface. In the foreground, a large, fresh salmon fillet is garnished with a sprig of rosemary. To its left, a halved avocado shows its creamy flesh and dark pit. Behind the avocado, two small white ceramic bowls are filled with different types of seeds or nuts. Scattered around these items are various whole and sliced nuts, including almonds and walnuts. In the bottom right corner, a silver fork and knife are partially visible. The entire scene is overlaid with a semi-transparent dark green filter, and the word "NUTRITION" is prominently displayed in the center in a bold, white, sans-serif font, underlined.

NUTRITION

This is something that I get asked everyday. “What should I eat in order to grow my glutes?” It’s not necessarily about what you eat, rather your overall calorie consumption and prioritising your protein. Let me enlighten you:

- You can grow your glutes in a calorie deficit
- You can grow your glutes at maintenance calories
- You can grow your glutes in a calorie surplus

As to which of the above 3 you fall into really depends on your current weight. My best advice on this is if you’re already at a weight that you’re happy with then stick to maintenance calories. If you feel like you would like to drop a few lbs or have some fat to lose then calorie deficit is the way to go. I would only recommend going into a surplus to experienced gym goers or to those that are on the slender side and wanting to build muscle.



If you want to discuss this in more depth then get in touch with me [here](#)

In order for you to work this out I will make this simple. Click here to use my FREE calorie calculator: www.jlpeach.com/calorie-calculator

Whether you get your protein from your food or supplements as a top up, protein has a lot of scientific research over the years to show that protein supports your satiety levels, supports muscle development and recovery.

Carbs are not the enemy. Do not be afraid of them. Carbs are here to fuel your body and without them you won't have the adequate energy to perform your exercises to your fullest potential, and you're more likely to feel lethargic which can hinder your performance and increase the risk of injury.

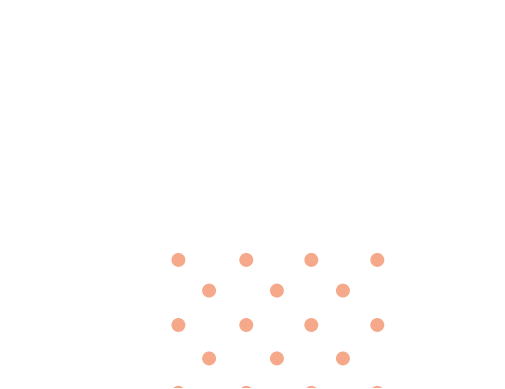
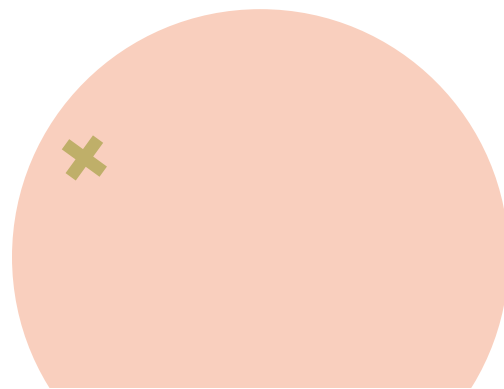


IMPLEMENTING THE RIGHT VARIETY GLUTE EXERCISES FOR AMAZING RESULTS



The first step in building amazing glutes is to understand that they are designed to do more than just deadlift and squat. By implementing the right variety of glute exercises you can experience much more overall growth and strength in different regions and muscles that make up your glutes.

It's important to note that the best exercises for glutes will vary from person to person. Whilst glute bridges work best for me, hip thrusts maybe better for you in terms of your muscle recruitment and engagement.



Generally speaking though, if we want to maximise our glute development then you will need to ensure that you're training them with at least one exercises from the following categories:

1. Thrust/bridge exercises – Focus on the upper and lower glutes. They provide the most amount of tension on the glutes when they are in a fully contracted position.
2. Squat/lunge exercise- Focus on the lower glutes and quads. They provide the most amount of tension on the glutes when they are in a fully stretched position.
3. Hinge/pull exercises – Focuses on the lower glutes and hamstrings.
4. Abduction movement – Focuses on the upper glutes by targeting the glute medius.

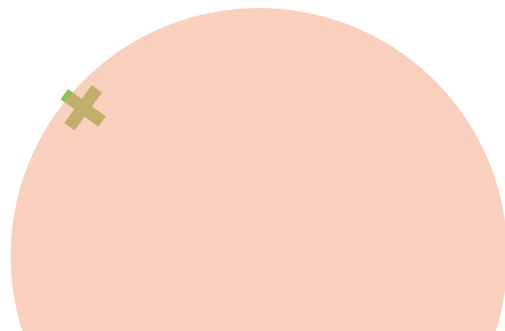
(The exercises mentioned are not limited to what is only mentioned in this PDF there are amazing other glute exercises that you can be doing too)



Next, it's a case of choosing an exercises from these 4 categories that helps provide total glute recruitment.

It's important to note that whilst these exercises focus on your glutes and you can prioritise them, you will also be recruiting your quad and hamstring muscles to some degree. Accept this – thick thighs are sexy.

As for what the best glute exercises are for each of these categories, that will vary individually but some options are just better than others. To help us out here I've taken inspiration based on the expertise of Bret Contreras (AKA The Glute Guy). A well known published researcher who has been studying glutes on 1000s of people of over a span of 20 years. The guy basically has a PHD in growing arse! What a legend.





1. Thrust/Bridge Exercises

HIP THRUST

The hip thrust is great for the entire gluteal region. See the video for a demonstration of the hip thrust. For the hip thrust you want to have your knees stacked over your heels. Avoid over extending at the top of the position and focus on squeezing your glutes as hard as you can at the top. It's important to avoid over extending and excessive anterior pelvic tilt.



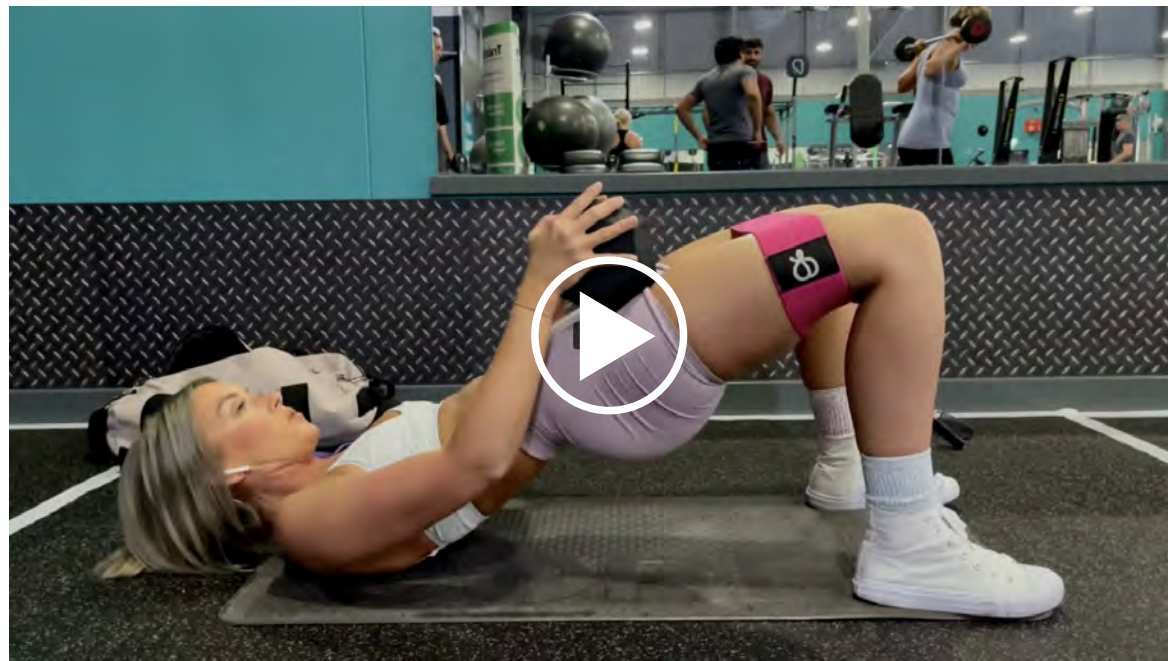


Contreras adds several variations of this which you can implement into your hip thrust: PPT (posterior pelvic tilt) This is where you're looking down, scooping the weight up and posteriorly tilting the pelvis into a lockout and hold for a pause at the top of the range of motion.

Working out from home with little equipment? Grab your resistance bands and dumbbells and use them. You don't need a lot of weight or volume. There are other principles of progressive overload that can come into play here that you can use in place of a barbell and still get great tension on the glutes:

- slow it down
- pause at the top for a good squeeze
- isometric and eccentric periods of focus
- extra reps and sets

If you don't have any equipment then implement a single leg bridge or single leg hip thrust:

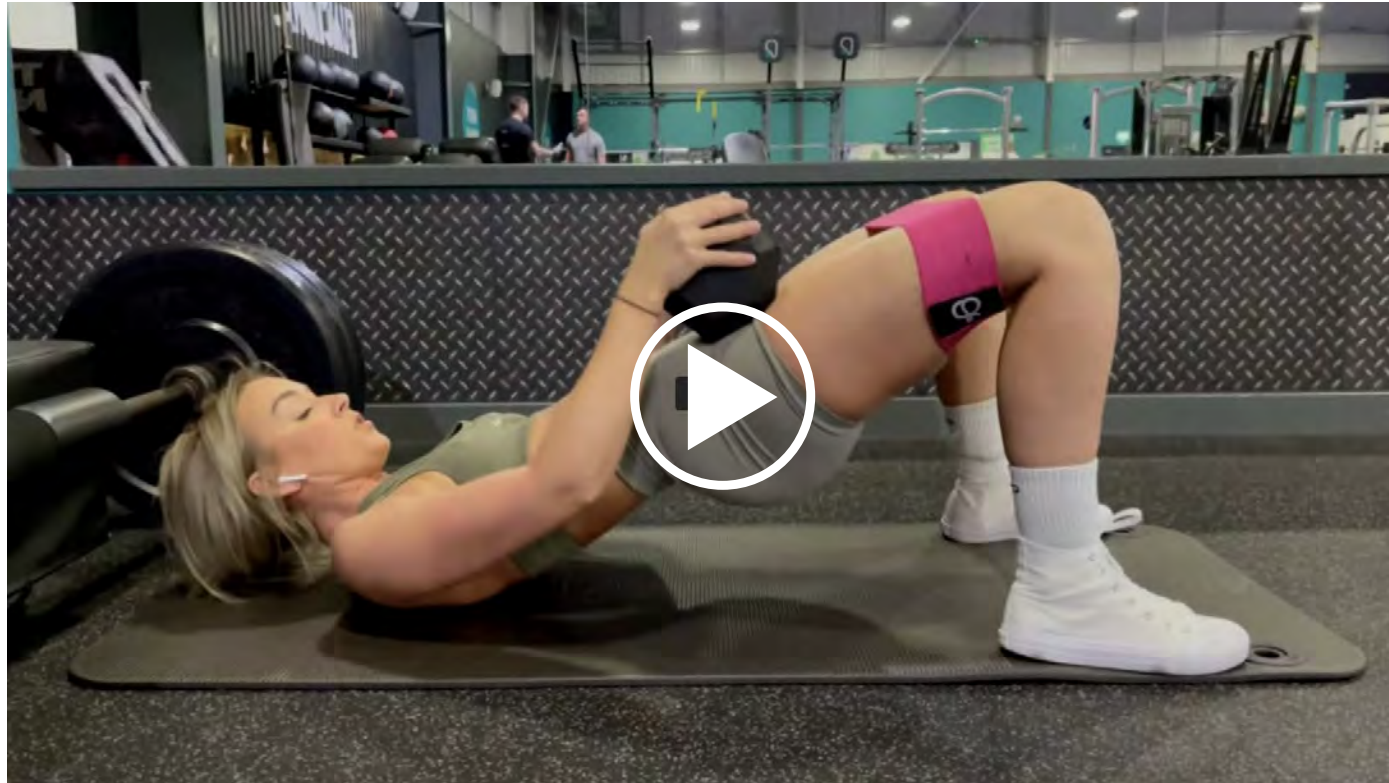


BRIDGE

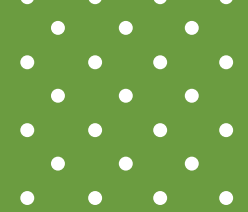
The glute bridge is an excellent alternative to the hip thrust. Lie down with your back to the floor. Bring your heels in with your knees bent towards your glutes. At this part you want to make sure that your back is flat to the ground. We want to remove the curve in the spine to decrease lumbar. By making sure your pelvis is posterior tilted you are ensuring a that your glutes are engaged to the max. This is also great for the mechanical tension at the top of the bridge too. See the video below on how to do this:



HOME VERSION:



Remember! Progressive overload is not just limited to adding volume all the time.
I've done a more indepth article for this on [JLPeach](#).



SQUAT LUNGE

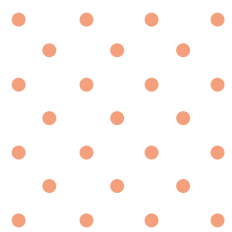
A squat/lunge movement primary targets the lower portion of the glutes and quads. Squats and lunges have a stretch in the muscle (aka eccentric phase). With walking lunges you get a really deep stretch in the glutes where you are more likely to get muscle damage. (When I refer to muscle damage – do not worry, it simply means muscle fibres breaking down more in order to build more muscle).

In terms of executing this muscle you want to do them in a way that the glute muscles are working the most.

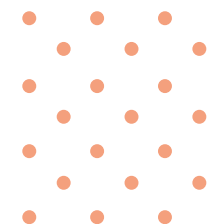
- Taking too short of a stride will work the quads more
- Taking too long of a stride will work the hamstrings more

Take a stride length such that your shin angle at the bottom of the movement is slightly forward. You want your front knee to line up with the front of your shoes. This is my personal take on form for this to maximise glute activation. You also want to lean your torso slightly. Focus on pushing through the heel and avoid letting the hips shut up – you want to keep control on the way down and on the way up.





SQUAT/LUNGE



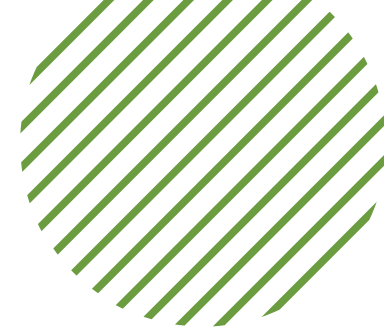
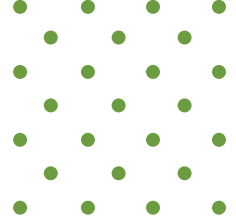
HOME VARIATION

A good alternative for those with limited equipment is a deficit reverse lunge. Elevate your front foot onto any elevated platform and perform it the way you would do a lunge (as mentioned above).



Are you enjoying learning about the science behind this exercise selection? Then you're going to absolutely love the JLPeach team. In your personalised coaching program I'll take you through your meal plan and educate you in achieving your full potential. I want to be your last coach!

Let's go!



HINGE/PULL

A hinge or pull exercise will primarily focus on the glutes and hamstrings. In a study, Contreras used EMG (procedure that evaluates the condition of muscles and the nerve cells that control them) analysis and concluded there was a huge spike in glute activation when doing a 45 degree hyper extension. In the study, Contreras notes that there is also a high hamstring activation too because the knees are in a much better position to produce a hamstring stretch when you're lowering down in the exercise.

There are 2 ways to do this:



NEUTRAL POSITION



The neutral position is going to work the hamstrings, glutes and erectors really well. So be sure to include this in your exercise regimen regardless. If you're trying to have a huge focus on the glutes you will want to try this alternative:

GLUTE VARIATION



By rounding your spine you will be shutting down the erectors in your lower back, which makes it a more glutes focused exercise. Turning your feet slightly outward too also creates a higher glute activation in the glute max.

HOME ALTERNATIVE

Reverse hyper extensions are great. Make sure you keep control. Contreras (and myself included) like to use straight legs when doing this exercise to ensure an emphasis on the glutes.



ABDUCTION: CLAM

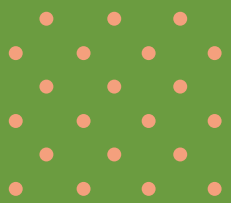
The final category, abductions! Abductions focus on the upper portion of the glutes. Body weight lying hip raise (aka Clam) is excellent for this. In the lowering of the exercise you have a great emphasis on the maximus and medius. At the top its going to focus more on the medius.





You can do this practically anywhere, so no home alternative is necessary. I'm going to give you another abduction exercise though... because I appreciate you getting this far into the guide. Seated band abductions are great to use if you have minibands at home:





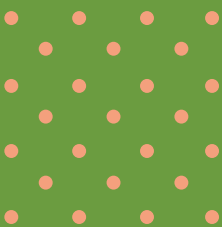
I sell these and you can buy a high quality set [HERE](#).

Seated banded hip abductions is a great glute isolation exercise all round. Wrap your mini band around your knees and perform the reps by pushing your knees out by using your upper glutes.

Try different seating positions on here:

1. Back straight up
2. Lean back slightly

These positions will help stimulate different fibres and regions of the glutes.





PUTTING A WORKOUT

PLAN TOGETHER

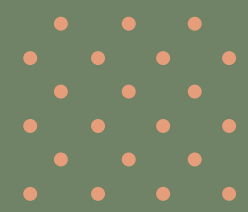


Now, just doing the above you have yourself an **EXCELLENT** workout right there when putting them all together which is something we will get to soon.

This raises the question, how do we implement these into a workout routine?



A couple of points you need to consider:



1. How often can you get to the gym?
2. How long will your sessions be?
3. How long does it take for me to recover?

Let's use an easy example:

Lisa, can get to the gym 5 days a week and she wants to grow her glutes.
She can spend around an hour at the gym per session and she recovers within a day or so.

Her weekly workout would look something like this:

Monday: lower

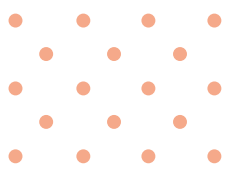
Tuesday: Upper/core

Wednesday: Lower

Thursday: Upper

Friday: Lower





As you can see she has a day off in between her lower body sessions so she can recover and continue to work on her other muscle groups. Recovery is PARAMOUNT for muscle development. It's important to work on your overall strength which you can do as you can see in the above example whilst still prioritising glutes. You shouldn't be training your glutes everyday.

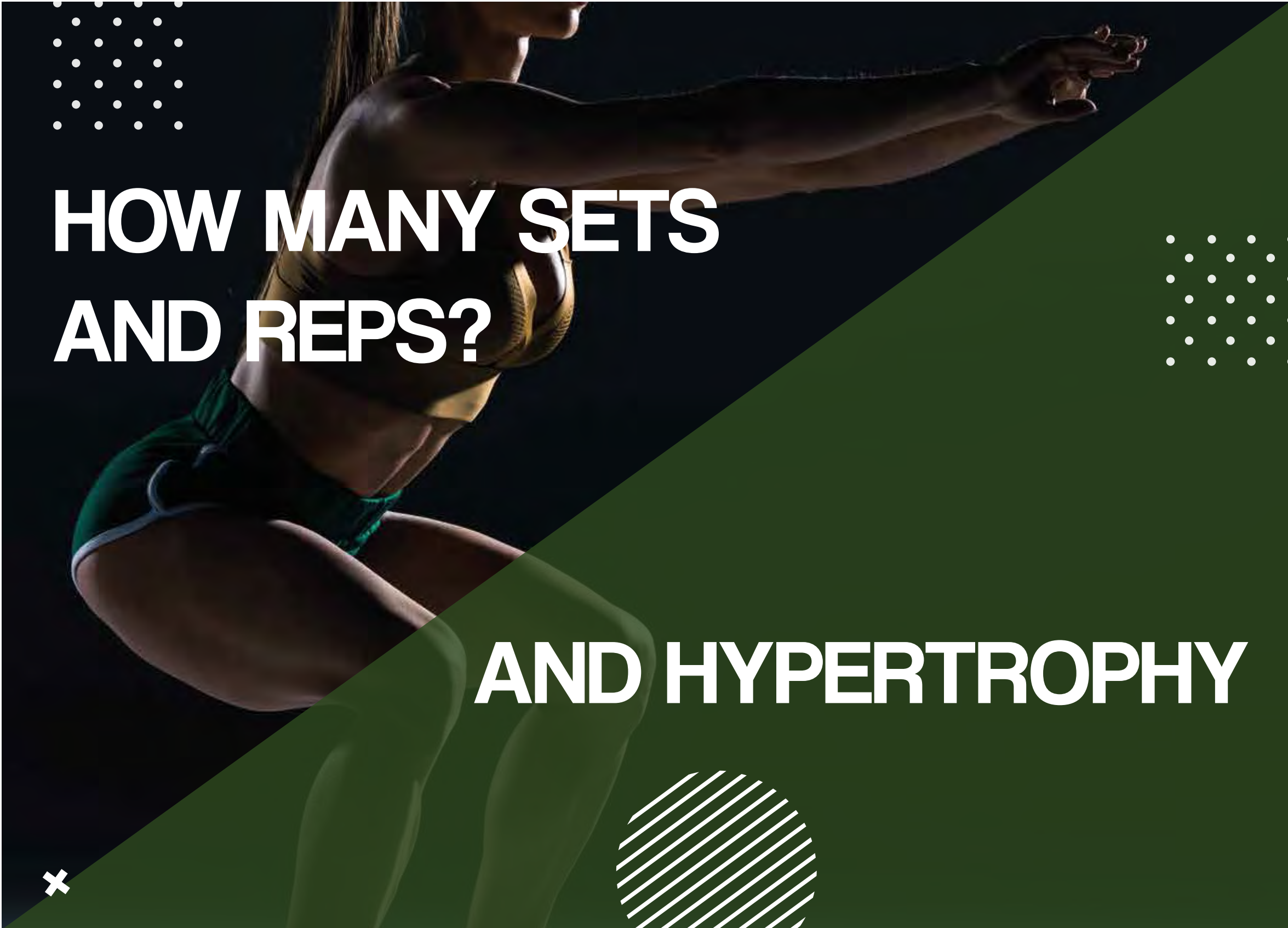
So, we know what a weekly plan would look like. How do we structure your session?

Your workout should always start with a warm up. Whether that's walking to the gym, glute activation, 5 mins on the cross trainer, be sure to build that heart rate up steady and get your muscles and body ready in order to reduce the risk of injury.

Begin your workouts with your heavier compound exercises. This would include squats, deadlifts, hip thrusts followed by your accessory moves. You can see this set out nicely in the way the above exercises are listed! We have started off with the heavier exercises first where you can focus on adding on some volume and add your accessory moves towards the end where you would tend to have unilateral exercises/light weighted exercises.

You can add these exercises into your weekly routine or perform it as a complete lower body workout on its own. With this information I'm hoping that you will take on the knowledge in order to help grow your glutes! It's important to train efficiently and you need pay close attention to your form and your exercise choice.

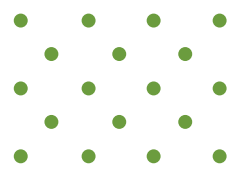




**HOW MANY SETS
AND REPS?**

AND HYPERTROPHY





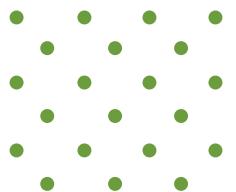
Most people are seeking strength or muscle growth, or both. It's very difficult to obtain one without the other. If your aim is to get stronger you will build muscle, if your aim is for muscle growth you will also increase your strength.

It is perfectly feasible to build muscle without going heavy.

I often recommend a lighter weight, therefore higher reps in 10, 12, 15 rep range for my clients. I do this not because lighter weight is just for muscle growth but also because you are more likely to get a muscle contraction which will in turn break down the muscle fibres and build muscle over time. Not only that, having a lighter weight you are also more likely to execute the form of the exercise you choose with excellent form and reduce the risk of injury. However, if you're wanting to build your strength on your dead lift or hip thrust then I would recommend reducing that rep range to the 6-8 otherwise you're not going to get much stimulus from doing that dead lift for 15-20 reps.

When it concerns hypertrophy (aka muscle growth) there are 3 principles to keep in mind:

- mechanical tension
- muscle damage
- metabolic stress





Now this is where Progressive Overload comes in. Progressive overload is not just limited to adding more volume. It's a great way to measure your progress over time by increasing the difficulty in other parts of a specific exercise and still building muscle over time. Some example of this include:

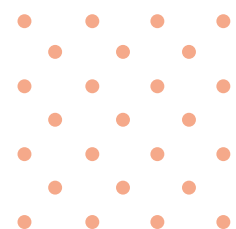
- slowing down on the eccentric
- pause reps (see example on the barbell pause hip thrust)
- increasing resistance
- tempo
- adding a $\frac{1}{4}$ rep

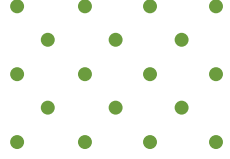
You can grow muscle and get stronger throughout a large spectrum of reps and sets. However, depending on the exercise and depending on the stimulus you want to get from it there are going to be certain rep ranges that may benefit you.

In a nut shell if you're wanting to gain strength in a particular exercise and you can consistently hit more than 5-6 reps for 3-4 sets with good form, then you're probably ready to increase that volume as it may not be enough.

For muscle growth you want to reach a rep range that you are contracting the muscle you are working on.

Example – Hip thrusts: In your first couple of reps, its easy. Towards the end of the rep range its getting more difficult as your muscle begins to contract and cramp.

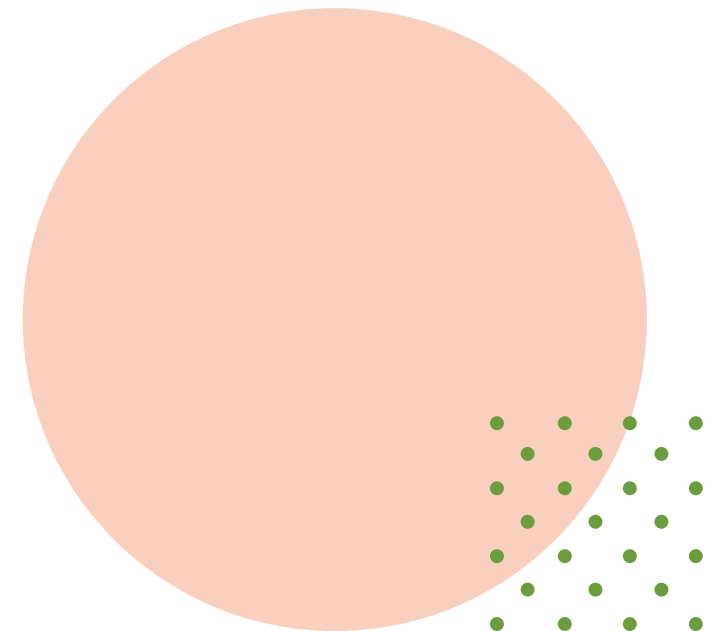




You want to make sure that by the time you finish that rep range you can feel that muscle contraction. You also want to make sure you have give this your ALL! Ensure that you are resting and focus on the contraction.

Contraction, range of motion, consistency, rest and progressive overload and keep a record so that you can track your rep range and weights over time.

For JLPeach clients I like to mix up the rep ranges to indicate when there is a heavier or lighter lift. Sets and rep range from 3-4 sets and reps between 6-15 depending on the exercise chosen and the client's goals.





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