



sculpt

Welcome to Sculpt's exclusive Glow up

Your bespoke guide to bigger glutes, strong legs and an hourglass shape

You will find four weeks of unique workouts that have helped me personally build a strong and toned physique

Workouts are structured so that weeks 1 & 2 are the same, and weeks 3 & 4 are the same, this will help keep the workouts fresh and keep you focused. You will notice that compound movements remain the same throughout and that only the uni lateral and accessory movement are adapted, this is so you can progressively start to overload and increase your weights on those big movements.

Alongside this insane programme I would recommend eating your maintenance calories to enable some muscle growth - especially in the glutes. Your nutrition is key to your fitness goals, so that goes hand and hand with this programme.

Please do not try and complete more than one workout in a day and allow yourself to rest in between, otherwise this can be counter productive, unless it's adding on the abs workout, this can be done any time and any day.

I hope you love these workouts, I personally do, and I hope they help you build a strong ass physique in all stages of my fitness journey. Please tag me in your workouts, and I encourage you to stick at this, and up your weights each week where you can.

Making the most of the programme

This programme is put together so you have your workouts at the ready and can start straight away, you have your goals in mind, and you are focussed on what you need to do. You simply need to follow it, don't cheat reps on your workouts, don't cut your workout short, complete each and every one and do it for you. Put the effort into yourself.

You won't feel motivated everyday, nobody does. But, be honest with yourself and don't not put in the work, let's get it done together.

The simplest thing to do is follow what's in front of you and ask me any questions you have. Enjoy your journey, post your sweaty selfies, get your 10k steps a day. We're in this together so let's make the most of it.

If you're new to fitness, or been training for a long time, this plan will get you the results you've been looking for.

In terms of foods, eat well, eat healthy, and eat in moderation. I would recommend tracking all of your foods via my fitness pal or your sculpt app if you want to make the most of the programme.

Finally, enjoy it. You chose to do this for you, so make sure you enjoy yourself along the way. The workouts will be tough, but you can do it, believe in yourself, stay consistent and the results will come.

Love Amy x

Let's workout

Understanding the workouts

All workouts are designed to get you looking and feeling strong and sculpted. They will be written in a table format of which will have specific column and row headers, meaning specific things for your workout such as reps, rest etc ..

	Exercise	Reps	Sets	Rest	Notes
A1	Squat	20	4	—	
A2	Squat jump	10	4	60seconds	
B1	Press up	15	3	60seconds	
C1	Plank	40seconds	2	20seconds	

If you see A1 / A2 in the first column, this means the exercise is to be completed back to back with no rest (superset). If you see A1 / B1 this means you complete A1 have your rest, and then B1.

Exercise column is the exercise you are completing, in the order you should complete them.

Reps is the amount of times you should perform that exercise to perform a complete set. For example the above table shows, 10 burpees, superset (straight into) 20 squats and you would then rest for 90 seconds.

Sets are the amount of sets you should do of your reps for each exercise so in the example above you will do a total of 40 burpees, 80 squats

Rest is the amount of time you should rest between each exercise, if you see — that means zero rest and straight into the next exercise, again this is a superset where we are performing 2 exercises without any rest.

Let's glow up

Weeks 1-2:

Lower body - glutes & quads focussed (warm up + adductor and abductor machines 3 sets of 15 on each)

	Exercise	Reps	Sets	Rest	Notes
A1	Barbell RDL	8	4	2 minutes	
B1	Seated hamstring curl	10	4	2 minutes	
C1	Pendulum squat	10	3	2 minutes	
C2	DB goblet squat	10	3	-	3 second negative
D1	Barbell hip thrust	8	4	2 minutes	
E1	Walking lunge	4 lengths	3	60 seconds	2 lengths with db 2 bodyweight
F1	100 calorie erg bike				

Pull - upper body (1k row warm up + 5 minutes dynamic warm up)

	Exercise	Reps	Sets	Rest	Notes
A1	Hammer strength machine row	10	4	2 minutes	
B1	Narrow grip cable row	10	4	2 minutes	Single arm into both
C1	Lat pull down	8 each arm	3	-	
C2	Upright row (kb or plate)	10		2 minutes	
D1	Standing straight bar pull down	12	-	-	
D2	Bicep curl ez bar	12	3	2 minutes	
E1	Ski 100 calories 5 burpees every 200 metres		1		For time

Total quads - (5-10 minutes dynamic warm up first)

	Exercise	Reps	Sets	Rest	Notes
A1	Back squat	8	4	2 minutes	
B1	Leg press 45degree	10	4	2 minutes	
C1	Leg extension	12	-		
C2	Goblet squat	12	3	2 minutes	
D1	Split squat	10 per leg	3	2 minutes	
E1	Erg bike 500m				20 minute amrap (as many rounds as possible)
E2	Db squat jumps	15	-		
E3	Bodyweight squat	10	-		

Total upper body - push & pull (5 minutes dynamic warm up first)

	Exercise	Reps	Sets	Rest	Notes
A1	Barbell bent over row	10	-	-	
A2	Db lateral raise	10	3	2 minutes	
B1	Seated shoulder press	6 heavy into 10 moderate/ heavy	3	2 minutes	
C1	Narrow grip lag pull down	10	-	-	
C2	Cable bicep curl	10	3	2 minutes	
D1	Db push press	10	3	2 minutes	
E1	Tricep extension	15	3	2 minutes	
F1	Ski	200m	10	-	
F2	Devil press	6		2 minutes	

Weeks 3-4:

Lower body - glute focussed (5-10 minutes dynamic warm up first)

	Exercise	Reps	Sets	Rest	Notes
A1	Barbell rdl	8	4	2 minutes	
B1	Bulgarian split squat db into bodyweight	8/8 per leg	3	2 minutes	db straight into bodyweight then swap legs
C1	Glute bridge	10	-	-	
D1	Db deficit reverse lunge	10 per leg	3	2 minutes	
E1	Glute kickback machine	12 per leg	3	2 minutes	
F1	200m prowler push				4x20kg plates

Total lower body - (5-10 minutes dynamic warm up first)

	Exercise	Reps	Sets	Rest	Notes
A1	Front squat	10	4	2 minutes	
B1	Lying hamstring curl	10	-	-	
C1	Hip thrust	10	3	2 minutes	
D1	Leg extension	10	-		
D2	Db RDL	10	3	2 minutes	
E1	Assault bike	15 rounds	-		30 on 30 off aim for 8-10 calories every 30 seconds

Pull - upper body (1k row warm up + 5 minutes dynamic warm up)

	Exercise	Reps	Sets	Rest	Notes
A1	Wide grip Lat pull down	10	4	2 minutes	
B1	Single arm hammer strength seated row	10 per arm	3	2 minutes	Single arm into both
C1	Rear delt machine fly	15	3	-	
C2	Kb upright row	10		2 minutes	
D1	Assisted pull up machine	8	3	2 minutes	

	Exercise	Reps	Sets	Rest	Notes
E1	Db bicep curl	12	3	2 minutes	
F1	Row 2k		1		For time

Full body fit

	Exercise	Reps	Sets	Rest	Notes
A1	2k bike erg		3		
A2	25 goblet squat				
A4	20 over head alternate lunge			2 minutes	
B1	500m ski		3		
B2	25 wall balls				
B3	15 db push press			2 minutes	

Core/Abs - feel free to add at the end of any session on any week, or complete on a rest day

30 of each, then 20, then 10

	Exercise	Reps	Sets	Rest	Notes
A1	Plated V sit	30/20/10	1	—	
A2	Leg raise	30/20/10			
A3	Plate sit up	30/20/10			

20 reps of everything, each exercise X2

	Exercise	Reps	Sets	Rest	Notes
A1	Oh head standing march	20	2	—	
A2	Lying alternating toe tap	20	2		
A3	Ghd sit up	20	2		
A4	Crunch	20	2		
A5	Kb pass around	20	2		
A6	Kb swing	20	2		

