



FITTED / MERMAID / SLIT DRESS PROGRAM

Focus: Glutes, Legs, Hips, and Lower-Body Shape

6-Month Wedding Workout Program

Designed to build stronger glutes, firmer legs, better hip shape, and lower-body confidence for fitted gowns, mermaid dresses, reception dresses, and high-slit styles.

Best For	Weekly Structure	Program Length
Mermaid, fitted, high-slit, mini reception dress, honeymoon looks	3 lifting days + 3 cardio days per week	24 weeks / 6 months

Designed for progressive strength, clean conditioning, improved posture, and a polished dress-ready look without relying on crash workouts or last-minute extremes.

- Use loads that allow clean form and 1-3 reps left in reserve on most sets.
- Increase resistance gradually when the top end of the rep range is completed with good technique.
- Reduce intensity during the final 7-10 days before the wedding or photo shoot.
- For injuries, medical restrictions, pregnancy, or postpartum concerns, modify with medical clearance and professional supervision.



How To Use This Program

This is a 24-week training plan built around a specific dress-focused outcome. The weekly structure stays consistent so the bride can build rhythm, confidence, and measurable progress. The exercise selection progresses through phases: foundation, base strength, shape, progressive overload, sculpting, and final taper.

- Training frequency: 6 days per week, with 3 lifting days and 3 cardio days.
- Primary strength goal: progressive overload with clean form, not random fatigue.
- Primary cardio goal: improve conditioning and support body composition while preserving muscle tone.
- Primary dress focus: glutes, legs, hips, hamstrings, quads, calves, and lower-body shape.
- Recovery rule: if soreness interferes with movement quality, reduce weight, sets, or interval intensity for that week.

Weekly Schedule

Day	Session	Purpose
Monday	Lift Day 1	Primary dress-focus strength day
Tuesday	Cardio Day 1	Zone 2 steady cardio
Wednesday	Lift Day 2	Secondary strength and sculpt day
Thursday	Cardio Day 2	Interval cardio
Friday	Lift Day 3	Full-body support + dress-focus work
Saturday	Cardio Day 3	Incline, tempo, or conditioning cardio
Sunday	Rest	Mobility, light walking, stretching, recovery

6-Month Progression Overview

Phase	Focus	Training Direction
Month 1	Foundation	2-3 sets, 12-15 reps, moderate effort. Learn form, posture, breathing, and exercise setup.
Month 2	Base Strength	3 sets, 10-12 reps. Increase resistance gradually while keeping controlled reps.
Month 3	Shape and Volume	3-4 sets, 8-12 reps. Add supersets or a small amount of extra accessory volume.
Month 4	Progressive Overload	4 sets on key lifts, 6-10 reps on main movements, 12-15 reps on sculpting work.
Month 5	Sculpt and Condition	3-4 sets, 10-20 reps. Add finishers, shorter rest, and slightly higher training density.
Month 6	Polish and Taper	Maintain tone, reduce soreness risk, lower volume in the final 1-2 weeks, and avoid new exercises.

Intensity Guide

- RPE 6: moderate effort; 4 or more reps left in the tank.
- RPE 7: challenging but controlled; about 3 reps left in the tank.
- RPE 8: hard but clean; about 2 reps left in the tank.
- RPE 9: very hard; usually save this for experienced clients and avoid near the wedding.
- Most sets should stay at RPE 7-8. Do not turn every workout into a max-effort session.

24-Week Progression Map



Timeline	Phase	What Changes
Weeks 1-4	Foundation	Use conservative loads, learn each pattern, track baseline weights, and avoid extreme soreness.
Weeks 5-8	Base Strength	Increase weights by small jumps. Keep cardio consistent. Improve rep quality and tempo.
Weeks 9-12	Shape	Add one extra set to key dress-focus movements or add a short finisher once per week.
Weeks 13-16	Overload	Prioritize heavier main lifts. Keep accessory work controlled and precise.
Weeks 17-20	Sculpt	Use supersets, shorter rest, higher-rep finishers, and slightly longer cardio sessions.
Weeks 21-22	Maintain	Keep intensity moderate-high but reduce unnecessary volume. No new exercises.
Week 23	Taper	Reduce total sets by 25-30%. Keep light pump work and easy-moderate cardio.
Wedding Week	Fresh and Polished	Use light movement, walking, mobility, and 1-2 easy sculpt sessions. Avoid soreness.



Lift Day 1 - Glutes + Hamstrings

This is the primary glute-building day. The goal is strong hip extension, hamstring shape, and a lifted lower-body look for fitted silhouettes.

Warm-Up - 8 to 10 Minutes

- Light cardio for 5 minutes.
- Glute bridges - 2 sets of 15.
- Banded lateral walks - 2 sets of 12 each direction.
- Hip hinge drill - 2 sets of 10.
- Bodyweight reverse lunges - 1 set of 10 per side.

Main Workout

1. Barbell or Dumbbell Hip Thrust

Phase	Prescription
Month 1	3 sets of 12 reps
Month 2	3 sets of 10-12 reps
Month 3	4 sets of 8-12 reps
Month 4	4 sets of 6-10 reps
Month 5	4 sets of 10-12 with 2-second squeeze
Month 6	3 sets of 10, moderate load

- Pause at the top.
- Keep ribs down and avoid over-arching.
- Drive through the heels.

Why it matters: the main glute-building movement for lower-body shape.

2. Romanian Deadlift

3-4 sets of 8-12 reps.

- Push hips back.
- Keep dumbbells or bar close to the body.
- Lower slowly and stand tall.

Why it matters: targets hamstrings and glutes for the back-of-leg line.

3. Walking Lunge

3 sets of 10-12 per leg.

- Use a long enough step to involve glutes.
- Keep front knee controlled.
- Push through the front heel.

Why it matters: develops glutes, quads, and balance.

4. Cable Pull-Through or Kettlebell Deadlift

3 sets of 12-15 reps.

- Hinge, do not squat the movement.
- Squeeze glutes at the top.
- Keep spine neutral.

Why it matters: reinforces the hip hinge and glute drive.

5. Seated or Lying Hamstring Curl

3 sets of 10-15 reps.

- Curl smoothly.
- Pause briefly when fully contracted.
- Lower slowly.

Why it matters: adds hamstring shape and knee-flexion strength.

6. Cable Glute Kickback

3 sets of 12-15 per side.

- Move from the hip.
- Do not swing.
- Keep core braced.

Why it matters: adds direct glute isolation and shape.

7. Banded Hip Abduction

2-3 sets of 20 reps.

- Keep tension on the band.
- Do not rock the torso.
- Control the return.

Why it matters: targets side glutes and hip shape.

Optional Month 5 Finisher

Use this in Month 5 when recovery is good.

- Hip thrust - 15 reps.
- Banded abduction - 25 reps.
- Bodyweight reverse lunge - 12 per side.
- Glute bridge hold - 30 seconds.
- Complete 2-3 rounds.

Lift Day 2 - Legs + Glutes

This day emphasizes quads, glutes, inner thighs, and balanced leg strength. It is useful for fitted gowns, leg slits, and short reception dresses.

Warm-Up - 8 to 10 Minutes

- Light cardio for 5 minutes.
- Bodyweight squats - 2 sets of 12.
- Step-ups - 1 set of 10 per side.
- Banded lateral walks - 2 sets of 12 each direction.

Main Workout

1. Goblet Squat or Front Squat

Phase	Prescription
Month 1	Goblet squat - 3 sets of 12
Month 2	Heavier goblet squat - 3 sets of 10-12
Months 3-4	Front squat or heavier dumbbell option - 4 sets of 8-10
Month 5	Squat to reverse lunge superset option
Month 6	Moderate load, clean reps, avoid soreness

- Keep chest tall.
- Knees track over toes.
- Control depth and tempo.

Why it matters: builds quads, glutes, and total lower-body control.

2. Bulgarian Split Squat

3 sets of 8-10 per side.

- Use a slight forward torso angle for more glute emphasis.
- Keep the front foot planted.
- Move slowly.

Why it matters: excellent for glutes, quads, balance, and shape.

3. Leg Press

3 sets of 10-12 reps.

- Use a moderate-to-high foot position for more glute involvement.
- Do not lock knees aggressively.
- Control the lowering phase.

Why it matters: adds leg volume safely when loaded well.

4. Step-Up

3 sets of 10 per side.

- Drive through the heel.



- Stand fully tall at the top.
- Control the step down.

Why it matters: builds glutes and single-leg strength.

5. Inner Thigh Cable Adduction or Machine Adduction

3 sets of 12-15 reps.

- Use controlled range.
- Do not swing.
- Pause at the squeeze.

Why it matters: helps support inner-thigh tone for fitted or slit dresses.

6. Standing Calf Raise

3 sets of 12-20 reps.

- Pause at the top.
- Lower slowly.
- Use full range.

Why it matters: adds lower-leg finish and ankle strength.

7. Plank

3 sets of 30-60 seconds.

- Keep hips level.
- Brace the core.
- Avoid sagging.

Why it matters: supports posture and waistline control.



Lift Day 3 - Glute Sculpt + Full Body

This day reinforces glute shape while maintaining upper-body balance and core stability. It should not destroy the legs right before social events or fittings.

Warm-Up - 8 to 10 Minutes

- Light cardio for 5 minutes.
- Glute bridge - 2 sets of 15.
- Bodyweight squat - 2 sets of 10.
- Band abduction - 2 sets of 15.

Main Workout

1. Deadlift Variation

Trap bar deadlift, dumbbell deadlift, or kettlebell deadlift - 3-4 sets of 8-10 reps.

- Push through the floor.
- Keep spine long.
- Finish tall without leaning back.

Why it matters: builds glutes, hamstrings, and total-body strength.

2. Reverse Lunge

3 sets of 10-12 per side.

- Step back under control.
- Slight torso lean is okay.
- Push through the front heel.

Why it matters: usually knee-friendly and excellent for glutes.

3. Single-Leg Romanian Deadlift

3 sets of 8-10 per side.

- Keep hips square.
- Reach the back leg long.
- Move slowly.

Why it matters: builds hamstrings, glutes, and balance.

4. Cable Hip Abduction

3 sets of 12-15 per side.

- Stand tall.
- Keep pelvis still.
- Lead with the heel slightly.

Why it matters: targets side glutes and hip shape.

5. Dumbbell Chest Press

3 sets of 10-12 reps.



- Keep shoulder blades set.
- Press smoothly.
- Avoid bouncing.

Why it matters: keeps the upper body balanced.

6. Seated Row

3 sets of 10-12 reps.

- Squeeze shoulder blades.
- Keep posture tall.
- Control the return.

Why it matters: supports posture and balances lower-body work.

7. Dead Bug or Pallof Press

3 sets of 10 per side.

- Brace without holding breath.
- Move slowly.
- Keep ribs down.

Why it matters: core stability without overworking hip flexors.

Optional Month 5 Finisher

Use for glute emphasis in Month 5.

- Cable kickback - 15 per side.
- Banded lateral walk - 15 each direction.
- Bodyweight squat - 20 reps.
- Glute bridge hold - 30 seconds.
- Complete 2 rounds.

Cardio Program

The cardio plan supports conditioning, body composition, recovery, and confidence without replacing strength training. Cardio intensity should progress slowly enough that lifting quality does not fall apart.

Because this plan emphasizes glutes and legs, avoid turning every cardio session into hard running or maximal stair climbing. Use lower-impact options when legs feel heavy.

Cardio Day 1 - Zone 2 Steady Cardio

Choose treadmill walking, outdoor walking, elliptical, bike, or another low-impact option. Intensity should feel like a 5-6 out of 10. The bride should be able to speak in short sentences.

Phase	Duration	Coaching Focus
Month 1	25-30 minutes	Build consistency and aerobic base.
Month 2	30-35 minutes	Add 5 minutes as tolerated.
Month 3	35-40 minutes	Maintain steady breathing and upright posture.
Month 4	40-45 minutes	Longer steady sessions; avoid turning it into intervals.
Month 5	45 minutes	Peak steady cardio volume.
Month 6	30-40 minutes	Maintain conditioning while reducing fatigue near wedding week.

Cardio Day 2 - Intervals

Use bike, elliptical, treadmill, rower, or outdoor intervals. Hard efforts should be challenging but controlled, not all-out sprinting every time.

Phase	Interval Structure
Month 1	5-minute warm-up; 8 rounds of 30 seconds hard / 90 seconds easy; 5-minute cool-down
Month 2	5-minute warm-up; 10 rounds of 30 seconds hard / 90 seconds easy; 5-minute cool-down
Month 3	5-minute warm-up; 10 rounds of 45 seconds hard / 75 seconds easy; 5-minute cool-down
Month 4	5-minute warm-up; 12 rounds of 45 seconds hard / 75 seconds easy; 5-minute cool-down
Month 5	5-minute warm-up; 10 rounds of 60 seconds hard / 60 seconds easy; 5-minute cool-down
Month 6	5-minute warm-up; 8 rounds of 30-45 seconds hard / 90 seconds easy; skip hard intervals during wedding week

Cardio Day 3 - Incline Walk / Stair Conditioning

Use incline walking, stair climber, outdoor hills, or elliptical resistance. Keep posture tall and avoid leaning heavily on the rails.

Phase	Plan
Month 1	20-25 minutes; easy-moderate incline or resistance
Month 2	25-30 minutes; increase incline/resistance slightly
Month 3	30-35 minutes; maintain rhythm and posture
Month 4	35-40 minutes; moderate-high but controlled effort
Month 5	40 minutes; peak conditioning volume
Month 6	25-35 minutes; reduce duration if legs or shoulders feel heavy



Tracking, Recovery, and Wedding Month Guidelines

Monthly Check-In

- Track the same 3-5 key strength numbers each month.
- Take front, side, and back photos in consistent lighting if the client is comfortable.
- Use dress fittings as practical feedback, not as a reason to panic or crash diet.
- Pay special attention to visible changes in glutes, legs, hips, and lower-body shape.
- Monitor sleep, soreness, energy, and performance. Progress should feel sustainable.

Progressive Overload Rules

- If all sets hit the top of the rep range with good form, increase weight next time.
- If form breaks down, keep the same weight or reduce the load.
- If a joint hurts, modify the exercise rather than forcing the movement.
- Small increases matter: 2.5 to 5 pounds can be enough for upper body; 5 to 10 pounds may work for lower body depending on the lift.
- Never add weight, sets, and cardio intensity all at once. Progress one major variable at a time.

Deload Strategy

Every 6-8 weeks, or whenever fatigue is clearly building, reduce volume. This prevents burnout and helps the bride look fresh instead of exhausted.

- Reduce sets by 25-30% for one week.
- Reduce loads by 10-20% if movement quality feels poor.
- Keep cardio easy-moderate during a deload week.
- Resume normal progression the following week if energy and movement quality improve.

Final 2 Weeks

- Do not add new exercises.
- Do not test max strength.
- Avoid high-soreness lower-body sessions close to dress fittings, photos, travel, or wedding events.
- Keep workouts familiar, controlled, and confidence-building.
- Use walking, light sculpt work, mobility, and moderate lifting to maintain the look without creating swelling or fatigue.

Wedding Week Sample Schedule

Day	Recommendation
Monday	Light full-body sculpt workout; 2-3 sets per movement; no max effort.
Tuesday	Easy walk or Zone 2 cardio for 25-35 minutes.
Wednesday	Light dress-focus pump session; avoid soreness.
Thursday	Mobility, stretching, easy walk, breathing work.
Friday	Rest or 15-20 minutes of very light movement.
Wedding/Event Day	Short walk, posture work, hydration, normal routine. No hard workout.