

THE 4 WEEK GLUTE CHALLENGE

WEEK 1	50 Squats 100 Bridges	50 Hip Thrusts 20 Single Leg Deadlifts	30 Backward Lunges 50 Frog Pumps	25 Single Leg Hip Thrusts 30 Fire Hydrants	30 Bulgarian Split Squats 20 Donkey Kicks	20 Side Lunges 15 Marching Bridges (alternating legs)	Rest		
	01	02	03	04	05	06	07		
	WEEK 2	100 Squats 20 Single Leg Bridges	100 Hip Thrusts 30 Single Leg Deadlifts	50 Backward Lunges 70 Frog Pumps	40 Single Leg Hip Thrusts 40 Fire Hydrants	40 Bulgarian Split Squats 30 Donkey Kicks	30 Side Lunges 25 Marching Bridges (alternating legs)	Rest	
		08	09	10	11	12	13	14	
		WEEK 3	150 Squats 30 Single Leg Bridges	150 Hip Thrusts 40 Single Leg Deadlifts	70 Backward Lunges 90 Frog Pumps	60 Single Leg Hip Thrusts 50 Fire Hydrants	50 Bulgarian Split Squats 40 Donkey Kicks	40 Side Lunges 35 Marching Bridges (alternating legs)	Rest
			15	16	17	18	19	20	21
			WEEK 4	200 Squats 40 Single Leg Bridges	150 Hip Thrusts 50 Single Leg Deadlifts	90 Backward Lunges 110 Frog Pumps	80 Single Leg Hip Thrusts 60 Fire Hydrants	60 Bulgarian Split Squats 50 Donkey Kicks	50 Side Lunges 40 Marching Bridges (alternating legs)
22				23	24	25	26	27	28

*Feel free to divide the daily number of reps into as many sets as you like, and rest when needed.

*Single leg exercises, such as Lunges, Donkey Kicks, etc. should be repeated on each side (if the table says 30 repetitions, it means 30 on the left side and 30 on the right).

*Workouts marked with the  are recommended especially for runners to complement their running routine.

CONGRATULATIONS

Congratulations on completing the challenge! Want to keep on training? Get the Results app for iOS or Android!

