# 12 Week BOOTY BUILDER PROGRAM

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# Hey! WELCOME

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This program has been meticulously crafted to guide you through a comprehensive 12-week fitness journey with a primary focus on sculpting and strengthening one of the most powerful muscle groups in your body–the glutes.

## OVERVIEW OF THE PROGRAM

This fitness program is designed to provide you with a structured and progressive approach to glute training. Whether you're a fitness enthusiast looking to enhance your lower body strength or a beginner eager to shape and tone your glutes, this program is tailored to suit various fitness levels.

Throughout the next 12 weeks, you'll engage in a series of targeted workouts, incorporating a mix of resistance training, cardio, and mobility exercises. The carefully curated routines aim to maximize your gluteal muscle activation, leading to not just aesthetic improvements but also functional benefits in your daily life.

## IMPORTANCE OF GLUTES

Why focus specifically on the glutes? The gluteal muscles, comprising the gluteus maximus, medius, and minimus, play a pivotal role in your overall strength, stability, and posture. Beyond their aesthetic appeal, strong and well-developed glutes contribute to improved athletic performance, enhanced core stability, and a reduced risk of injury.

By zeroing in on the glutes, this program aims to help you unlock the full potential of these muscles, creating a foundation for better overall fitness and well-being. As you strengthen your glutes, you'll also notice positive changes in your lower back, hips, and even your knees, contributing to a more balanced and resilient physique.

As you embark on this journey, remember that fitness is a personal endeavor, and the most important progress is the one you make for yourself. Stay committed, stay focused, and let's sculpt those glutes together!

# Let's Set Your GOALS

In any fitness journey, setting clear and achievable goals is the compass that guides your efforts. By understanding your personal objectives and establishing a roadmap to reach them, you'll not only stay motivated but also maximize the effectiveness of your 12-week glute fitness program.

Before diving into the specifics of your glute-focused fitness goals, take a moment to reflect on the broader picture. What do you hope to achieve through this program? Your goals can be diverse, ranging from aesthetic aspirations to functional improvements in your daily life. Here are a few common categories to consider:

Start Date : /

End Date : /

| Starting Weight: | Goal Weight: | Starting BMI: | Goal BMI: |
|---|---|---|---|
| | | | |

## Short - term Goals

| Goal 1 | Goal 2 | Goal 3 |
|---|---|---|
| | | |
| Action Steps | Action Steps | Action Steps |
| | | |
| | | |
| | | |
| | | |
| | | |

## Long - term Goals

| Goal 1 | Goal 2 | Goal 3 |
| --- | --- | --- |
| Action Steps | Action Steps | Action Steps |
| | | |
| | | |
| | | |
| | | |
| | | |

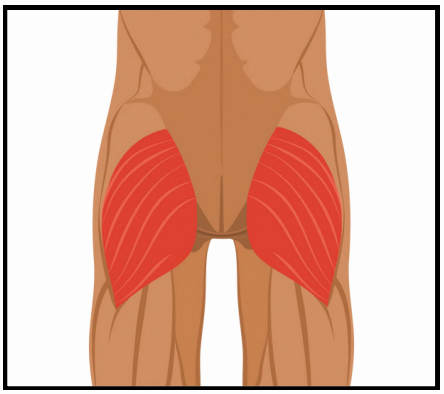
| Habits to Cut | Habits to Build |
| --- | --- |
| | |
| | |
| | |
| | |
| | |

As you embark on this 12-week journey, remember that goal setting is an evolving process. Regularly reassess and adjust your goals based on your progress, keeping them both challenging and attainable. The journey towards stronger, more defined glutes begins with a clear vision–let's make it happen!

# *Anatomy of* THE GLUTES

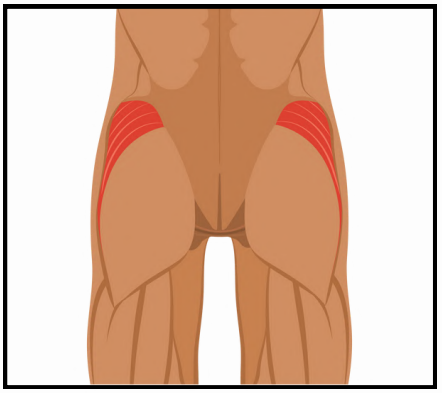
To effectively grow and strengthen your glute muscles, it's essential to have a clear understanding of their anatomy. In this chapter, we'll take an in-depth look at the glute muscles, their structure, and how they function in your body's movement.

## *THE THREE MAIN GLUTE MUSCLES*



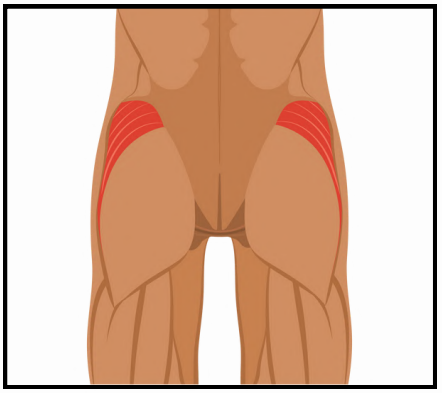
### *GLUTEUS MAXIMUS*

The gluteus maximus is the largest and most prominent of the glute muscles. It spans the entire buttocks and is responsible for the primary function of hip extension. This means it plays a crucial role in actions like standing up from a seated position, walking, running, and climbing.



### *GLUTEUS MEDIUS*

Positioned on the outer surface of the pelvis, the gluteus medius is a smaller muscle that assists in hip abduction. This means it helps you lift your leg away from the midline of your body. It also aids in stabilizing the pelvis during activities like walking and balancing on one leg.



### *GLUTEUS MINIMUS*

This muscle lies beneath the gluteus medius and shares similar functions, primarily contributing to hip abduction and rotation. Like the gluteus medius, it helps maintain pelvic stability during various movements.

# *Importance of* TARGETING DIFFERENT AREAS

A well-rounded glute training program should address all aspects of the glutes, targeting both the larger, superficial muscles and the deeper, stabilizing muscles. This comprehensive approach not only contributes to a more aesthetically pleasing appearance but also enhances overall functionality.

### AESTHETIC BALANCE:

Targeting different areas ensures a balanced development of the glutes, preventing imbalances that could affect posture and symmetry.

### FUNCTIONAL STRENGTH:

Activating all gluteal muscles improves overall hip stability and function, reducing the risk of injuries and discomfort.

### IMPROVED PERFORMANCE:

Whether you're an athlete or simply want to move more efficiently in your daily life, a holistic approach to glute training enhances performance in various activities.

To achieve this balance, your workout routine will include exercises specifically designed to engage each of the gluteal muscles, ensuring comprehensive development and strength.

# *Common Myths and* MISCONCEPTIONS

As you embark on your glute fitness journey, it's important to dispel common myths that may hinder your progress. Let's address a few misconceptions:

## SQUATS ALONE ARE SUFFICIENT FOR GLUTE DEVELOPMENT

While squats are excellent for engaging the glutes, a well-rounded program includes a variety of exercises to target all muscle fibers effectively.

## HIGH REPS WITH LIGHT WEIGHTS FOR TONING

Toning is a combination of muscle growth and fat loss. Incorporating both heavy and moderate weights in your program is essential for optimal results.

## CARDIO ALONE SHAPES THE GLUTES

Cardio is beneficial for overall health, but targeted resistance training is key for shaping and strengthening the glutes.

By understanding the anatomy of the glutes, targeting different areas, and dispelling common myths, you're better equipped to embark on a purposeful and effective 12-week glute fitness program. Let's sculpt those glutes with knowledge and precision!

# *Warm-up and* MOBILITY

**As you embark on your 12-week glute fitness journey, it's crucial to prioritize the preparation of your body before engaging in intense workouts. In this chapter, we'll explore the importance of warming up, delve into dynamic stretching and mobility exercises, and discuss how to prime your body effectively for booty-focused workouts.**

Warming up is more than just a routine; it's a fundamental step in your fitness journey. The primary objectives of a warm-up are to gradually increase your heart rate, elevate body temperature, and prepare your muscles, joints, and nervous system for the demands of the upcoming workout. Here's why warming up is essential:

- **Increased Blood Flow:** A proper warm-up enhances blood circulation, delivering oxygen and nutrients to the muscles, which is vital for optimal performance.
- **Improved Flexibility:** Warming up helps increase the suppleness of muscles and joints, improving overall flexibility and reducing the risk of injury.
- **Enhanced Nervous System Activation:** By gradually engaging your nervous system, a warm-up prepares your body for the more intense movements to come, improving coordination and reaction time.

Incorporating dynamic stretching and mobility exercises into your warm-up routine adds a layer of specificity to your preparation. Unlike static stretching, which involves holding a position, dynamic stretches involve controlled movements that take your joints and muscles through their full range of motion.

**On the next page, you'll find some effective dynamic stretches and mobility exercises for your glute-focused warm-up.**

# *Warm-up and* MOBILITY EXERCISES

1

Seated Twists 30 Secs

2

Iron Cross 30 Seca

3

Bent Over Back 30 Secs

4

Kneeling Lat 30 Secs

5

Woodchoppers 30 Secs

6

Side Lunges 30 Secs

7

Hip Circles 30 Secs

8

Wrists Pull 30 Secs

9

Ceiling Look 30 Secs

# Resistance Training for GLUTES

Now that you're warmed up and ready to tackle your glute-focused workouts, let's delve into the realm of resistance training. In this chapter, we'll explore the key principles of resistance training, highlight essential exercises that specifically target the glutes, and emphasize the importance of proper form and technique for optimal results.

Resistance training is a cornerstone of any effective glute fitness program. It involves the use of external resistance, such as weights or resistance bands, to challenge your muscles and promote strength and hypertrophy (muscle growth). Here are fundamental principles to keep in mind:

## PROGRESSIVE OVERLOAD

Continually challenge your muscles by gradually increasing the resistance, whether through heavier weights, more repetitions, or more challenging variations of exercises. Don't worry, we will discuss this a little further later in this guide.

## VARIETY IN EXERCISES

Incorporate a variety of exercises to target the glutes from different angles and engage various muscle fibers. Over the next few pages, you'll learn more about which exercises target which part of the glutes. This will help you create a better workout plan for when you have completed our 12-week program.

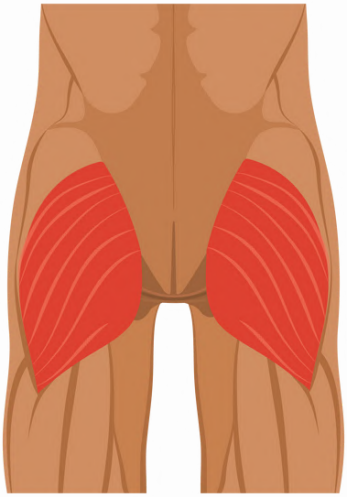
## REST AND RECOVERY

Allow your muscles time to recover between workouts. Overtraining can hinder progress and increase the risk of injury. Again, we will discuss this further later in this guide. You'll learn more about the different recovery techniques so you'll have some options to play around with.

## CONSISTENCY

Consistent, regular resistance training sessions are key to seeing results over time.

# *Different Exercises* FOR DIFFERENT MUSCLES



## *GLUTEUS MAXIMUS*

The muscle in your butt called gluteus maximus helps you lift your thigh and move your leg backward. You need this muscle for activities like walking, running, and jumping. It's important to keep your glutes strong so that they don't put extra strain on other muscles in your body, which could lead to injury.

1

Barbell Squats

2

Back Extension

3

Split Squats

4

Standing Rear Kick

5

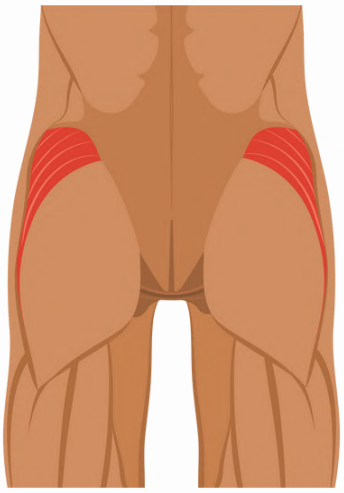
Hack Squat

6

Leg Press

## GLUTEUS MEDIUS

The muscles on the side of your hip called gluteus medius are super important. They help keep your hips aligned, prevent injuries, improve your posture, make you stronger, and even boost your athletic performance



1

Clamshells

2

Cable Hip Abduction

3

Cable Donkey Kicks

4

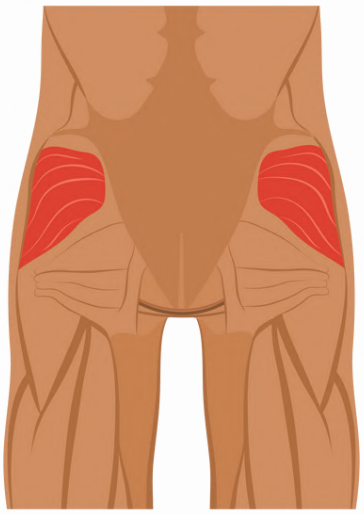
Donkey Kicks

5

Barbell Lateral Lunge

6

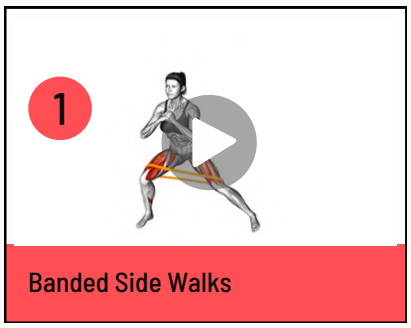
Band Side Walks

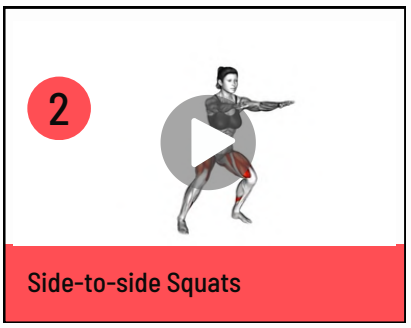


## GLUTEUS MINIMUS

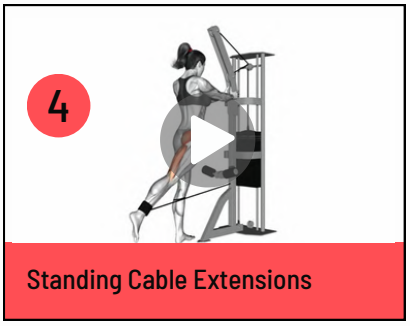
The little glute muscle called gluteus minimus, may be small, but it has a big job in keeping your hips stable. It's part of the group of muscles in your buttocks and is located on the outer side of your hip bone, connecting to your thighbone. This muscle is responsible for supporting your hip joint, keeping your pelvis aligned, and allowing you to move your leg with control.

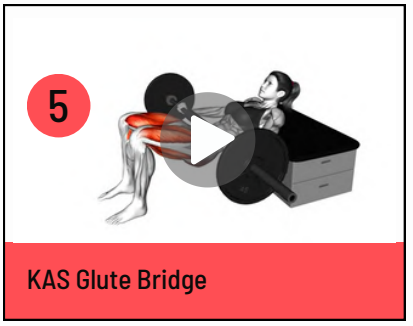
Not only does the gluteus minimus have a mechanical role, but it's also important for preventing injuries and pain in various areas like your lower back, hips, knees, and even ankles. It works together with other muscles in your hips and thighs to maintain balance in your body and prevent movements that could lead to injuries.

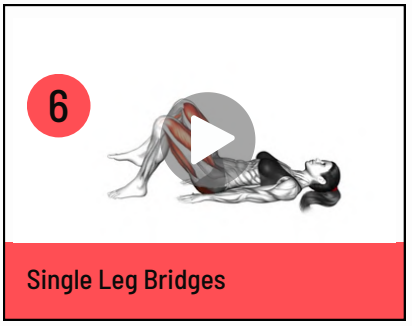






# *Safety &* PROPER FORM

**Warm-Up**: Begin your workout with a dynamic warm-up to increase blood flow to the muscles and prepare them for exercise.

**Proper Technique**: Learn and practice correct exercise techniques. If you're unsure, consider working with a certified personal trainer.

**Gradual Progression**: Start with weights or resistance that you can handle comfortably, and progressively increase the load as you become stronger.

**Controlled Movements**: Perform exercises through a full range of motion with controlled, deliberate movements. Avoid using momentum.

**Breathing**: Maintain proper breathing techniques during exercises. Generally, you exhale during the exertion phase and inhale during the relaxation phase.

**Rest and Recovery:** Allow sufficient time for muscle recovery between workouts. Overtraining can lead to fatigue and injuries.

**Flexibility:** Incorporate stretching exercises to maintain flexibility and prevent muscle imbalances.

# *Perfect Form* TIPS

01

### AVOID BOUNCING

When you're doing cardio exercises like running or biking or weight lifting, it's important to avoid bouncing. Bouncing puts unnecessary stress on your joints and can lead to injuries. Instead, try to keep your body as still as possible.

02

### KEEP YOUR BODY STRAIGHT

It's important to keep your body straight when you're exercising, especially if you're doing weight-bearing exercises. This means keeping your shoulders back, your spine in alignment, and your pelvis level. Not only will this help you avoid injury, but it will also help you get the most out of your workout.

03

### USE YOUR CORE MUSCLES

One of the most important things you can do when exercising is to focus on using your core muscles. Your core includes all of the muscles in your abdomen, lower back, and hips. Strengthening your core muscles can help improve your balance and stability, and can also help reduce the risk of injuries.

04

### DON'T HOLD YOUR BREATH

Holding your breath during exercise can cause you to feel lightheaded or dizzy, and it can also raise your blood pressure. Instead, breathe deeply and steadily throughout your workout. You should be able to talk while you're exercising, but if you can't, that's a sign you need to slow down or take a break.

# *Incorporating* CARDIO

In this chapter, we'll discuss the role of cardio in a booty program, the benefits of High-Intensity Interval Training (HIIT), and explore cardio exercises specifically designed to engage and enhance your glutes.

While resistance training is the cornerstone of glute development, incorporating cardio into your fitness routine offers a myriad of benefits. Cardiovascular exercise contributes to overall health, aids in fat loss, and complements your resistance training efforts. Here's why cardio is a valuable component of your booty program:

## CALORIC EXPENDITURE

Cardio helps burn calories, supporting your efforts to achieve a caloric deficit for fat loss and revealing the sculpted glutes beneath.

## CARDIOVASCULAR HEALTH

Regular cardiovascular exercise improves heart health, circulation, and stamina, enhancing your overall fitness.

## IMPROVED ENDURANCE

Building cardiovascular endurance allows you to sustain higher intensity during resistance workouts, leading to greater muscle engagement.

## ACCELERATED FAT LOSS

Cardio, especially high-intensity forms, accelerates fat loss, contributing to a leaner and more defined physique.

This is why, we're going to incorporate cardio throughout the 12-week booty program.

# HIIT

## HIGH-INTENSITY INTERVAL TRAINING

HIIT is a powerful and time-efficient approach to cardio that alternates between short bursts of intense activity and periods of rest or lower-intensity exercise. Incorporating HIIT into your booty program offers several advantages:

- **Increased Caloric Burn:** HIIT elevates your heart rate, leading to a higher caloric burn during and after the workout.
- **Time Efficiency:** HIIT sessions are typically shorter than traditional steady-state cardio, making it easier to integrate into a busy schedule.
- **Metabolic Boost:** HIIT can elevate your metabolism, promoting fat loss and muscle preservation.
- **Muscle Engagement:** Some HIIT exercises, especially those involving explosive movements, can engage the glutes effectively.

# LIIT

## LOW-INTENSITY CARDIO EXERCISE

Low-intensity cardio can be beneficial for individuals trying to build muscle for several reasons:

1. **Improved Recovery:** Low-intensity cardio helps enhance blood flow, which can facilitate the delivery of oxygen and nutrients to recovering muscles. This improved circulation can aid in reducing muscle soreness and promoting a faster recovery between strength training sessions.
2. **Active Recovery:** Light aerobic exercise serves as a form of active recovery. While intense weightlifting or high-intensity interval training (HIIT) can be tough on the body, low-intensity cardio allows for a less taxing activity that still keeps the body moving. This can help maintain an active lifestyle while allowing the muscles to recover from more intense workouts.
3. **Caloric Expenditure:** While low-intensity cardio may not burn as many calories per minute as high-intensity exercises, it can contribute to overall calorie expenditure. This can be particularly useful for individuals looking to manage their weight while building muscle, as it helps create a calorie deficit without placing excessive stress on the body.
4. **Improved Cardiovascular Health:** Incorporating low-intensity cardio can contribute to better cardiovascular health. A strong cardiovascular system enhances the body's ability to transport oxygen and nutrients, which can benefit overall exercise performance, including weightlifting sessions.

Examples of low-intensity exercises include:

- **Walking:** A simple and effective low-intensity exercise, walking can be done almost anywhere. It's easy on the joints and can be a great way to clear your mind while still engaging in physical activity.
- **Cycling:** Riding a bike at a leisurely pace is a low-impact way to engage in cardiovascular exercise. It's gentle on the joints and can be done indoors or outdoors.
- **Swimming:** Swimming provides a full-body workout without putting stress on the joints. It's an excellent option for those who enjoy being in the water.
- **Elliptical Training:** Using an elliptical machine at a moderate pace can be a low-impact way to get the heart rate up without placing excessive stress on the joints.
- **Light Jogging or Slow Running:** Running at a slow and steady pace can also be considered low-intensity cardio. It's important to keep the intensity low to avoid interfering with muscle recovery from strength training.

## *Cardio Exercises*
## THAT ENGAGE GLUTES

To maximize the engagement of your glutes during cardio sessions, incorporate exercises that target the lower body. Here are some effective cardio exercises for glute engagement:

- **Sprinting:** Whether on a treadmill or outdoors, sprinting engages the glutes, especially when focusing on powerful strides.
- **Stair Climbing:** Climbing stairs activates the glutes and offers an excellent cardiovascular workout.
- **Box Jumps:** This explosive exercise involves jumping onto a box or platform, activating the glutes and improving lower body power.
- **Jumping Lunges:** Combining the benefits of cardio and resistance training, jumping lunges engage the glutes and thighs.
- **Cycling:** Whether on a stationary bike or cycling outdoors, this low-impact exercise can be adjusted to target the glutes.
- **Rowing:** Rowing engages multiple muscle groups, including the glutes, making it an effective full-body cardio workout.

Remember to start gradually, especially if you're new to cardio or HIIT. Listen to your body and adjust the intensity based on your fitness level. Consistency is key, and finding activities you enjoy will make it easier to maintain cardio as a regular component of your booty program.

# Booty NUTRITION

Proper nutrition plays a fundamental role in achieving your muscle growth goals. In this chapter, we'll explore the significance of nutrition, the macronutrients and micronutrients your body needs, and how to create a diet that supports your glute muscle development.

## THE ROLE OF NUTRITION IN MUSCLE GROWTH

Nutrition is often considered the foundation of any successful fitness program, and growing your glute muscles is no exception. Here's why it matters:

01

### MUSCLE REPAIR AND GROWTH

Your muscles require specific nutrients to repair and grow after exercise. Protein, in particular, is crucial for muscle protein synthesis, the process by which your body builds and repairs muscle tissue.

02

### ENERGY FOR WORKOUTS

Carbohydrates are your body's primary source of energy. Adequate carbohydrate intake ensures you have the energy to perform your glute-focused workouts effectively.

03

### OVERALL HEALTH AND FUNCTIO

Proper nutrition supports your overall health, including hormonal balance, bone health, and immune function. These factors indirectly influence muscle growth and recovery.

# *Calories & Macros for* GLUTE GROWTH

Calories are units of measurement for energy. In the context of nutrition, calories represent the amount of energy that food and beverages provide when consumed. Our bodies use these calories for various essential functions and activities. Here's how calories are used by our body:

## BASAL METABOLIC RATE (BMR)

The majority of the calories we consume are used to support our basal metabolic rate, which is the energy expended by our body to maintain basic functions at rest. These functions include breathing, circulation, cell production and repair, maintaining body temperature, and more. BMR accounts for a significant portion of our daily calorie expenditure.

## DIGESTION AND ABSORPTION

The process of digesting and absorbing food also consumes calories. This is known as the thermic effect of food (TEF) or diet-induced thermogenesis. It takes energy to break down and absorb the nutrients from the food we eat.

## MUSCLE GROWTH

Calories are essential for the repair and growth of muscle tissue. When you engage in resistance training or strength exercises, your body uses calories to repair and build muscle fibers.

## PHYSICAL ACTIVITY

Calories are burned during physical activities, such as exercise, walking, and even fidgeting. The more active you are, the more calories your body requires to fuel those activities. Different types of activities burn calories at different rates, with more intense activities typically burning more calories per unit of time.

## THERMOREGULATION

Maintaining a stable body temperature requires energy. When it's cold, your body burns extra calories to generate heat (thermogenesis). Conversely, in hot weather, your body may burn calories to cool down through sweating and other cooling mechanisms.

## STORAGE

Excess calories are stored in the form of glycogen in the liver and muscles, and as fat in adipose tissue. These stored calories can be used as an energy reserve when you consume fewer calories than your body needs, as in times of fasting or calorie deficit.

# *Calculate Your* CALORIES

The balance between calorie intake and calorie expenditure is a critical factor in maintaining body weight. When you consume more calories than your body needs (a calorie surplus), the excess calories are either stored as fat or they are used to build more muscle. Conversely, when you consume fewer calories than your body needs (a calorie deficit), your body will use stored energy reserves, leading to weight loss. In this chapter, we will take a look at calculating your calorie intake so you can start growing your glutes!

## CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

### WOMEN

655 + (4.35 x weight in pounds) + (4.7 x height in inches) - (4.7 x age) = BMR

### MEN

66 + (6.23 x weight in pounds) + 12.7 x height in inches) - (6.8 x age) = BMR

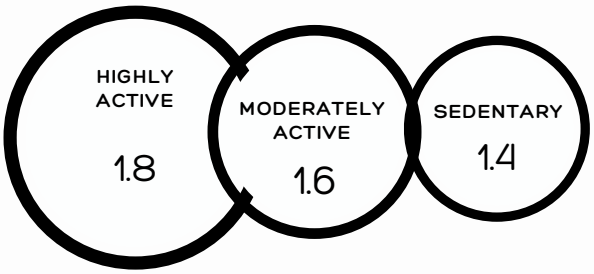
This is the number of calories that your body requires in order to survive.

## CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes).

This is also know as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:




## CALCULATE YOUR CALORIC SURPLUS

To start gaining muscle, you need to add a number of calories to your STEP 2 outcome. You can add anything from 200-500 calories. Any more can result in fat gain more than muscle. Especially if you have a couple of set backs or fail to go to the gym.

# *Calculate Your* MACRONUTRIENTS

Once you have calculated the number of calories you need to consume per day, you need to divide these calories between each macronutrient. The term 'macronutrients' refers to three main nutrients namely proteins, carbohydrates, and fats.

The body requires each nutrient to provide different vitamins and minerals. Therefore, we need a balance of macronutrients to obtain various vitamins and minerals for our health and overall well-being.

**50%**

### CARBOHYDRATES

50% of your total daily calories should come from carbohydrates. This means that you just need to divide your total daily calories (that you calculated in the earlier chapter) by 2. Then to get the number of grams, you simply divide the carbohydrate calories by 4.

**20%**

### PROTEIN

20% of your total daily calories should come from proteins. This means that you multiply the total daily calories by 0.20. This will give you the calories that should come from proteins. To get the number of grams, simply divide those calories by 4.

**30%**

### HEALTHY FATS

30% of your total daily calories should come from healthy sources of fat. Simply deduct the calories you calculated for carbs and protein from the total daily calories, and the outcome are calories for fats. Divide these calories by 9 to get the grams.

# *Protein-rich Foods*
# FOR GLUTE DEVELOPMENT

Protein is the cornerstone of muscle building, and ensuring an adequate intake is paramount for achieving booty gains. Here are some protein-rich foods to incorporate into your nutrition plan:

### *LEAN MEATS*

Chicken, turkey, lean beef, and pork are excellent sources of high-quality protein.

### *FISH*

Fatty fish like salmon and trout not only provide protein but also essential omega-3 fatty acids.

### *EGGS*

A complete protein source that contains all essential amino acids, eggs are a versatile and nutritious option.

### *DAIRY*

Greek yogurt, cottage cheese, and milk are rich in protein and can be included in various meals.

### *PLANT-BASED PROTEINS*

or those following a vegetarian or vegan diet, include sources such as lentils, beans, tofu, and edamame.

# *Carb-rich Foods*
# FOR GLUTE DEVELOPMENT

Carbohydrates are the body's primary source of energy, especially during exercise. When you consume carbohydrates, they are broken down into glucose, which provides fuel for your muscles during workouts.  After a workout, your glycogen stores (the stored form of glucose in muscles and liver) become depleted. Consuming carbohydrates helps replenish these glycogen stores, which is important for recovery and preparing your muscles for subsequent workouts.

### *WHOLE GRAINS*

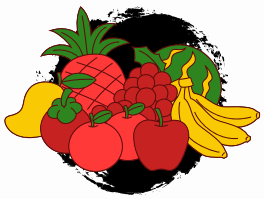
Whole grains are a great source of complex carbohydrates, fiber, vitamins, and minerals. Examples include oats, brown rice, quinoa, barley, whole wheat pasta, bulgur, farro.

### *LEGUMES*

Legumes are not only rich in complex carbohydrates but also provide a good amount of protein and fiber. Examples include lentils, chickpeas, black beans, kidney beans, navy beans and split pea.

### *VEGETABLES*

Many vegetables are excellent sources of complex carbohydrates along with essential vitamins and minerals. Examples include sweet potatoes, winter squash (e.g., butternut squash, acorn squash), beets, carrots, brussels sprouts, broccoli, cauliflower



### *FRUITS*

While fruits also contain simple sugars, some are higher in complex carbohydrates and fiber, providing sustained energy. Examples include berries, apples (with skin), pears, oranges, kiwi and plums.

# *Fat-rich Foods*
# FOR GLUTE DEVELOPMENT

Healthy fats are an essential part of a balanced diet and are important for various bodily functions, including hormone production, nutrient absorption, and brain health. Here are some foods that are high in healthy fats:

## *AVOCADO*

Avocados are rich in monounsaturated fats, particularly oleic acid, which is beneficial for heart health. They also contain fiber, vitamins, and minerals. Add slices of avocado to salads, sandwiches, or smoothies.

## *FATTY FISH*

Fatty fish are excellent sources of omega-3 fatty acids, which have anti-inflammatory properties and are important for brain health and heart health. Examples include salmon, trout, mackerel, sardines, herring.

## *NUTS AND SEEDS*

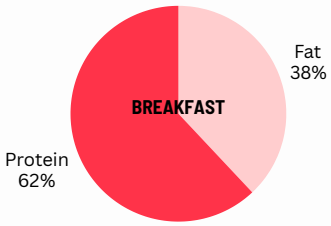
- Nuts and seeds are rich in healthy fats, protein, fiber, vitamins, and minerals. They are also convenient and versatile snack options. Examples include almonds, walnuts, pecans, brazil nuts, flaxseeds, chia seeds, hemp seeds.

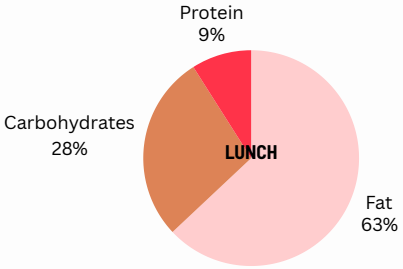
## *OLIVES AND OLIVE OIL*

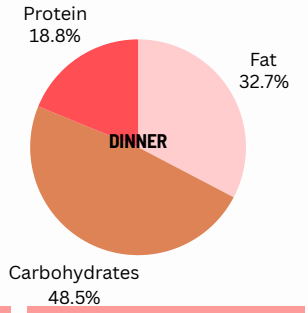
Olives and olive oil are staples of the Mediterranean diet and are high in monounsaturated fats, particularly oleic acid. Olive oil is a versatile cooking oil and can also be drizzled over salads or used for dipping bread.

# Ketogenic MEAL PLAN

Nutritionally Balanced | Checked by Nutritionist




| BREAKFAST | NUTRITION |
|---|---|
| Cooked Turkey Sausage (57g)<br>Scrambled Eggs without Milk (120g) | 294 kcals<br>18g Fat<br>0g Carbs<br>31g Protein |

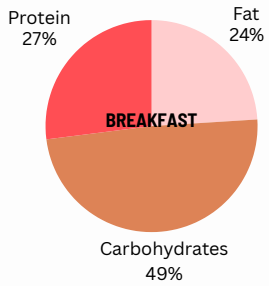
| LUNCH | NUTRITION |
|---|---|
| 1 Avocado (136g)<br>Roasted Pecans, without salt (28g)<br>1 cup of Cherry Tomatoes (149g)<br>1 tsp of Olive Oil (5g) | 496 kcals<br>47g Fat<br>21g Carbs<br>7g Protein |

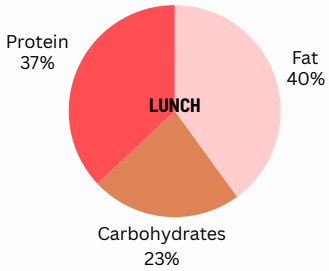
| DINNER | NUTRITION |
|---|---|
| Potato and Leek Soup (150g)<br>Skinless Chicken Breast (grilled, 85g)<br>1 cup of Lettuce (47g)<br>Raw Beetroot (35g)<br>1 tbsp. of Salad Dressing (15g)<br>1 oz of low fat cheddar cheese (28g)<br>Parmesan Cheese (20g) | 427 kcals<br>20g Fat<br>15g Carbs<br>44g Protein |

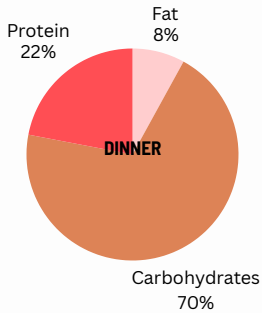
| SNACK | NUTRITION |
|---|---|
| 1 Large Stalk of Celery (64g)<br>1 tbsp. of Hummus (15g) | 45 kcals<br>3g Fat<br>4g Carbs<br>2g Protein |

# 1,500 Calorie
# BALANCED MEAL PLAN

Nutritionally Balanced | Checked by Nutritionist




## BREAKFAST

Half a cup of Milk (120ml) OR Plain Greek Low Fat Yogurt (170g)
1 Slice of Whole Wheat Bread (32g)
1 tbsp. Almond Butter (16g)

## NUTRITION

267 kcals
13g Fat
26g Carbs
14g Protein

## LUNCH

Half a cup Vegetable Soup (126g)
Plain Cooked Pasta (100g) OR Cooked Brown Rice (100g)
¼ Boiled Mixed Vegetables (46g)
Meat or Fish (60g), cooked on 1 tsp. olive oil
1 Portion of Fruit (160g)

## NUTRITION

431 kcals
8g Fat
69g Carbs
22g Protein

## DINNER

Half a cup of Vegetable Soup (126g)
Plain Cooked Pasta (130g) OR Cooked Brown Rice (130g)
¼ Boiled Mixed Vegetables (46g)
Meat or Fish (60g), cooked on 1 tsp. olive oil
1 Portion of Fruit (160g)

## NUTRITION

469 kcals
8g Fat
77g Carbs
23g Protein

## SNACKS

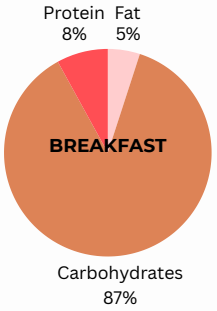
1 Tbsp. Peanut Butter (16g) with 1 Small Carrot (50g)
Half a container of Plain Low-Fat Yogurt (85g) with 10 Hazelnuts (10g)
1 cup of low fat milk (105ml)

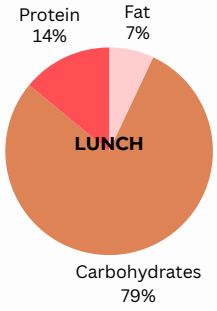
## NUTRITION

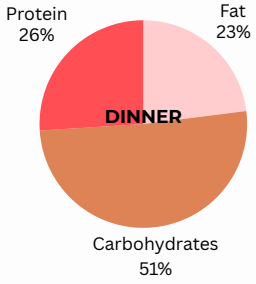
361 kcals
20g Fat
28g Carbs
21g Protein

# 1,700 Calorie
# DAIRY-FREE & GLUTEN FREE MEAL PLAN

Nutritionally Balanced | Checked by Nutritionist




| BREAKFAST | NUTRITION |
|---|---|
| 1 Medium portion of Cornflakes, Fortified (30g)<br>1 Medium Banana (100g)<br>1 cup of Tea (200ml) | 187 kcals<br>2g Fat<br>40g Carbs<br>4g Protein |

| LUNCH | NUTRITION |
|---|---|
| 2 Slices of Gluten-Free Bread<br>1 Portion of Chicken Eggs, Scrambled (120g)<br>1 Small Portion of Raw Carrots (40g)<br>2 tbsps. Hummus (30g)<br>1 Small Orange (120g) | 443 kcals<br>20g Fat<br>44g Carbs<br>23g Protein |

| DINNER | NUTRITION |
|---|---|
| 1 Large Salmon Steak (170g) grilled with 1 tbsp. Olive Oil (15g)<br>1 Average Portion of Sweet Potato (130g)<br>Steamed Green Broccoli (110g)<br>Boiled Carrots in Unsalted Water (40g)<br>Slices of Apples (110g) | 695 kcals<br>36g Fat<br>53g Carbs<br>44g Protein |

| SNACKS | NUTRITION |
|---|---|
| 3 Brown Rice or Corn Flakes with 1 pot of Soya Yogurt (125g)<br>1 (200ml) Glass of Soya Milk with Banana (80g) and Strawberries (100g)<br>1 Glass of Fortified Milk (200ml) | 367 kcals<br>10g Fat<br>54g Carbs<br>17g Protein |

# 2000 Calorie
# MEAL PLAN
## WITH 160G PROTEIN PER DAY

Nutritionally Balanced | Checked by Nutritionist

| BREAKFAST | NUTRITION |
|---|---|
| 4 Egg Whites<br>1 Tbsp Extra Virgin Olive Oil<br>1 Red Bell Pepper<br>1 Cup Strawberries | 262 kcals<br>14 g Fat<br>18 g Carbs<br>16 g Protein |

| LUNCH | NUTRITION |
|---|---|
| 1 Flatbread<br>Grilled Chicken Breast (150g)<br>Cherry Tomatoes (34g)<br>1 Tbsp Extra Virgin Olive Oil | 557 kcals<br>21g Fat<br>44g Carbs<br>48g Protein |

| DINNER | NUTRITION |
|---|---|
| Grilled Salmon (180g)<br>1 Cup Rice<br>Boiled Vegetables (100g)<br>1 Tbsp Extra Virgin Olive Oil | 601 kcals<br>25g Fat<br>53g Carbs<br>41g Protein |

| PRE-WORKOUT SNACK / SNACKS | NUTRITION |
|---|---|
| PRE-WORKOUT<br>2 Rice Cakes<br>2 tbsp Peanut Butter | 404 kcals<br>24 g Fat<br>33 g Carbs<br>14 g Protein |
| 170 g Greek Yogurt (Low Fat)<br>1 Scoop Whey Protein<br>1 Cup Berries | 272 kcals<br>3g Fat<br>23g Carbs<br>41g Protein |

# *Workout*
# PLAN STRUCTURE

Okay! It's time to get your gym shoes on! This is a gym-based workout plan which has been designed to target all three muscles of your booty. as a result, you're going to grow a round and more firm booty than you've ever felt possible.

So, what's the workout plan like? Firstly, the workout plan is split into 3-week sections, this means that you need to repeat each week three before moving onto the following week. Each week contains three workout days and the remaining days can be taken as rest days or active rest days. Active rest days refer to lightly active, this means that you can go to the gym to perform light cardio, go on a bike ride, swimming, walking or hiking. It is totally up to you what you enjoy to do on those days, as long as you perform those three workout days each week.

Each day contains 5 exercises, you can click on the 'play' button and it will take you to a YouTube video illustration of the exercise. Beside the name of the exercise, you have the number of reps and sets. In the context of strength training and resistance exercise, "reps" and "sets" refer to the way exercises are organized to achieve specific fitness goals:

1. Reps (Repetitions): Reps refer to the number of times you perform a specific exercise movement. For example, if you're doing bicep curls and you lift the dumbbells up and down, each time you complete the full movement from starting position to ending position is counted as one repetition or rep. Reps are typically performed consecutively without resting between each repetition.
2. Sets: A set is a group of consecutive repetitions. For instance, if you're doing bicep curls and you perform 10 reps before taking a rest, those 10 reps together comprise one set. After completing a set, you typically take a short rest period before starting the next set. The number of sets performed depends on your fitness goals, training intensity, and program design.

For example, a workout routine might prescribe:

- 3 sets of 10 reps for bicep curls
- 4 sets of 8 reps for squats
- 2 sets of 12 reps for shoulder presses

In this example:

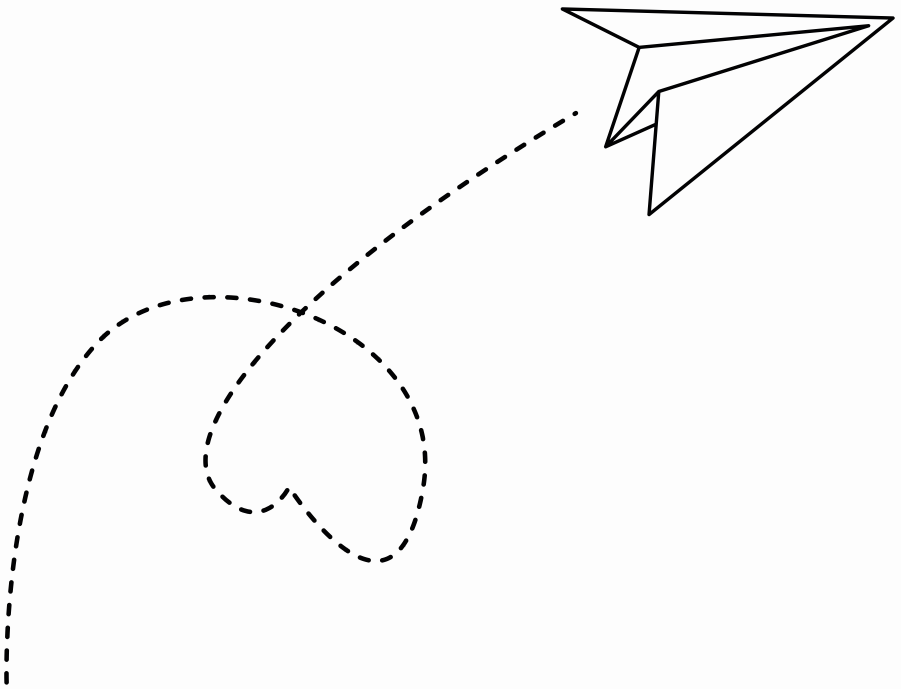
- For bicep curls, you would perform the exercise for 10 repetitions, rest briefly, and then repeat for a total of 3 sets.
- For squats, you would perform the exercise for 8 repetitions, rest briefly, and then repeat for a total of 4 sets.
- For shoulder presses, you would perform the exercise for 12 repetitions, rest briefly, and then repeat for a total of 2 sets.

The number of reps and sets you perform can vary based on your fitness goals. For example:

- To build muscle size and strength, you might perform fewer reps (e.g., 6-12 reps) with heavier weights for multiple sets.
- To improve muscular endurance, you might perform more reps (e.g., 12-20 reps) with lighter weights for multiple sets.
- To increase muscular endurance and cardiovascular fitness, you might perform higher reps (e.g., 15-20+ reps) with minimal rest between sets.

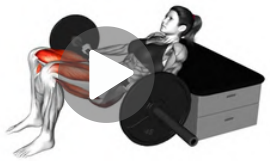
Ultimately, the optimal number of reps and sets for you depends on your individual goals, fitness level, and program design. It's important to gradually increase the intensity of your workouts over time to continue challenging your muscles and making progress towards your goals. So, every two weeks, increase your weight by 1-2 kg. If you do not feel safe to do so yet, then do it when you feel more comfortable. It's important to listen to your body.

Okay, now that we have everything explained, it's time to get to work! You ready? Let's Get Started!



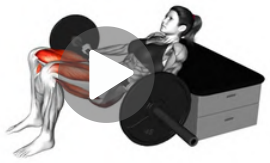
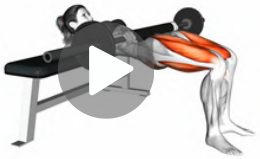
# WEEK 1, 2 & 3

**PERFORM EACH EXERCISE THREE TIMES BEFORE MOVING ONTO THE NEXT EXERCISE. **

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| 1  Squats 12 Reps | 1  Split Squats 15 Reps | 1  BB Deadlift 12 Reps |
| 2  DB Lunge 12 Reps | 2  DB Deadlift 16 Reps | 2  Leg Press 12 Reps |
| 3  Step Ups 12 Reps | 3  KAS Glute Bridge 15 Reps | 3  Leg Curls 12 Reps |
| 4  Cable Kicks 12 Reps | 4  Clamshells 12 Reps | 4  Leg Extensions 12 Reps |
| 5  Cable Abduction 12 Reps | 5  Glute Extensions 14 Reps | 5  Clamshells 16 Reps |

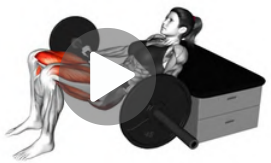
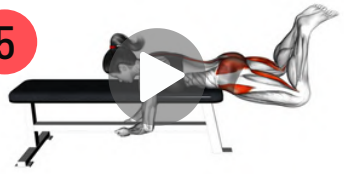
## WEEK 4, 5 & 6

**PERFORM EACH EXERCISE FOUR TIMES BEFORE MOVING ONTO THE NEXT EXERCISE. **

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| 1  Squats 10 Reps | 1  Split Squats 10 Reps | 1  BB Deadlift 10 Reps |
| 2  DB Lunge 10 Reps | 2  Cable Abductiion 10 Reps | 2  Leg Press 10 Reps |
| 3  Deadlift 10 Reps | 3  KAS Glute Bridge 10 Reps | 3  Leg Curls 10 Reps |
| 4  Hip Thrust 10 Reps | 4  Clamshells 10 Reps | 4  Leg Extensions 10 Reps |
| 5  Cable Abduction 10 Reps | 5  Glute Extensions 10 Reps | 5  Step ups 10 Reps |

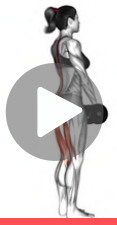
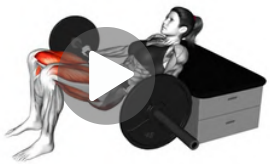
# WEEK 7, 8 & 9

**PERFORM EACH EXERCISE TWO TIMES BEFORE MOVING ONTO THE NEXT EXERCISE. **

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| 1  Squats 15 Reps | 1  Split Squats 15 Reps | 1  Squats 15 Reps |
| 2  Split Squats 15 Reps | 2  Cable Abductiion 15 Reps | 2  Hip Abduction 15 Reps |
| 3  Deadlift 15 Reps | 3  KAS Glute Bridge 15 Reps | 3  Leg Curls 15 Reps |
| 4  Gooodmornings 15 Reps | 4  Leg Press 15 Reps | 4  Leg Extensions 15 Reps |
| 5  Side Squats 15 Reps | 5  Reverse Frogs 15 Reps | 5  Step ups 15 Reps |

# WEEK 10, 11 & 12

**PERFORM EACH EXERCISE THREE TIMES BEFORE MOVING ONTO THE NEXT EXERCISE. **

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| 1  Squats 12 Reps | 1  Split Squats 15 Reps | 1  BB Deadlift 12 Reps |
| 2  DB Lunge 12 Reps | 2  DB Deadlift 16 Reps | 2  Leg Press 12 Reps |
| 3  Step Ups 12 Reps | 3  KAS Glute Bridge 15 Reps | 3  Leg Curls 12 Reps |
| 4  Cable Kicks 12 Reps | 4  Clamshells 12 Reps | 4  Leg Extensions 12 Reps |
| 5  Cable Abduction 12 Reps | 5  Glute Extensions 14 Reps | 5  Clamshells 16 Reps |

# THE BEST RECOVERY TIPS

The stress of  gaining muscle means your body is under a lot of physical strain. If you don't give it time to recover, then you're setting yourself up for burnout, which can result in lack of motivation, lowered willpower and an inability to stick with your diet or workout routine. Here are some of the best rest and recovery techniques.

## NUTRITIONAL RECOVERY TIPS

### HYDRATION

Exercising involves a significant amount of water loss, which can contribute to dehydration. This can lead to changes in blood volume, organ function, and muscle contraction may occur. As a result, it's critical to replenish water after exercise to allow muscles and organs to heal and prepare for the next workout.

### CARBOHYDRATES

Exercise tears muscle in order to strengthen and rebuild them bigger. When muscle damage occurs, your body may struggle to replenish the energy storage, and this is important for better muscle contraction. So, you need to consume enough carbohydrates (discussed in the previous chapter).

### PROTEINS

Proteins are vital for muscle growth and recovery, without adequate intake of protein, your progress will be greatly affected.

# PHYSICAL RECOVERY TIPS

## STRETCH

Flexibility is important as it allows for a whole range of motion of the muscle and joints, but also keeps muscles more pliable and prevents injury. It can also improve circulation and encourages muscle relaxation. Incorporate a stretching routine during a warm-up or a cool down to help blood flow through the muscles to help them relax and recover.

## YOGA

Stretch your muscles and expand your range of motion using yoga poses. They'll increase your flexibility, body functionality and relieve tension with consistent practice. Check out some of the most commonly used poses like the tree pose, warrior pose, horse and oat pose.

## MASSAGE THERAPY

Massage therapy Increases range of motion so you can perform the exercise with a better form regulates skin and muscle temperature, improves blood flow, and relieves cramps and muscle soreness. Make sure the massage is of deep tissue nature.

## SLEEP

Sleep is vital for post-exercise recovery, and it has shown to significantly improve recovery and athletic performance. Sleep quality increases physical performance, reaction times, overall mood, and fatigue. Some of the most well-known bodybuilders will take regular naps before and after workouts to help them recover before their next workout.

There is a lot of research that indicates the benefits of sleep on athletic performance and recovery, and they all point to the same conclusion: you need to sleep to fully recover.

A word of advice: if you want to get a good night's sleep, make sure you have a good mattress. There's nothing like waking up rejuvenated and free of back pain!