

Hey there, Jason here.

Thanks for your interest in our **Glute Re-Shaping Program**.

Just because you decided not to spring for 1:1 coaching shouldn't mean you can't re-shape your backside.

Your glutes are going to be a function of two things:

#1 =====> ***How strong they are/how hard they have to "work"***.

#2 =====> ***How much fat you have surrounding them***.

If your glutes are strong and you lift *with them*, and you have a relatively low body fat percentage, you'll have a nice, plump rump.

So, item #1 ----- in order to make your glutes strong, you must work them! You must perform exercises which directly target the rump.

These exercises include (but are not limited to):

- Back squats
- Front squats
- Goblet squats
- Barbell hip thrusts
- Dumbbell, single leg hip thrusts
- Deadlifts (regular, sumo, trap bar, dumbbell, Romanian, etc.)
- Lunges (step backs, single leg, walking, etc.)
- Split squats (single leg, bulgarian, bodyweight, dumbbells, etc.)
- Cable pull-throughs (hip hinge/between legs)
- Donkey kicks

You should be performing these moves with your mind on your booty (And your booty on your mind! Sorry, Snoop Dogg reference.....).

What I mean is ----- it's easy to perform a squat and focus on your quads (thigh). If you're on your toes, that will happen.

You want to put all your weight on your midfoot and try to flex your glutes throughout the entire movement. Your glutes should "pull" that weight with each of these moves. Your goal is to get a "glute pump" and let that backside burn!

You should be doing 2 of these moves per session, 4 times per week. Use higher rep ranges - from 8-15 reps per set. For moves which have weights, keep the form perfect, and progress upwards in the smallest possible increment each time you complete your sets.

For the second item? Nutrition?

Well, you know we are big fans of macro counting.

But you don't HAVE to count macros.

Calories are the most important part of macros - if you're counting macros, you're indirectly counting calories.

If you have excess fat to lose, an extremely simple set-up for you:

- Take your bodyweight, in pounds.
- Multiply it by 10.
- This is the number of calories you should eat (approximately) for fat loss.
- Eat 2-3 meals per day - split these calories up for each meal.
- Eat protein and veggies at every meal.
- Fill in the rest with fats and carbohydrates.

Of course, there are other, finer points. You should eat veggies and fruit. You should NOT go low-carb (especially if you're lifting!).

A huge issue right now is everyone is going 'zero' or low-carb. This is becoming a problem and people aren't reaching their goals accordingly.

And keep in mind you don't have to count calories - or macros.

You also could probably get in your car in New York, and "just drive" without your GPS and eventually find San Francisco. I'm sure you would make it.

But wouldn't it be easier with your phone (and Siri) telling you what to do? Ya know?

[You can gauge your progress on your diet using these parameters.](#)

Lastly - what about "other exercises"?

Since this is a Glute Re-Shaping Program, we will put other body parts on "maintenance". This means we'll do a few sets each workout of pulls and pushes, both. But we will be sure to focus on that booty.

Here is an example set-up that one of our clients might use using this program:

Monday
Trapbar Deadlift (3x8)
Close-Grip Chinups (or pull-downs) (3x8)
Bent Over Barbell Rows (3x10)
Barbell Hip Thrusts (4 x 8)
Dumbbell Goblet Squats (3 x 10)
Tuesday
BW Bulgarian Split Squats (4 x 10/leg)
DB Bench Press (3 x 10)
DB Bent Over Rows (3 x 12/arm)
Alternating BW Step-Back Lunges (3 x 12/leg)
Thursday
Back Squat (5x8)
Dumbbell Incline Bench (5x12)
Seated Cable Rows (3 x 8)
DB Curls (3x12)
Behind Head DB Tri Ext (3x15)
Walking Lunges (3 x 15/leg)
Friday
Barbell Romanian Deadlifts (3x10)
Low-Row Machine (or equivalent) (5x10)
Single Leg DB Hip Thrusts (4x15/leg)
Push-Ups (5 sets to failure)

All of these moves can be subbed out, of course.

Just use a move that hits the same muscles and you'll be all set.

Good luck in re-shaping that booty. When your "juicy double" starts turning heads, be sure to let me know about it!

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[1:1 Coaching Application](#)