

Glute Re-Shaping Program

By Jason Helmes, Anyman Fitness, LLC

Thanks for your purchase of our Glute Re-Shaping Program.

Okay, let's talk "booty" a bit, shall we?

If you are interested in building a better backside, we need to take care of a few factors which will determine how delectable your derriere is.

Your glute shape is a function of three things:

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

#2 =====> ***How much muscle you have - the actual size of your gluteus maximus (the round part of your glutes).***

#3 =====> ***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

As you perform these glute-focused movement, you need to utilize your "mind-muscle connection".

The "mind-muscle connection" is when you actively focus on your glutes as you perform the entire movement, keeping constant tension on your glutes.

Some find it difficult to really “feel” their glutes. A few exercises to get you in the “glute mindframe”.

As you’re sitting here - reading these very words - begin to “flex” each glute. Neglect your hamstrings, quads, or hips. Try to flex - contract and relax - the gluteus maximus specifically. Again, the gluteus maximus is the “round bubble” muscle of your backside.

Flex your right glute first - completely tense it up - and then relax it. Now, your left. Flex them simultaneously now.

You may feel silly as we are performing this exercise, but the glutes are often neglected when using strength training methods.

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.

When you are performing glute-focused movements with the intention of increasing the strength, power, and size of your rump, you want to keep your glutes tensed throughout the entire range of motion.

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

Let’s talk a bit about tension.

There are two components to each of your glute-centered movements: the concentric movement and the eccentric movement.

The “concentric” movement is the “flexing” movement.

This is the actual “kick” during a donkey kick, the “push” in a goblet squat, or the “pull” in the cable pull-through. The concentric movement is the flexion which takes place as you attempt to pull the weight through space.

This “flexing” movement is in contrast to the “eccentric” movement.

The eccentric movement is the “stretch” movement. It is the lowering component to the movement. It is the downward ascension in the back squat, or the lowering of the barbell in the barbell hip thrust.

It's easy to feel the concentric movement. The mental framework of "I must lift this" allows the concentric movement to be easily emphasized.

For proper gluteal development, the eccentric movement is every bit as important. With the proper mind-muscle connection, tension is never released from the glutes. This provides a potent booty-stimulus, which will lead to greater booty gains and results over time.

Let's discuss muscular growth of the glutes.

In order to have a Grade-A backside, you need muscle in your glutes. Of course, you'll need to reduce the fat around them in order to bring out their finer points, but we will get to that in a minute.

The more muscle you have in your glutes, the more curvaceous and "perky" your butt will be. Don't be afraid of muscle - muscle is the lifeblood of physique improvement. More muscle equals more sexiness - no matter which way you slice and dice it.

So, the question remains:

"What will cause our muscles (specifically, our glute muscles) to grow?"

For the physique focused trainee, the 3 drivers of muscular growth are:

1. Mechanical tension.
2. Metabolic stress
3. Muscular damage.

Mechanical tension is the feeling of a contracting or flexed muscle when it is under a load.

When you are slowly lowering yourself in a back squat, your hamstrings, your quads, and your glutes are under tension.

When you begin a donkey kick, as you move your foot backwards and up into the air, your glutes and hamstrings are under tension.

To fully take advantage of this component of muscle building, you need to keep your muscle under constant tension under the full range of motion.

No "resting" the weight between reps, no "dropping" into the squat to release the tension, no "falling down" when you are performing a step-back lunge.

Metabolic stress is a bit more detailed.

Metabolic stress is caused by the blocking of veins by continuous muscle use.

This leads to a lack of oxygen to the affected area and a buildup of lactate. Metabolic stress is commonly referred to as “the pump”.

Metabolic stress is that feeling you get in your arms after you decide to do 10 sets of bicep curls at the end of a workout.

It feels like your skin may split at any minute, spilling tendons, ligaments, and muscle fibers all over the rubber gym floor.

FYI - if you've never had a “glute pump”, get ready. It feels weird, but in a wondrous way.

Muscular damage is created by doing something with your muscles you have never done before.

Each time you push yourself a bit further, your body will respond adaptively. This can be done with contracting movements as well as stretching movements.

The soreness you feel after a particularly intense workout can be an indicator of muscular damage.

You don't need to feel excessive soreness in order to cause muscular damage, but in general the two items correlate with each other.

In order to create the perfect storm for glute development and backside maximization, you need all 3 of these items: **tension, pump, and muscular damage**.

The tools we have at our disposal to create these items are simple.

We will use the following movements to create maximum tension, pump, and muscular damage through our **Glute Re-Shaping Program**:

- 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 doing 2 of these glute-focused 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.

As you are performing your glute-focused movements, be sure to keep constant tension throughout the full range of motion. No cheating here.

Fair warning - this will burn. The burn is a byproduct of lactic acid build-up at the cellular level.

You never want to push yourself past your pain threshold. At the same time, there is a distinct difference between “the burn, baby, the burn” and “I think something’s wrong”!

Showing proper form and ***being sure the “burn” is muscular*** and not tendon, ligament, or bone, will ensure safety at all times.

For the last item? Nutrition?

Well, our community is huge into 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 Fransisco. 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.

Practically, this means to schedule at least two "pulls" and two "pushes" throughout the course of the week.

"Pulls" (back-focused movements) include:

- Chin-ups (palms facing your body)
- Pull-ups (palms away from your body)
- Neutral grip pull-ups
- Wide grip pull-ups
- Close grip chin-ups
- Pull-down machines
- Seated cable rows
- Smith Machine bent over rows
- Seated rowing machines - all variations
- Barbell bent over row
- Dumbbell bent over row

"Pushes" (chest-focused movements) include:

- Barbell bench press
- Barbell incline bench press
- Barbell overhead press
- Dumbbell bench press
- Dumbbell incline bench press
- Dumbbell overhead press
- Wide or close grip barbell bench press
- Any bench press machine (Hammer Strength or nautilus)
- Cable flyes
- Dumbbell flyes

- Peck deck machine



Here is an example template set-up without exercises -
 (assuming you have access to the proper equipment):

Monday
Glute Exercise #1 (4 sets of 8-12 reps)
Pulling Movement (3-4 sets of 6-12 reps)
Glute Exercise #2 (4-5 sets of 12-15 reps)
Pushing Movement (3-5 sets of 8-12 reps)
Optional - Accessory work (biceps/trices/calves)
Tuesday
Glute Exercise #1 (4 sets of 8-12 reps)
Pulling Movement (3-4 sets of 6-12 reps)
Glute Exercise #2 (4-5 sets of 12-15 reps)
Pushing Movement (3-5 sets of 8-12 reps)
Optional - Accessory work (biceps/trices/calves)
Thursday
Glute Exercise #1 (4 sets of 8-12 reps)
Pulling Movement (3-4 sets of 6-12 reps)
Glute Exercise #2 (4-5 sets of 12-15 reps)
Pushing Movement (3-5 sets of 8-12 reps)
Optional - Accessory work (biceps/trices/calves)
Friday
Glute Exercise #1 (4 sets of 8-12 reps)
Pulling Movement (3-4 sets of 6-12 reps)
Glute Exercise #2 (4-5 sets of 12-15 reps)
Pushing Movement (3-5 sets of 8-12 reps)
Optional - Accessory work (biceps/trices/calves)

An example of this sort of a template in action, with exercises, is shown here:

Monday
Trapbar Deadlift (4x8)
Close-Grip Chinups (or pull-downs) (3x8)
Barbell Hip Thrusts (4 x 8)
DB Bench Press (3 x 10)
DB Bicep Curls (3 x 12)
Tuesday
BW Bulgarian Split Squats (4 x 10/leg)
DB Bent Over Rows (3 x 12/arm)
Alternating BW Step-Back Lunges (4 x 12/leg)
Close Grip Barbell Bench Press (4 x 10)
Cable Tricep Extensions (3 x 15)
Calf Raises (4 x 20)
Thursday
Back Squat (4x8)
Seated Cable Rows (4 x 12)
Walking Lunges (4 x 15/leg)
Dumbbell Incline Bench (3x12)
Behind Head DB Tri Ext (3x15)
Barbell Bicep Curls (3 x 12)
Friday
Barbell Romanian Deadlifts (4x10)
Hammer Strength Low-Row Machine (or equivalent) (3x10)
Single Leg DB Hip Thrusts (4x15/leg)
Chest Cable Flyes (3 x 12)
Paused Push-Ups (3 sets to failure)
Dumbbell Curls (3 x 15)

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

Just use a move that hits the same muscles (and is in the same category) and you'll be all set.

The progression model is simple.

You are not going for “absolute strength” here, you’re going for muscular damage, tension, and pump.

That being said, it’s easier to accomplish those items if you’re able to handle heavier weights.

If you find yourself getting up towards 15 reps per set without much fatigue and/or pump, raise the weight the next session by the lowest possible increment. With this much volume, it won’t take much of an increase in weight to find it challenging once again.

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](#)

*****Bonus Challenge!!!**

If you can provide a before-and-after picture with ample visible evidence of a booty re-shaping, send it to jason@anymanfitness.com for a cool, \$50 cash prize.

The picture must be you, and the results must be obtained by following the Anyman Fitness Glute Re-Shaping Program.

Happy Squatting!

~Jason