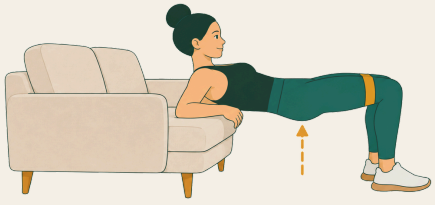
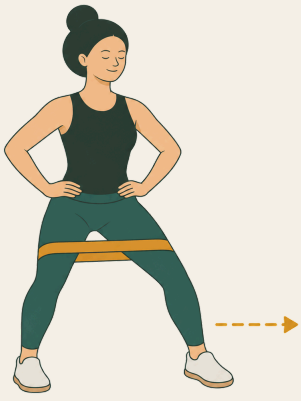
PRINTABLE GLUTE PLAN FOR WOMEN 25+

28-Day Glutes at Home Challenge

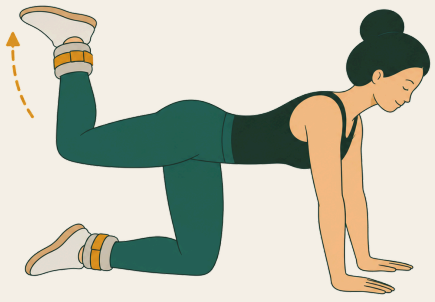
A mini band, a pair of ankle weights and your living room. Stronger glutes and hips, better posture, and easier stairs and squats, one steady week at a time.



12 illustrated moves



4 weekly plans



Bonus coaching emails

By Coach Luke | NASM-CPT, NESTA Nutrition Coach

START HERE | 1 OF 2

Welcome to your glute plan

I'm Coach Luke. I've coached for over 20 years, and one thing I see again and again: when the glutes get stronger, a lot of everyday life gets easier. Stairs feel lighter, squatting down to pick something up stops being a chore, and your hips and lower back usually feel more supported. This plan gives you that at home, with two small pieces of gear and about 25 minutes a session.

How this plan works

- **Two glute workouts (A and B), 6 different moves each.** No move appears in both, so every session trains your glutes from different angles. Every move is illustrated with a START and MOVE position on pages 8 to 19.
- **3 glute days a week in Weeks 1 and 2, then 4 in Weeks 3 and 4**, plus walking or easy full-body days and real rest days.
- **Every workout lists sets, reps, rest and tempo**, so you always know exactly what to do.
- **Every move has an easier, a harder and a no-equipment option.**
- **Check-ins on Day 1, Day 14 and Day 28** track strength and how your body feels, not your measurements.

Your 4 weeks at a glance

Week	Glute days	Sets x reps	Rest	Tempo	Band
1. Learn the moves	3	2 sets x 10 to 12 reps	45 to 60 seconds	2-1-2	Light band
2. Build the base	3	3 sets x 10 to 12 reps	45 to 60 seconds	2-1-2	Light or medium band
3. Add the pause	4	3 sets x 12 to 15 reps	45 seconds	2-2-2	Medium band
4. Own it	4	3 to 4 sets x 12 to 15 reps	45 seconds	2-2-2	Medium or heavy band

Tempo = seconds to move, hold, return. 2-1-2 means 2 seconds up, a 1-second squeeze, 2 seconds back down.

Honest expectations: in 28 days most women feel stronger, move better and build a habit they can keep. With steady training over the following months, many also notice firmer, more shapely glutes, but results vary and no exercise can burn fat from one spot. For personal use only. Please don't share or resell.

START HERE | 2 OF 2

Bands, safety + progress

Band levels

Level	How it should feel	Use it for
Light	You can do 20+ reps; last few feel warm, not hard	Week 1, clamshells, kickbacks, fire hydrants
Medium	Last 3 reps of a set are real work, form still clean	Weeks 2 to 4: bridges, squats, lateral walks, hip thrusts
Heavy	Hard to keep knees out by rep 8 to 10	Week 4 bridges and hip thrusts only, if form stays clean

Colours mean different things for different brands. Go by feel, not colour.

Safe setup and anchoring

- **Check the band** before each session. Retire it if it has a nick, tear or sticky spot.
- **Lay it flat** just above your knees (or at the ankles when a card says so), not twisted or rolled.
- **Keep it below the hips.** A band that rides up onto the hips or upper thighs is in the wrong spot.
- **Couch and chair against a wall** so they can't slide. Use a sturdy chair without wheels.
- **Ankle weights strapped snug** just above the ankle bone. Floor and standing moves only, never for walking.
- **Clear floor space** and a mat or rug that won't slip.

How to progress week to week

When you can do the top of the rep range with good form on every set, two sessions in a row, make ONE thing harder next time: add reps, then a pause, then a stronger band or 1 more pound. The order is always: **reps, then a pause, then a stronger band or +1 lb**. Change one thing at a time.

What's inside

- Safety + effort scale (p.4)
- Choosing your band + ankle weights (p.5)
- Warm-up + cool-down (p.6 to 7)
- The 12 moves (p.8 to 19)
- 28-day calendar (p.20)
- Weekly plans (p.21 to 24)
- 10-minute express session (p.25)
- Form check (p.26)
- Weekly check-in + workout log (p.27 to 28)
- Progress check (p.29)
- Your free bonus (p.31)

BEFORE YOU START

Train safe, train smart

Talk to your doctor first if...

- You are pregnant or recently postpartum
- You've had surgery recently
- You have hip, knee or back pain
- You have a heart condition or high blood pressure
- You haven't exercised in a long time and have health questions

Stop and rest if you feel...

- Sharp, pinching or joint pain (a muscle burn is fine)
- Pain in your knee, hip or lower back that gets worse as you go
- Dizziness, light-headedness or nausea
- Chest pain or unusual shortness of breath

Your effort scale: reps in reserve

Each week tells you how many good reps to keep "in the tank." Stop the set when you could still do that many more with clean form.

Reps left	How it feels	When we use it
4+	Easy, could chat the whole time	Warm-up
3	Working, smooth and controlled	Week 1
2	Challenging, form still clean	Weeks 2 and 3
1	Very hard, last rep slows down	Week 4, last set only
0	Couldn't do one more	Never needed in this plan

This plan is general fitness education, not medical advice. Exercise within your own limits.

YOUR SETUP

Choosing your band + ankle weights

Mini loop band



Most sets come in 3 to 5 colours from light to heavy. The colours mean different things for different brands, so go by feel:

- **Too light:** you could do 25+ reps and barely feel your hips.
- **Right:** the last 3 reps of a set feel like real work, form still clean.
- **Too heavy:** your knees cave in or the band rolls and pinches.

Placement matters. Above the knees is the default. At the ankles is harder, so only move it there when a card says so.

Adjustable ankle weights (2 to 5 lb)

- **Start light:** 1 to 2 lb per ankle, or none in Week 1.
- **Strap snug** just above the ankle bone so they don't slide.
- **Floor and standing glute moves only.** Never walk or run in them. Weight at the end of your leg changes your stride and pulls on your knees, hips and lower back.
- **Go up 1 lb at a time**, and only when the rep range feels easy.

How to progress, one step at a time

Step	What changes	Example
1. More reps	Work to the top of the rep range	10 reps becomes 12
2. Add a pause	Hold the hardest point 2 seconds	Squeeze at the top of a bridge
3. Stronger band	Next band up, drop reps back down	Light to medium
4. More ankle weight	Add 1 lb per ankle	2 lb becomes 3 lb

When you can do the top of the rep range with good form on every set, two sessions in a row, make ONE thing harder next time: add reps, then a pause, then a stronger band or 1 more pound.

Also handy: a mat or rug for floor moves, a sturdy chair, a couch that won't slide, water, and a pencil for your trackers.

EVERY SESSION

5-minute warm-up

Do this before every workout, in order, no band or weights. It raises your temperature and gets your glutes working before the real sets.

Move	Time / reps	Why
1. March in place	45 seconds	Warms you up, gets the arms swinging
2. Hip circles	8 each direction	Loosens the hips
3. Squat to a chair	10 slow reps (tempo 2-1-2)	Grooves the squat pattern
4. Bodyweight glute bridge	10 reps, 1-second squeeze	Switches the glutes on
5. Standing leg swings	8 front-back + 8 side-side, each leg	Moves the hip through its range
6. Side-lying clamshell, no band	8 per side	Wakes up the side glutes

Why bridges and clamshells appear here and in the workouts: the warm-up versions are bodyweight and easy on purpose. They prepare the same muscles you're about to load, so the banded working sets feel better.

Rest between sets

Use the rest time listed in each week's plan. Shake out your legs, sip water and reset your form before the next set.

EVERY SESSION

4-minute cool-down

After every workout. Hold each stretch for the time shown, breathing slowly. Stretch to mild tension, never pain.

Stretch	Hold	Where you feel it
1. Figure-4 stretch on your back	30 seconds each side	Glutes + outer hip
2. Kneeling hip flexor stretch	30 seconds each side	Front of the hip
3. Child's pose, knees wide	30 seconds	Hips + lower back
4. Hamstring stretch on your back with a towel	30 seconds each leg	Back of the thigh

If kneeling bothers your knees, fold a towel under them or do the hip flexor stretch standing, one foot forward.

Walking days

A brisk 20 to 30 minute walk, no ankle weights. Hills or a few flights of stairs make it harder in a way your joints like.

Full-body days

Move	Sets x reps	Rest
Squat to a chair	2 x 10	60 seconds
Wall push-up	2 x 10	60 seconds
Plank on your knees	2 x 20 seconds	60 seconds
Bird dog	2 x 6 per side	60 seconds

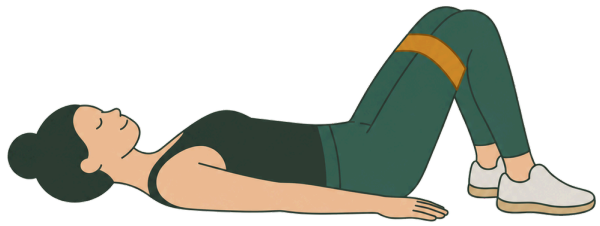
Easy pace, about 3 reps left in every set. These keep the rest of you moving without tiring the glutes before the next glute day.

The 12 moves

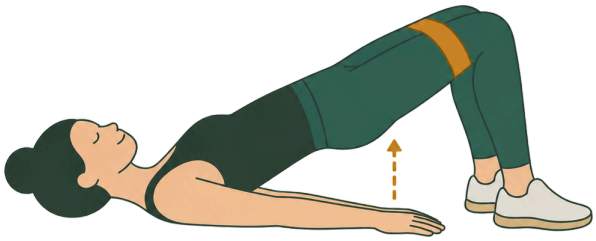
01 Banded Glute Bridge

MINI BAND · GLUTES + HAMSTRINGS

START



MOVE · amber arrow = direction



How to do it

1. Lie on your back, knees bent, feet flat and hip-width apart. Band just above your knees.
2. Press through your heels and lift your hips until shoulders, hips and knees line up.
3. Squeeze at the top (1 to 2 seconds, per your week's tempo), then lower slowly.

Form cues

- Push your knees gently out against the band the whole time.
- Ribs down, chin tucked. Your glutes lift you, not your lower back.
- Feel it in your hamstrings? Walk your feet a little closer.

COMMON MISTAKE: Pushing through your toes and arching your lower back at the top.

EASIER
No band, smaller lift

HARDER
Hold the top for 3 seconds each rep

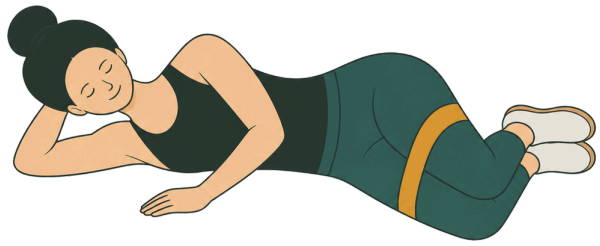
NO EQUIPMENT
Same move, no band

The 12 moves

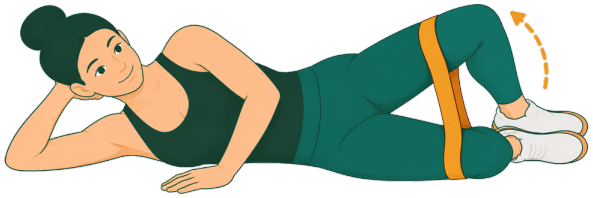
02 Banded Clamshell

MINI BAND · SIDE GLUTES (GLUTE MEDIUS)

START



MOVE · amber arrow = direction



How to do it

1. Lie on your side, head resting on your arm, hips and knees bent. Band just above your knees.
2. Keep your feet together and open your top knee toward the ceiling.
3. Pause, then lower slowly. Finish all reps, then switch sides.

Form cues

- Stack your hips. Don't let your top hip roll backward.
- Open only as far as you can without your hips moving.
- Slow on the way down. That part counts too.

COMMON MISTAKE: Rolling the top hip backward to open the knee higher.

EASIER
No band, smaller opening

HARDER
Lift both feet an inch off the floor

NO EQUIPMENT
Same move, no band

The 12 moves

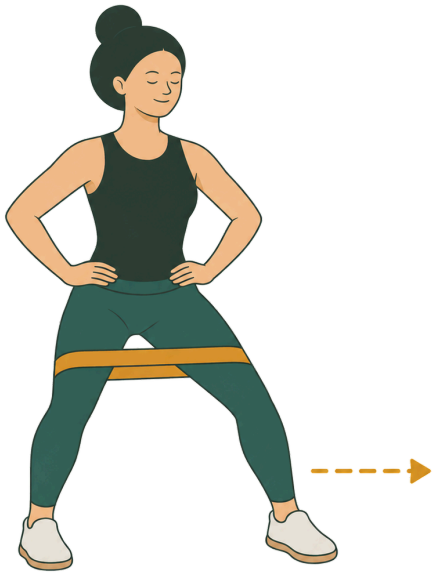
03 Banded Lateral Walk

MINI BAND · SIDE GLUTES + HIPS

START



MOVE · amber arrow = direction



How to do it

1. Stand with feet hip-width apart, band just above your knees, knees softly bent.
2. Step one foot out to the side, then bring the other foot halfway in.
3. Take the steps your plan lists one way, then the same number back the other way.

Form cues

- Stay low in a quarter squat the whole time.
- Keep tension on the band. Don't let your feet snap together.
- Toes forward, knees over your toes, not caving in.

COMMON MISTAKE: Standing up tall between steps and letting your feet click together.

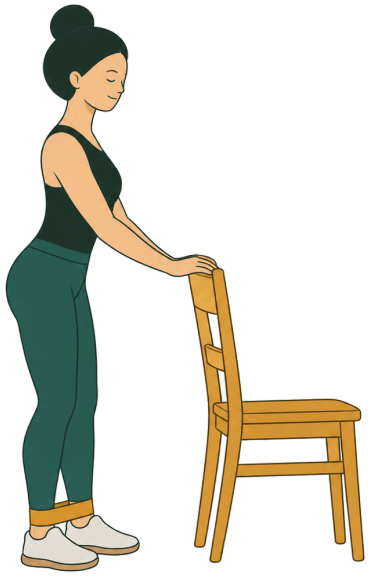
EASIER	HARDER	NO EQUIPMENT
Smaller steps, less knee bend	Move the band to your ankles	Side steps in a quarter squat

The 12 moves

04 Standing Banded Kickback

MINI BAND AT ANKLES · GLUTES + HAMSTRINGS

START



MOVE · amber arrow = direction



How to do it

1. Stand behind a sturdy chair, hands on the backrest. Band around both ankles.
2. Lean forward slightly, brace your middle, and push one leg straight back.
3. Squeeze at the back, return slowly. Finish all reps, then switch legs.

Form cues

- Small range is fine. Stop before your lower back arches.
- Keep the standing knee soft and the hips square.
- Think 'push the floor away behind you', not 'kick'.

COMMON MISTAKE: Swinging the leg up high and arching your lower back.

EASIER
No band, smaller range

HARDER
Pause 2 seconds at the back

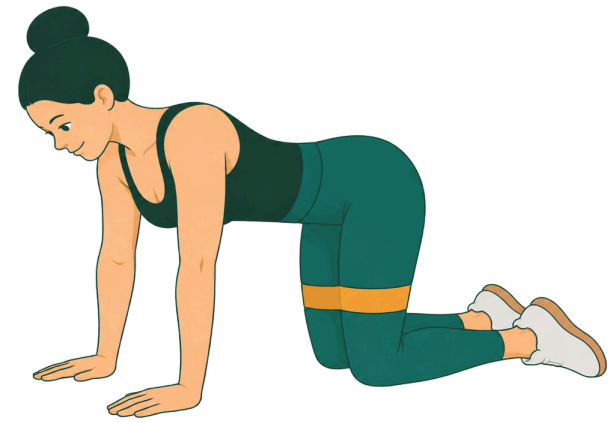
NO EQUIPMENT
Same move, no band

The 12 moves

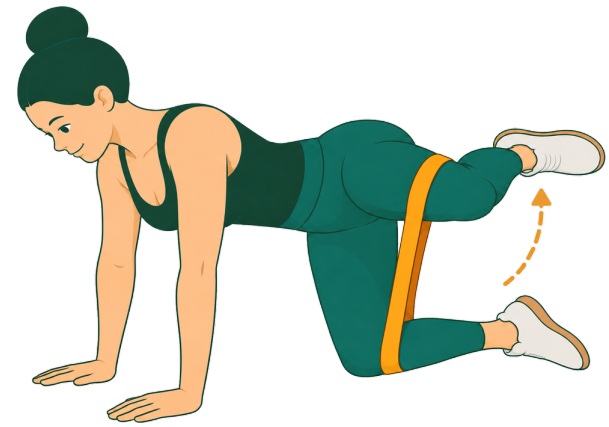
05 Banded Fire Hydrant

MINI BAND · SIDE GLUTES + HIP ROTATORS

START



MOVE · amber arrow = direction



How to do it

1. Start on hands and knees: hands under shoulders, knees under hips. Band above your knees.
2. Keep the knee bent and lift it out to the side, like opening a gate.
3. Pause at the top, lower slowly. Finish all reps, then switch sides.

Form cues

- Lift only as high as you can without leaning onto the other hip.
- Back flat like a tabletop, eyes on the floor.
- Push the floor away with your hands so your shoulders stay strong.

COMMON MISTAKE: Leaning onto the other hip and tilting your body to lift higher.

EASIER
No band, smaller lift

HARDER
Hold the top for 2 seconds

NO EQUIPMENT
Same move, no band

The 12 moves

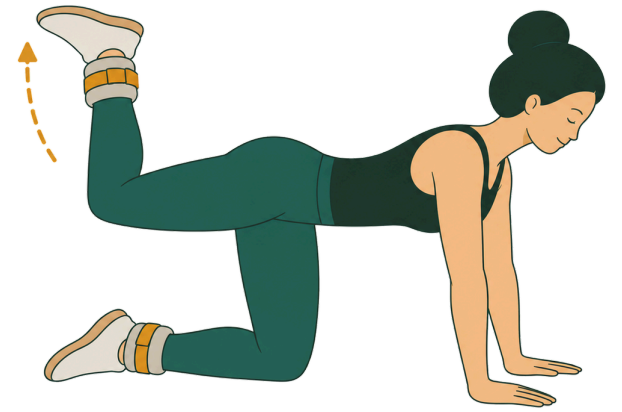
06 Donkey Kick

ANKLE WEIGHTS · GLUTES

START



MOVE · amber arrow = direction



How to do it

1. Start on hands and knees with an ankle weight on each ankle.
2. Keep the knee bent at 90 degrees and press that foot up toward the ceiling.
3. Stop when your thigh is level with your back, lower slowly, then switch sides.

Form cues

- Thigh level with your back is the finish. Higher just arches your low back.
- Keep your hips square to the floor.
- Slow and controlled. No swinging the weight.

COMMON MISTAKE: Lifting the foot above hip height so your lower back sags.

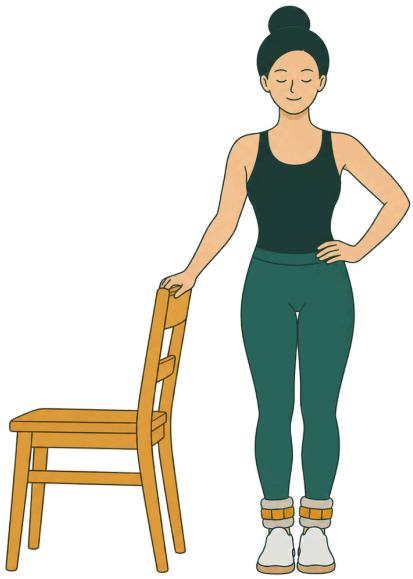
EASIER	HARDER	NO EQUIPMENT
No ankle weights	Add 1 lb or pulse 3 times at the top	Same move, no weights

The 12 moves

07 Standing Side Leg Raise

ANKLE WEIGHTS · SIDE GLUTES + HIP STABILITY

START



MOVE · amber arrow = direction



How to do it

1. Stand tall beside a chair, one hand on the backrest. Ankle weights on.
2. Lift your outside leg out to the side, toes pointing forward.
3. Lower slowly without letting the foot rest. Finish all reps, then switch sides.

Form cues

- Stay tall. Don't lean away from the lifting leg.
- Lift about 30 degrees. Higher usually means you're tilting.
- Toes forward, not turned up to the ceiling.

COMMON MISTAKE: Leaning your upper body away to get the leg higher.

EASIER
No ankle weights

HARDER
Hold the top for 2 seconds

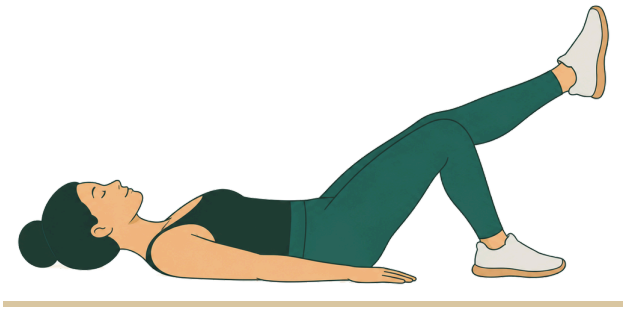
NO EQUIPMENT
Same move, no weights

The 12 moves

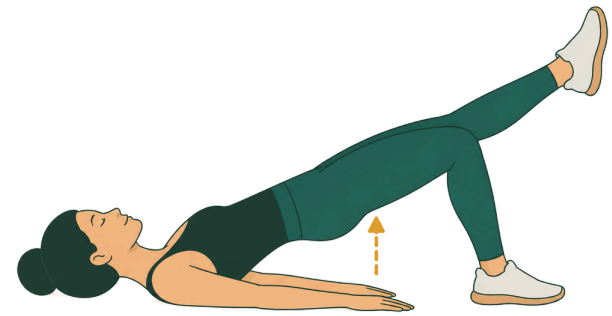
08 Single-Leg Glute Bridge

BODYWEIGHT · GLUTES + HAMSTRINGS + HIP CONTROL

START



MOVE · amber arrow = direction



How to do it

1. Lie on your back, one foot flat, the other leg straight and lifted to match the bent thigh.
2. Press through the planted heel and lift your hips.
3. Lower slowly. Finish all reps, then switch legs.

Form cues

- Keep both hips level, like a tray you don't want to tip.
- Push through the heel, not the toes.
- Arms long on the floor for balance.

COMMON MISTAKE: Letting one hip drop as you lift.

EASIER
Both feet down, march one foot up at the top

HARDER
Pause 3 seconds at the top

NO EQUIPMENT
This move is already bodyweight

The 12 moves

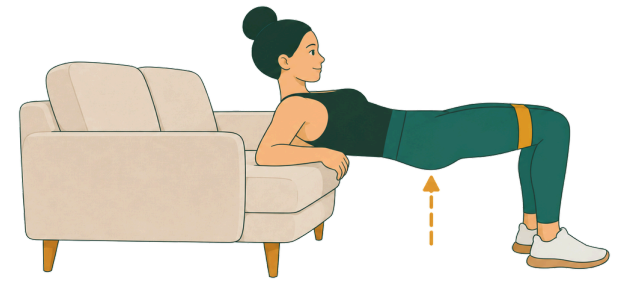
09 Banded Hip Thrust off a Couch

MINI BAND + COUCH · GLUTES

START



MOVE · amber arrow = direction



How to do it

1. Sit on the floor with your upper back against the front edge of a sturdy couch. Band above your knees.
2. Plant your feet, press through your heels and lift your hips until your body is flat like a tabletop.
3. Squeeze at the top (1 to 2 seconds, per your week's tempo), then lower slowly.

Form cues

- Shins vertical at the top. Adjust your feet if they're not.
- Chin tucked, eyes forward over your knees, ribs down.
- Use a couch that won't slide. Push it against a wall if needed.

COMMON MISTAKE: Resting your neck or lower back on the couch edge instead of just below your shoulder blades.

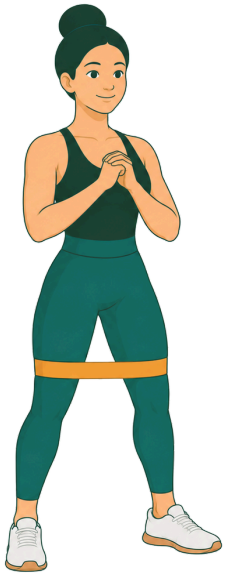
EASIER	HARDER	NO EQUIPMENT
Glute bridge on the floor instead	Single-leg hip thrust	Same move, no band

The 12 moves

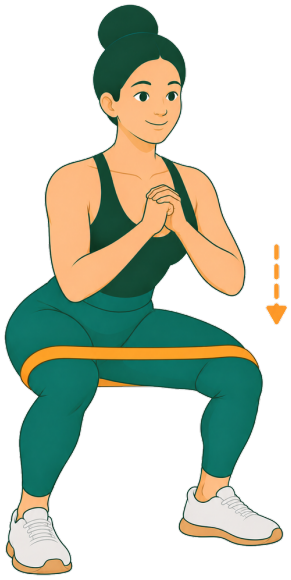
10 Banded Squat

MINI BAND · GLUTES + THIGHS

START



MOVE · amber arrow = direction



How to do it

1. Stand with feet a little wider than hips, toes slightly out, band above your knees.
2. Push your hips back and bend your knees as if sitting into a chair.
3. Go as low as feels good, then stand up tall and squeeze your glutes.

Form cues

- Press your knees out against the band so they track over your toes.
- Chest up, heels down the whole time.
- Breathe in on the way down, out on the way up.

COMMON MISTAKE: Letting the band pull your knees in toward each other.

EASIER	HARDER	NO EQUIPMENT
Squat to a chair and stand back up	Pause 2 seconds at the bottom	Bodyweight squat

The 12 moves

11 Bulgarian Split Squat on a Chair

CHAIR · GLUTES + THIGHS + BALANCE

START



MOVE · amber arrow = direction



How to do it

1. Stand about two feet in front of a sturdy chair. Rest the top of your back foot on the seat.
2. Lower straight down until your front thigh is close to parallel.
3. Press through the front heel to stand. Finish all reps, then switch legs.

Form cues

- Most of your weight stays on the front foot.
- A slight forward lean puts more work in the glutes.
- Front knee stays over the middle of your foot.

COMMON MISTAKE: Front foot too close to the chair, so the front heel lifts and the knee shoots forward.

EASIER
Back foot on the floor (split squat)

HARDER
Pause 2 seconds at the bottom

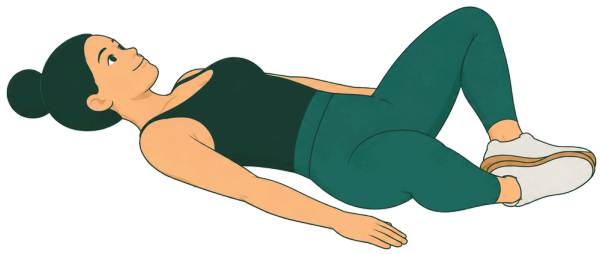
NO EQUIPMENT
This move is already bodyweight

The 12 moves

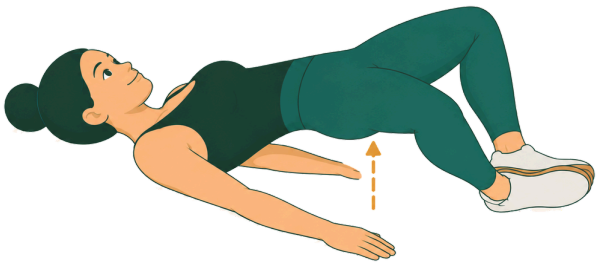
12 Frog Pump

BODYWEIGHT · GLUTES

START



MOVE · amber arrow = direction



How to do it

1. Lie on your back, soles of your feet together, knees falling out to the sides.
2. Press the outer edges of your feet down and lift your hips.
3. Squeeze at the top, lower with control. Quick, steady reps.

Form cues

- Small lift, big squeeze. Height isn't the goal.
- Keep your heels close to your hips.
- If your hips pinch, bring your heels a little further away.

COMMON MISTAKE: Arching your lower back to lift higher instead of squeezing your glutes.

EASIER
Smaller lift

HARDER
Hold the top for 2 seconds each rep

NO EQUIPMENT
This move is already bodyweight

YOUR MONTH

28-day calendar

Tick the box when a day is done. Swap days around to fit your week. Workouts A and B use different moves, so they can go on back-to-back days. Just avoid three glute days in a row.

PROGRESSION	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1 2 sets x 10 to 12 reps Tempo 2-1-2 Light band	Workout A ☐	Walk ☐	Workout B ☐	Rest ☐	Workout A ☐	Walk ☐	Rest ☐
WEEK 2 3 sets x 10 to 12 reps Tempo 2-1-2 Light or medium band	Workout B ☐	Walk ☐	Workout A ☐	Rest ☐	Workout B ☐	Full body ☐	Rest ☐
WEEK 3 3 sets x 12 to 15 reps Tempo 2-2-2 Medium band	Workout A ☐	Workout B ☐	Walk ☐	Workout A ☐	Rest ☐	Workout B ☐	Rest ☐
WEEK 4 3 to 4 sets x 12 to 15 reps Tempo 2-2-2 Medium or heavy band	Workout B ☐	Workout A ☐	Walk ☐	Workout B ☐	Rest ☐	Workout A ☐	Rest ☐

Workout A
Banded Glute Bridge, Banded Squat, Banded Lateral Walk, Standing Banded Kickback, Banded Clamshell, Donkey Kick

Workout B
Banded Hip Thrust off a Couch, Bulgarian Split Squat on a Chair, Banded Fire Hydrant, Standing Side Leg Raise, Single-Leg Glute Bridge, Frog Pump

Walk / Full body
20 to 30 minute brisk walk, no ankle weights. Full body: see page 7. Warm up before and cool down after every session (p.6 to 7).

WEEK 1 OF 4

Week 1: Learn the moves

SETS + REPS
2 sets of 10 to 12 reps
(one-sided moves: 8 to 10 per side)

GEAR
Light band
Ankle weights: 0 to 2 lb (or none)

REST + TEMPO
45 to 60 seconds between sets
Tempo 2-1-2 · stop with 3 reps left

> Move slowly and learn how each move should feel. Finish every set with 3 or more good reps left.

Workout A

Move	Sets	Reps	Rest	Tempo	Band / lb
01 Banded Glute Bridge	2 sets	10 to 12 reps	45 to 60 s	2-1-2	
10 Banded Squat	2 sets	10 to 12 reps	45 to 60 s	2-1-2	
03 Banded Lateral Walk	2 sets	10 steps each way	45 to 60 s	1 step a second	
04 Standing Banded Kickback	2 sets	8 to 10 per side	45 to 60 s	2-1-2	
02 Banded Clamshell	2 sets	8 to 10 per side	45 to 60 s	2-1-2	
06 Donkey Kick	2 sets	8 to 10 per side	45 to 60 s	2-1-2	

Workout B

Move	Sets	Reps	Rest	Tempo	Band / lb
09 Banded Hip Thrust off a Couch	2 sets	10 to 12 reps	45 to 60 s	2-1-2	
11 Bulgarian Split Squat on a Chair	2 sets	8 to 10 per side	45 to 60 s	2-1-2	
05 Banded Fire Hydrant	2 sets	8 to 10 per side	45 to 60 s	2-1-2	
07 Standing Side Leg Raise	2 sets	8 to 10 per side	45 to 60 s	2-1-2	
08 Single-Leg Glute Bridge	2 sets	8 to 10 per side	45 to 60 s	2-1-2	
12 Frog Pump	2 sets	10 to 12 reps	45 to 60 s	1-1-1	

Start with the 5-minute warm-up (p.6), finish with the cool-down (p.7). Tempo = seconds to move, hold, return. 2-1-2 means 2 seconds up, a 1-second squeeze, 2 seconds back down.

Progression rule: When you can do the top of the rep range with good form on every set, two sessions in a row, make ONE thing harder next time: add reps, then a pause, then a stronger band or 1 more pound.

WEEK 2 OF 4

Week 2: Build the base

SETS + REPS
3 sets of 10 to 12 reps
(one-sided moves: 10 per side)

GEAR
Light or medium band
Ankle weights: 1 to 3 lb

REST + TEMPO
45 to 60 seconds between sets
Tempo 2-1-2 · stop with 2 reps left

> Same moves, one more set. Aim to finish each set with about 2 good reps left.

Workout A

Move	Sets	Reps	Rest	Tempo	Band / lb
01 Banded Glute Bridge	3 sets	10 to 12 reps	45 to 60 s	2-1-2	
10 Banded Squat	3 sets	10 to 12 reps	45 to 60 s	2-1-2	
03 Banded Lateral Walk	3 sets	10 steps each way	45 to 60 s	1 step a second	
04 Standing Banded Kickback	3 sets	10 per side	45 to 60 s	2-1-2	
02 Banded Clamshell	3 sets	10 per side	45 to 60 s	2-1-2	
06 Donkey Kick	3 sets	10 per side	45 to 60 s	2-1-2	

Workout B

Move	Sets	Reps	Rest	Tempo	Band / lb
09 Banded Hip Thrust off a Couch	3 sets	10 to 12 reps	45 to 60 s	2-1-2	
11 Bulgarian Split Squat on a Chair	3 sets	10 per side	45 to 60 s	2-1-2	
05 Banded Fire Hydrant	3 sets	10 per side	45 to 60 s	2-1-2	
07 Standing Side Leg Raise	3 sets	10 per side	45 to 60 s	2-1-2	
08 Single-Leg Glute Bridge	3 sets	10 per side	45 to 60 s	2-1-2	
12 Frog Pump	3 sets	10 to 12 reps	45 to 60 s	1-1-1	

Start with the 5-minute warm-up (p.6), finish with the cool-down (p.7). Tempo = seconds to move, hold, return. 2-1-2 means 2 seconds up, a 1-second squeeze, 2 seconds back down.

Progression rule: When you can do the top of the rep range with good form on every set, two sessions in a row, make ONE thing harder next time: add reps, then a pause, then a stronger band or 1 more pound.

WEEK 3 OF 4

Week 3: Add the pause

SETS + REPS
3 sets of 12 to 15 reps
(one-sided moves: 12 per side)

GEAR
Medium band
Ankle weights: 2 to 4 lb

REST + TEMPO
45 seconds between sets
Tempo 2-2-2 · stop with 2 reps left

Four glute days this week. Add a 2-second squeeze at the hardest point of every rep.

Workout A

Move	Sets	Reps	Rest	Tempo	Band / lb
01 Banded Glute Bridge	3 sets	12 to 15 reps	45 s	2-2-2	
10 Banded Squat	3 sets	12 to 15 reps	45 s	2-2-2	
03 Banded Lateral Walk	3 sets	12 to 15 steps each way	45 s	Pause on each step	
04 Standing Banded Kickback	3 sets	12 per side	45 s	2-2-2	
02 Banded Clamshell	3 sets	12 per side	45 s	2-2-2	
06 Donkey Kick	3 sets	12 per side	45 s	2-2-2	

Workout B

Move	Sets	Reps	Rest	Tempo	Band / lb
09 Banded Hip Thrust off a Couch	3 sets	12 to 15 reps	45 s	2-2-2	
11 Bulgarian Split Squat on a Chair	3 sets	12 per side	45 s	2-2-2	
05 Banded Fire Hydrant	3 sets	12 per side	45 s	2-2-2	
07 Standing Side Leg Raise	3 sets	12 per side	45 s	2-2-2	
08 Single-Leg Glute Bridge	3 sets	12 per side	45 s	2-2-2	
12 Frog Pump	3 sets	12 to 15 reps	45 s	1-2-1	

Start with the 5-minute warm-up (p.6), finish with the cool-down (p.7). Tempo = seconds to move, hold, return. 2-2-2 means 2 seconds up, a 2-second squeeze, 2 seconds back down.

Progression rule: When you can do the top of the rep range with good form on every set, two sessions in a row, make ONE thing harder next time: add reps, then a pause, then a stronger band or 1 more pound.

WEEK 4 OF 4

Week 4: Own it

SETS + REPS
3 to 4 sets of 12 to 15 reps (one-sided moves: 12 to 15 per side)

GEAR
Medium or heavy band
Ankle weights: 2 to 5 lb

REST + TEMPO
45 seconds between sets
Tempo 2-2-2 · stop with 1 to 2 reps left

Four glute days. Add a 4th set to your two favourite moves if you feel good. Keep the form you built.

Workout A

Move	Sets	Reps	Rest	Tempo	Band / lb
01 Banded Glute Bridge	3 to 4 sets	12 to 15 reps	45 s	2-2-2	
10 Banded Squat	3 to 4 sets	12 to 15 reps	45 s	2-2-2	
03 Banded Lateral Walk	3 to 4 sets	12 to 15 steps each way	45 s	Pause on each step	
04 Standing Banded Kickback	3 to 4 sets	12 to 15 per side	45 s	2-2-2	
02 Banded Clamshell	3 to 4 sets	12 to 15 per side	45 s	2-2-2	
06 Donkey Kick	3 to 4 sets	12 to 15 per side	45 s	2-2-2	

Workout B

Move	Sets	Reps	Rest	Tempo	Band / lb
09 Banded Hip Thrust off a Couch	3 to 4 sets	12 to 15 reps	45 s	2-2-2	
11 Bulgarian Split Squat on a Chair	3 to 4 sets	12 to 15 per side	45 s	2-2-2	
05 Banded Fire Hydrant	3 to 4 sets	12 to 15 per side	45 s	2-2-2	
07 Standing Side Leg Raise	3 to 4 sets	12 to 15 per side	45 s	2-2-2	
08 Single-Leg Glute Bridge	3 to 4 sets	12 to 15 per side	45 s	2-2-2	
12 Frog Pump	3 to 4 sets	12 to 15 reps	45 s	1-2-1	

Start with the 5-minute warm-up (p.6), finish with the cool-down (p.7). Tempo = seconds to move, hold, return. 2-2-2 means 2 seconds up, a 2-second squeeze, 2 seconds back down.

Progression rule: When you can do the top of the rep range with good form on every set, two sessions in a row, make ONE thing harder next time: add reps, then a pause, then a stronger band or 1 more pound.

BUSY DAY BACKUP

10-minute express session

Short on time? Do this instead of skipping. Set a timer: **40 seconds work, 20 seconds rest**. Go through the 5 moves, then repeat once. That's 10 minutes. A 2-minute warm-up (march in place + hip circles) first is still worth it.

#	Move	Work	Rest	Tempo + focus
1	**Banded Squat** (p.17)	40 s	20 s	2-1-2, knees pressing out
2	**Banded Lateral Walk** (p.10)	40 s	20 s	1 step a second, then back
3	**Banded Glute Bridge** (p.8)	40 s	20 s	2-1-2 with a 1-second squeeze
4	**Banded Clamshell** (p.9)	40 s	20 s	2-1-2; round 1 left side, round 2 right
5	**Frog Pump** (p.19)	40 s	20 s	1-1-1, quick steady pumps

Make it easier

- Take the band off
- Work 30 seconds, rest 30
- Do one round instead of two

Make it harder

- Stronger band
- Add a third round
- Pause at the top of every bridge

Why these moves repeat from Workouts A and B: on a busy day there's nothing new to learn. You already know the form, so you can go straight to work. One express session counts as a glute day. Use it up to twice a week when life gets busy.

QUALITY OVER QUANTITY

Form check

Check these three things once a week. A quick phone video from the side or front helps a lot.

Knees

WHAT YOU WANT	WATCH FOR	THE FIX
Knees track over your 2nd and 3rd toes on squats, split squats and lateral walks.	Knees caving in toward each other, or the band snapping your knees together.	Use a lighter band, slow down and actively press your knees out. Shorten the range until you can control it.

Lower back

WHAT YOU WANT	WATCH FOR	THE FIX
Ribs stay down and your back stays long on bridges, hip thrusts, kickbacks and donkey kicks.	Arching at the top, feeling it in your lower back instead of your glutes.	Stop the rep when your hips are level with your shoulders. Tuck your chin and tip your pelvis slightly under.

Hip shift

WHAT YOU WANT	WATCH FOR	THE FIX
Hips stay level and square on single-leg bridges, side leg raises and split squats.	One hip dropping, leaning away from the working leg, or twisting to get the leg higher.	Lower the leg height or the weight. Hands on hip bones as a check: they should stay level.

Feeling it mostly in your thighs or lower back? That's common in Week 1. Slow down, add the squeeze, and use a lighter band. The glutes usually "switch on" more as you practise.

WEEKLY CHECK-IN

Weekly check-in tracker

Fill this in at the end of each week. 1 = rough, 5 = great.

	Week 1	Week 2	Week 3	Week 4
Sessions done (of planned)				
Band colour used				
Ankle weight (lb)				
Hardest move this week				
Hips + knees felt (1 to 5)				
Energy (1 to 5)				
Stairs + squats felt (1 to 5)				
One win this week				

Notes for next week

PRINT AS MANY AS YOU NEED

Workout log

Write down what you did each session. Seeing the numbers creep up is the best motivation there is.

Date	A / B	Band / lb	Sets x reps done	Effort (1 to 5)	Notes

PROGRESS CHECK

Your strength check-in

Test on Day 1, Day 14 and Day 28. This tracks what your body can *do* and how it *feels*. No tape measure needed.

Test	Day 1	Day 14	Day 28
Glute bridge hold seconds, hips up, good form			
Single-leg bridge reps, left / right			
Sit-to-stand from a chair reps in 30 seconds			
Banded lateral walk steps in 30 seconds			
Two flights of stairs how it feels, 1 to 5			
Squat to a chair how it feels, 1 to 5			

Day 28: what feels easier now?

What I'll keep doing

DAY 28 AND BEYOND

You did the work. Keep going.

Strong glutes are built over months, not days. Repeat Weeks 3 and 4 with a stronger band or a little more ankle weight, keep walking, and test yourself again in four weeks.

Thank you for training with me.
Coach Luke

Reply to any coaching email and tell me how it's going. I read every one.
More free workouts and recipes at **coachluke.com**.

By Coach Luke | NASM-CPT, NESTA Nutrition Coach. For personal use only.

STORE EDITION | BONUS

Your free bonus

28 daily coaching emails

Your copy from coachluke.com comes with 28 short coaching emails from me, one for each day of the challenge. They start automatically after checkout: your welcome email and Day 1 arrive the same day, then one email a day through Day 28, matched to your calendar (p.20) and weekly plans (p.21 to 24).

- **Today's session:** Workout A, Workout B, a walk or a rest day
- **One form cue** from the move pages, so every rep counts
- **Check-in reminders** on Days 1, 14 and 28 (p.26 to 29)
- **Your download link** again in the welcome and Day 28 emails



Can't find them? Check your Promotions or Spam folder and add **coach@coachluke.com** to your contacts.

Free Resource Library

Free printable guides, trackers, checklists and recipe collections from coachluke.com, for the month after this one and beyond. No cost, no catch.

Scan the code with your phone camera, or visit:
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Questions? Just ask.

Email me any time at **coach@coachluke.com**. A question about your plan, a move you're not sure of, or a problem with your file: I'm happy to help.

Coach Luke

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