FITMISS training
COACHING + WELLNESS CONSULTING

SCAN TO SAVE
Get this on your phone

WORKOUT PLAN

GLUTES + ABS

2–3x per week | ~45 minutes | Barbell or dumbbells • bench • mini band

1 · WARM-UP 5 MIN

- **Glute bridge** — 15 reps
- **Banded lateral walk** — 10 steps each way
- **Bodyweight squat** — 10 reps
- **Dead bug** — 8 per side
- **Fire hydrant** — 10 per side

HIP THRUST FORM CHECK

1. Upper back on bench, feet flat, shins vertical at the top.
2. Chin tucked, ribs down—eyes forward, not up.
3. Drive through heels, squeeze glutes to lock out. Pause 2 sec.
4. Lower with control. Don't arch your low back.

2 · GLUTE STRENGTH

	EXERCISE	SETS	REPS	REST
1	**BARBELL HIP THRUST** MAIN LIFT Your #1 glute builder. Pause and squeeze at the top of every rep.	4	8–12	90 sec
2	**ROMANIAN DEADLIFT** Push hips back, soft knees, weights close to legs. Feel the hamstring stretch.	3	10	75 sec
3	**BULGARIAN SPLIT SQUAT** Lean torso slightly forward to load the glutes. Rear foot on bench.	3	8–10 / leg	60 sec
4	**CABLE OR BAND KICKBACK** Slow and controlled. Kick back and slightly out—no swinging.	3	12–15 / leg	45 sec
5	**BANDED HIP ABDUCTION** Seated, band above knees. Push out, hold 1 sec. Burnout for the side glutes.	3	20	45 sec

3 · CORE FINISHER · 3 rounds, no rest between moves, 60 sec between rounds

REVERSE CRUNCH
12 reps
Curl hips up with your lower abs—no swinging.

PALLOF PRESS
10 / side
Press band out and resist the twist.

SIDE PLANK
30 sec / side
Stack hips and lift high.

HOLLOW BODY HOLD
20–30 sec
Low back pressed into the floor.

MAKE IT EASIER

- **Hip thrust** → bodyweight or floor glute bridge
- **Split squat** → reverse lunge
- **Hollow hold** → dead bug

LEVEL IT UP

- **Add reps first**, then add weight
- **Single-leg hip thrust** — 3 × 10 / leg
- **Slow the lowering** to 3 seconds every rep

COACH'S TIP

Remember: a small calorie surplus and enough protein build muscle fastest.

FEED YOUR MUSCLE. GROW YOUR MUSCLE.

Squeeze every rep, rest 48 hours between sessions and train consistently—not perfectly.