

BOOTY BUILDING & LEAN
BODY TRAINING PROGRAM



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What this program is about

This training program is designed for advanced lifters who can perform compound lifts correctly and safely. It emphasizes on building the glutes by hitting them three times a week for a lot of volume. The goal is to increase volume every week for eight weeks to get maximal results. After doing this program for eight weeks, I highly recommend a deload week or a week off from the gym.

Also keep in mind that nutrition plays an important role in building muscle! I recommend eating in a slight surplus if you want to take growing your butt seriously.

Pairing upper body with some HIIT circuits will help you tone your arms, shoulders and back while making sure to maintain a lean physique

This program is meant to be done 5 days a week with two off days. Optionally, you can do some yoga, mobility work or light cardio on one day but I recommend at least taking one complete rest day every week!

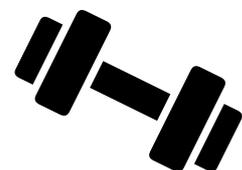
If you have any questions regarding this program or fitness in general, feel free to send me an email: sabrina@blackchilimoon.com

Also I'd love to invite you to join my Facebook group "Living YOUR happy, healthy & fit life" where I offer you free support, coaching and a lot of bonus content. This community is all about finding your happy and healthy balanced lifestyle. It's about overall health, a happy gut, balanced hormones and a fit and strong body.

Enjoy the training program and don't forget to share your journey on social media, making sure to tag me so I can see your progress!

Lots of love,

Sabrina



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DAY 1 - GLUTES

your notes

5-10 minute warm up

2 x 50 clamshells each leg

2 x 100 glute bridges

4 x 15/8/8/8 barbell hip thrusts

4 x 10 squats

4 x 15 banded side walks each leg

3 x 10 abduction increasing weight with each set

3 x 10 high step ups each leg

3 x 50 froggy pumps

DAY 2 - UPPER BODY FAT BURNER

your notes

5 minute warm up

4 x 30 second sprint

(30 second to 1 minute rest in between)

3 x 8 bench press

3 x 10 (diamond) push ups

3 x 8 shoulder press

3 x 20 plate front raises

3 x 10 cable tricep pushdowns
3 x 8 cable single arm tricep extension



1 x bench tricep dips until failure

3 x 8-10 side raises drop set
(without rest in between sets)

optinal: fat burning core finisher

50 seconds mountain climbers

10 seconds rest

50 seconds underarm plank hold

10 seconds rest

as many rounds as you can do/want do/have time to do

DAY 3 - LEGS & GLUTES

your notes

5- 10 minute warm up

2 x 50 donkey kicks each leg
2 x 25 single leg glute bridges each leg

2 x 50 dumbbell walking lunges
2 x 25 (overhead) back lunges each leg

4 x 10/8/6/6 leg press

3 x 10 curtsy lunges each leg
3 x 10 pulsing curtsy lunges each leg

3 x 10 kneeling kickbacks each leg

3 x 50 banded hip thrusts or froggy pumps



DAY 4 - UPPER BODY FAT BURNER

your notes

5 minute warm up

4 x 250m row

4 x 15 push ups

3 x 10 reverse grip rows

3 x 10 burpees over bar

3 x 10 pull ups (assisted)

3 x 20 abmat sit ups

3 x 8-10 lat pulldowns increasing weight with each set

3 x 8 cable reverse fly

3 x 10 bend over dumbbell fly

3 x 10 dumbbell bicep curls

3 x 8 dumbbell hammer curls

DAY 5 - HAMSTRINGS & GLUTES

your notes

5 minute warm up

4 x 10 barbell hip thrusts

4 x 8 straight leg deadlifts

4 x 15 (banded) side walks each leg

3 x 10 cable pull through

3 x 20 (banded) standing kickbacks

3 x 12/10/8 leg curls increasing weight each set

3 x 15-20 45-degree-hypers glute focused

optional: fat burning hamstring burner

2 x kettlebell swings until failure

BONUS: 10 minute home belly fat burner

50 seconds work & 10 seconds rest of each exercise

1. skipping or high knees
2. boxing (one punch left and right) crunches or cross body crunches
3. vertical mountain climbers
4. hollow hold
5. squat jumps
6. leg raises (hanging if possible)
7. v-ups
8. russian twists
9. jumping jacks
10. underarm plank



EXPLANATIONS



these two exercises are a superset

3 x 12/10/8 means three sets, performing 12 reps for the first set, 10 reps for the second set and 8 reps for the third set

For more workout inspiration, recipes and science based information about fitness, nutrition and health visit my blog, Instagram and YouTube channel:

www.blackchilimoon.com

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EXERCISE GUIDE

If some of the exercises mentioned in this program don't seem familiar to you, feel free to check out the exercises in the bodybuilding exercise database. To make this easier, I linked all of the exercise in this exercise guide for you.

clamshell

glute bridge

barbell hip thrust

squat

banded side walks

abduction

high step ups - I prefer holding a plate in front of me

froggy pumps

bench press

push up

diamond push up

shoulder press

plate front raise

cable tricep pushdown

cable single arm tricep extension

bench tricep dips

side raise

mountain climbers

underarm plank

donkey kick

single leg glute bridge

dumbbell walking lunge

back lunge - holding a barbell/plate over the head will engage the core more

leg press

curtsy lunge

cable kickback - kneeling is better for your lower back which I prefer over standing

reverse grip row

burpees over bar

pull up

abmat sit up

lat pulldown

bend over dumbbell fly

cable reverse fly

dumbbell bicep curl

dumbbell hammer curl

straight leg deadlift
cable pull through
standing kickback - works great with a loop/band around your ankles
leg curl
45-degree-hyper glute focused
kettlebell swing
high knees
cross body crunch
vertical mountain climbers
hollow hold
squat jump
leg raises
v-ups
russian twist
jumping jacks

Please note that I am not responsible for the content of the linked websites. I'm just providing you with this exercise guide to make looking for exercises and how to perform them easier. Always consult a trainer of trust to learn how to perform exercises correctly!

DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. I am not a doctor. The information I provide is based on my education as a trainer, my personal experience and my experience as a trainer. Any recommendations I make should be discussed between you and your doctor as exercise does come with risks.