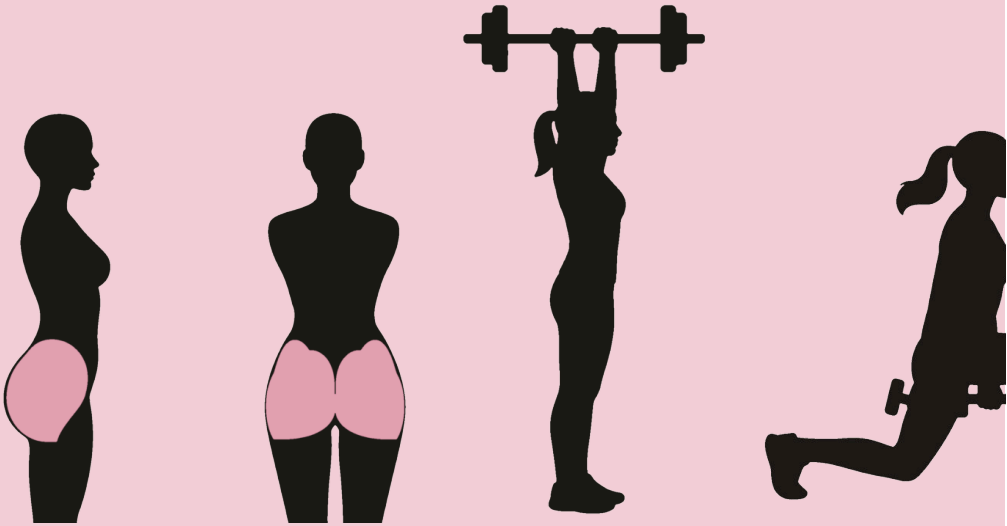
FREE EDITION

Skinny Secrets, *The Body*

Lift heavy, walk the 30 15 15, dance, breathe. The complete training book, with every exercise, the morning rituals, and three 30 day plans.



A note before you start

This book is not medical advice, and I am not a doctor.

I am sharing my own experience, the way I train, and what I personally saw change in my own body: my strength, my posture, my energy, my mood, and the way my clothes fit. This is what worked for me. It may not be right for you.

Do not follow any advice in this book, training, breathing, stretching, or eating, without talking to your doctor first, especially if you are new to heavy lifting or incline training, if you have joint, heart, or blood pressure concerns, if you are pregnant or breastfeeding, if you have a medical condition or take medication, or if you have a history of eating disorders.

If you are new to heavy lifting, learn the lifts with a coach first. A good coach watches your form, teaches you how to brace, helps you pick a safe starting weight, tells you when the weight is right and when it is too much, and stops you before a small mistake becomes a big one. That is money well spent. I mean it. Do not guess your way through a barbell squat from a video alone.

If something hurts, stop. Sharp pain is not muscle burn, and it is not a badge of honour. It is a message. Listen to it, rest, and check with a professional if it does not settle.

If you feel dizzy, stop. If you feel short of breath in a bad way, stop. If something feels wrong, stop, and check with a professional.

The training schedules in this book describe a personal routine. Adjust them to your needs. A qualified clinician or coach can help you adapt them.

This book does not promise you a number on a scale. Bodies are all different, and anyone who promises you pounds is selling you something.

Take what fits your life. Leave the rest. And start lighter than you think you need to, and lift only what you can lift clean. You can always add weight next week. You cannot undo an injury in a week.

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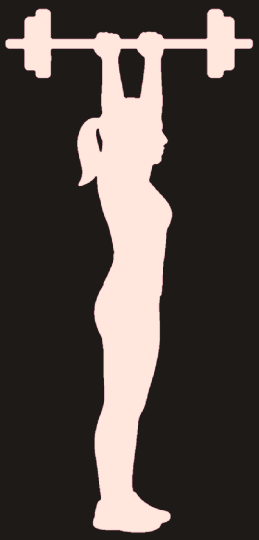
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How to use this book

This is three training books in one, plus the plans that tie them together. You do not have to read it front to back.

Part One	The Basics. Why heavy will not make you bulky, the morning secrets, and the training week. Read this first. It is short.
Part Two	Lift Heavy, Stay Lean. The 3 sets of 5 method and fourteen exercises, step by step, with cues, mistakes, and how heavy to go.
Part Three	Butt Blaster. Your glutes in plain words, the heavy base, the finishers, core, stretching, myths, and the glute days.
Part Four	The 30 Day Plans. Pick three, four or five training days a week and follow the calendar.
Links	Everything in pink underline is a link. Tap a day in a calendar for its details, tap an exercise to see how to do it.
Your notebook	Get a small notebook before day 1. Exercise, weight, reps. That notebook is your proof.

1



The Basics

Why heavy will not make you bulky, the five quiet minutes every morning, and the whole training week on one page.

The Lie: Heavy Will Make You Bulky

Somewhere along the way, girls were told a story. Lift light weights, lots of reps, and you will get "toned." Lift heavy weights and you will get bulky. Big. Manly. Like a bodybuilder by accident.

It is a lie. And it has kept millions of girls away from the one kind of training that actually builds the lean, tight body they want.

Let me show you why, in plain language.

The hormone that builds bulk, and how little of it you have

Muscle mass is driven, more than anything else, by testosterone. It is the main hormone that tells the body to build big muscle.

Here are the numbers. A healthy woman's testosterone level is roughly 15 to 70 ng/dL. A healthy man's is roughly 270 to 1,070 ng/dL. That is 10 to 20 times more.

Ten to twenty times. That is not a small gap. That is the whole story.

Without that much testosterone, big bulk is biologically very slow. You simply do not have the hormonal machinery to wake up one morning looking like a bodybuilder. It does not work that way.

What actually happens when a woman lifts

A big review of the research, Roberts and colleagues, 2020, published in the Journal of Strength and Conditioning Research, looked at how women gain muscle compared to men. The finding is simple and reassuring: women gain muscle at the same relative rate as men, but from a much lower absolute ceiling.

In plain words: a beginner woman typically adds about half a pound to one pound of muscle per month in her first year. That is roughly 2 to 4 kilograms in

a year. That is enough to look sculpted. It is not enough to look bulky. And that is the first year, the fastest year. After that, it slows down.

Think about it. Two to four kilos of muscle, spread over your whole body, over a whole year. That is not an accident. That is a slow, earned change. And it is the change that makes jeans fit better, not worse.

Light versus heavy: the "toned" myth

Here is the second lie inside the first one: light weights make you toned, heavy weights make you bulky.

A study by Schoenfeld and colleagues in 2017 pulled together 21 studies comparing light loads (15 to 30 reps per set) with heavy loads (fewer reps, heavier weight). The result: light loads and heavy loads build the same amount of muscle, as long as the sets go to failure, meaning you push until you honestly cannot do another good rep.

Same muscle. So "light equals toned, heavy equals bulky" is false. There is no separate process called "toning." Muscle only does three things: it grows, it stays, or it shrinks. The lean, tight look girls call "toned" is just a little more muscle with a little less fat over it. That is it.

Heavy weights are simply more efficient for strength. You get more strength per minute of training. And strength matters, not just for how you look, but for how your body holds itself up.

There is a bonus, too. In the LIFTMOR trial in 2018, postmenopausal women who lifted heavy twice a week gained about 2.9 percent in lumbar spine bone density. Heavy lifting builds bone. Light pink dumbbells do not do that.

More muscle burns more, even when you are doing nothing

Muscle is metabolically expensive. It costs energy just to exist. So the more muscle you carry, the more energy your body burns at rest, all day, not just in the gym.

This is the part most diet advice gets backwards. The goal is not to become smaller and softer. The goal is to become a little more muscular and a little less fatty, so your body burns more on its own. Lifting heavy is how you get there. Hours of gentle cardio is not.

You cannot bulk by accident

Let me be very clear about this, because it is the fear that stops so many girls from ever picking up a barbell.

You cannot bulk by accident on three sessions a week of 3 sets of 5 reps, without a big calorie surplus and years of deliberate, high volume training.

The women you picture when you think "bulky", competitive female bodybuilders, train for 10 to 15 years. They train with enormous volume, they eat in a large surplus on purpose, and very often they have chemical help. That is their job. That is not what happens to a girl who lifts three times a week for half an hour and eats normal lowcarb food.

Three sessions a week of heavy, short lifting is the opposite of that. It is the minimum effective dose. It builds strength, shape, and bone. It does not build bulk.

So here is the truth, plainly: heavy will not make you bulky. Heavy will make you strong, tight, and lean. The lie kept you small. The barbell will set you free.

Pick it up.

The Secrets

These are the old school secrets. Not food secrets. Training secrets. The quiet little practices that nobody posts about, because they do not photograph well. No gym. No equipment. No sweat. Just you, your breath, and your belly, for five to ten minutes every morning.

I do them every day, on an empty stomach, before coffee, before the day starts. They are the gentlest part of my whole method, and the part I would miss most if I stopped.

Here they are, exactly as I do them.

1

The stomach vacuum, your inner corset

This is the big one. The secret I wish someone had told me years earlier.

Deep inside your belly, underneath the muscles you can see, there is a muscle called the transverse abdominis. Think of it as an inner corset, a wide band of muscle that wraps all the way around your middle and holds everything in, tight and flat. Crunches do not train it. Planks barely touch it. The stomach vacuum does.

When this muscle is strong, your waist looks tighter and your belly feels flatter, not because you lost weight, but because the corset is doing its job. It also supports your lower back and helps your posture. It is the muscle that makes everything else look better.

Here is how to do it:

1. **Start on an empty stomach.** Morning is best, before breakfast. Stand up straight, or lie on your back with your knees bent, lying down is easier when you are learning.

2. **Breathe out fully.** Push all the air out of your lungs, slowly, until you feel empty.
3. **Draw your belly button in and up.** Imagine you are zipping up a pair of jeans that are one size too small. Pull your belly button toward your spine, and then a little bit up, toward your ribs. Your chest stays still. Your shoulders stay down. Only the belly moves.
4. **Hold.** Start with short holds, five seconds is plenty on your first day. Breathe normally while you hold, if you can; in the beginning, just hold your breath gently and stay calm. It gets easier fast.
5. **Release, breathe, repeat.** Let everything go, take two or three normal breaths, and do it again. Three to five rounds is enough to start.

Build up slowly. Over a few weeks, work toward holds of ten, fifteen, then twenty seconds, and more rounds. Do not rush it. This is not a competition. The muscle wakes up gradually, and one day you will notice your belly pulling in on its own when you stand up straight.

Safety, please read this: skip the stomach vacuum if you are pregnant. Stop if you ever feel dizzy, lightheaded, or unwell, sit down, breathe normally, and try again another day, or not at all. Gentle is the whole point. If it hurts, stop.

2

Diaphragm breathing

Most of us breathe in shallow little sips all day, chest up, chest down, never a full breath. This practice teaches your diaphragm, the big breathing muscle under your ribs, to do its full job again. It also calms everything down. Two minutes of this and my whole morning feels different.

1. Lie down, or sit tall in a chair with your back straight.
2. Put one hand on your chest and one hand on your belly.
3. Breathe in slowly through your nose. Let the belly hand rise. The chest hand stays quiet, almost still.
4. Breathe out slowly through your mouth. Long and slow. Feel the belly fall.

5 Keep going for a few minutes. Slow in, slow out. Nothing to achieve. Just breathing, properly, for once.

That is it. It sounds too simple to matter. It matters.

3

Diaphragm massage

This one is soft and slow. With soft fingertips, gently massage under the edge of your ribs, following the ribcage from the centre out to the sides. Breathe slowly as you go.

Gentle pressure only. You are coaxing, not digging. A minute or two is enough. It pairs beautifully with the breathing, breathe in, massage out, slow and easy.

4

Belly lymph drainage massage

Your lymph system does not have its own pump. You are the pump. Movement is how lymph flows, and this little massage is movement for the belly.

With flat palms and very light pressure, lymph sits just under the skin, so light is correct, not lazy, make slow circles around your belly button. Then sweep gently from the sides of the belly toward the centre, and down. A minute or two. Always slow, always soft.

The morning ritual, all together

Breath, massage, vacuum, massage. Five to ten minutes. That is the whole ritual:

1 Diaphragm breathing, a few minutes.

2 Diaphragm massage, a minute or two.

3 Stomach vacuums, three to five rounds, short holds.

4 Belly lymph drainage massage, a minute or two.

Five to ten minutes that make me feel awake, flat, and connected to my body before coffee even enters the chat.

Do it every morning. It is the quietest habit in this book, and it is the one that changes how you carry yourself all day.

The Training

This is my training week, exactly the way I do it: three days of lifting and walking, two days of dancing, and the little morning rituals every day. Nothing extreme. Just a rhythm.

If you only remember one sentence from this chapter, let it be this one: muscles are built between workouts, not during them. The rest days are part of the training.

The lifting, heavy, short, whole body

On walk days, I lift before the treadmill. Thirty to forty minutes, that is it, but it is heavy thirty to forty minutes.

The rules:

Heavy weight, your max. The last reps of every set should feel like a real fight. Light pink dumbbells are not invited to this chapter.

3 sets × 5 reps per exercise. Low reps, heavy load, full focus.

Whole body, every session. Each workout is built from four slots: one push, one pull, one squat, one twist.

Rest enough between sets to lift heavy again. This is strength work, not a race. Take the rest. Your next set depends on it.

Lift before the walk. Always in that order. Fresh muscles lift heavy; tired muscles do not.

My exercise pool, the movements I rotate through:

Squat family: squat, Bulgarian split squat, deadlifts, good mornings.

Push: push ups, military press, Arnold press, clean and jerk.

Pull: pull ups, barbell row, renegade rows, push and pull sled style movements.

Twist: a weighted twist movement, controlled, heavy enough to respect.

Plus other full body exercises as the week asks for them. The four slots stay the same. The exercises inside them rotate.

SAMPLE SESSION A

1. **Squat**, barbell squat, 3 × *5*
2. **Push**, military press, 3 × *5*
3. **Pull**, barbell row, 3 × *5*
4. **Twist**, a weighted twist movement, 3 × *5* per side, controlled and heavy enough to respect

SAMPLE SESSION B

1. **Squat**, Bulgarian split squat, 3 × *5* per leg
2. **Push**, push ups (weighted if bodyweight is easy for you), 3 × *5*
3. **Pull**, pull ups (assisted is fine, heavy for you is the rule), 3 × *5*
4. **Twist**, a weighted twist movement, 3 × *5* per side

Then straight onto the treadmill for the 30 15 15 walk. Lift and walk, done, shower, life. Three times a week.

Form first, always

A word on form, girlfriend to girlfriend: heavy only counts if it is clean. If your form falls apart, the weight is too heavy. Full stop.

Learn these movements properly. A few sessions with a good trainer at the start is money well spent, they will check your squat, your press, your row, and your twist, and fix what you cannot see yourself. Then add weight gradually, week by week. A little more than last week. That is all progressive overload is: a little more, over time.

Strong is a long game. There is no rush, and there is no prize for getting hurt.

One plain safety note: if you are new to heavy lifting or incline training, or you have joint, heart, or blood pressure concerns, or you are pregnant, check in with your doctor before you start, and learn the lifts with proper coaching. Strong and safe are the same goal.

The 30 15 15 walk

This is my favourite cardio in the world, and it is stupidly simple. You need a treadmill or a walking pad with incline, and 30 minutes.

Minutes 1 to 15, the climb. Start at incline 1. Every minute, raise the incline by one. You walk up the mountain: 1, 2, 3… all the way to incline 15 at minute 15.

Minutes 16 to 30, the descent. Now reverse it. Every minute, lower the incline by one: 15, 14, 13… back down to incline 1 at minute 30.

Speed: normal to fast walking, your normal to fast. If you are a beginner, that is a comfortable brisk walk. If you are fit, push the pace. The incline does the work. You pick the speed your fitness honestly allows, and you raise it over the weeks as you get stronger.

That is the whole thing: 30 minutes, 15 up, 15 down. 30 15 15.

Why do I love it? Because most cardio either bores me or beats me up. This one builds like a story, the climb gets serious right when you would normally get bored, your glutes and legs are working the whole way up (that incline is basically strength training in disguise), and the way down feels like a reward you earned. In my experience it is one of the best cardios there is: it burns serious calories and still works the muscles, so instead of feeling smaller and softer, I feel fit and tight. That is the feeling I train for.

Practical notes from my own sessions:

Hold the rails only if you truly need the balance. Swinging your arms makes your whole body work.

Good shoes, water nearby, music on. Thirty minutes goes fast with a playlist you love.

New to incline? Start the climb at a lower top incline (say, up to 8 or 10) and build toward 15 over a few weeks. The shape of the session matters more than the number.

It works on a walking pad at home exactly the same way, that is how it fits into real life, between everything else.

Dance days, dancing and lymph drainage

Twice a week, one hour: dancing and lymph drainage movement.

This is the joyful half of the method. An hour of moving to music, dancing, flowing, shaking everything loose. It keeps the lymph system moving (remember: your lymph does not have its own pump; you are the pump, and movement is how it flows), it burns without feeling like punishment, and honestly? It is the workout I never want to skip.

Put on music you love and move like nobody is filming. Although, between us, sometimes somebody is.

The week at a glance

DAY	WHAT HAPPENS
DAY 1	Morning rituals: Lift (30 to 40 min) + 30 15 15 walk
DAY 2	Morning rituals: Dancing / lymph drainage (1 hour)
DAY 3	Morning rituals: Lift + 30 15 15 walk
DAY 4	Morning rituals: Rest / flex day
DAY 5	Morning rituals: Lift + 30 15 15 walk
DAY 6	Morning rituals: Dancing / lymph drainage (1 hour)
DAY 7	Morning rituals: Rest / flex day, and often the fun meal

Three lift and walk days. Two dance days. Rituals every morning. Rest woven in, because muscles are built between workouts, not during them.

In Part Four of this book, this rhythm is laid out over 30 days, in a three, four and five training day version, so you do not have to plan a thing.

That is the training. Heavy, short, whole body. A walk that climbs. Dancing twice a week. Five quiet minutes every morning. And rest, on purpose.

Three Lifts, Two Dances, Two Days Off

The whole training week, in the fewest possible words.

Days 1, 3 and 5

My lifting sessions take about 30 to 40 minutes. I choose one squat, one push, one pull and one controlled rotation. My working pattern is three sets of five. I use a weight I can control through every repetition. A coach can help you choose suitable movements and loads.

The 30 15 15 walk

After lifting, I walk for 30 minutes. The first 15 gradually climb. The next 15 gradually come down. Choose a pace and incline you can manage comfortably. A level walk counts too.

Days 2 and 6

I put on music and dance. Days 4 and 7 are for rest. If a session moves, I move it on the calendar. There is no extra workout to make up for dinner.

Before the Coffee Gets Cold

Mental health and daily rituals. Small, quiet, and optional.

A morning check in

Before the day starts, write one honest sentence about how you feel. "Tired and hungry" is enough. Decide what would help this morning. Some days that means breakfast before anything else.

A few quiet breaths

Sit comfortably and breathe at your usual pace. If you enjoy EFT tapping, you can use a gentle tapping rhythm while naming what is on your mind. Skip any practice that feels uncomfortable. These are optional personal rituals. For persistent distress, speak with a qualified mental health professional.

An evening diary

Write what you did, how the day felt and one thing to make tomorrow easier. "Put my gym shoes by the door" is a perfectly good entry.

Rituals, Not Rules

You made it to the end. Good. Now forget the idea of a perfect week.

This book is not a set of rules to obey. It is a set of rituals to come back to. Morning breathing. A vacuum. A walk. A lift. A plate with real food on it. That is the whole secret. Small things, done most days.

Eat fat. Lift heavy. Walk. Dance. Sleep. Repeat. That is it.

Some days will be clean and easy. Some days will be messy. Both count. One messy day does not erase a good week. One good week does not fix everything forever. It just builds the habit. And the habit is what changes your body.

Do not chase a number. Do not weigh yourself every morning and let a little screen decide your mood. Look at how your clothes fit.

Look at your skin. Look at your energy at 4 p.m. That is the real feedback.

Keep the food you love in your life. Keep the training you enjoy. Drop the rest. If you hate a move, swap it. If you love a lift, keep it. This is your body. You live in it.

Thank you for reading this far. Now go lift something heavy.

We Are Not Crazy

We are not crazy. We just like to eat well and look good doing it.

We have a fun meal every week. Sometimes it is pasta. Sometimes it is pizza. Sometimes it is a burger with real fries. Sometimes it is just dessert, twice.

We drink wine sometimes. Champagne sometimes. Beer sometimes. We do not count the glass. We enjoy it. We are grown women. We can have a drink.

And then we move on. No guilt spiral. No punishment workout. No starving the next day to make up for it.

One fun meal never ruined anything. Not your body. Not your progress. Not your week. It is one meal.

The next day we are back to normal food and a normal walk. That is the whole trick. Not perfection. Just the next normal day.

We are not crazy. We are just consistent, most of the time. And that is enough.

2



Lift Heavy, Stay Lean

My 14 Exercises, My 3x5 Method, and the Programs That Built My Body

Lift heavy. Walk tall. Dance often. That is the whole secret, and this book shows you exactly how I do it.

Introduction

Welcome. This is my exercise book.

I wrote my first book about food and training together, because that is how I live. Food is one half. Movement is the other half. This book is the movement half, on its own, in full detail, so you can hold it in your hand at the gym and know exactly what to do.

I am not a trainer. I am not a doctor. I am a girl who loves food, loves being strong, and got tired of being told to lift tiny weights for a hundred reps and call that a workout. I tried that. It bored me, it did not change my body, and it did not make me feel strong.

Then I found heavy lifting, and everything changed. My waist got tighter. My legs got shape. My back got strong. My posture changed. I stood taller. I walked into a room differently, not because I was showing off, but because I felt solid in my own body.

That is what I want for you. Not a smaller version of you. A stronger version of you. A version that can carry her own bags, climb stairs without puffing, pick up something heavy and put it down again, and feel good doing it.

Who is this book for? It is for you if you want to get lean and tight without starving yourself, if you want shape in your legs and glutes and arms, if you want to feel strong in daily life, and if you are willing to lift something that actually challenges you.

It is for you if you have been afraid of heavy weights. I was afraid too. This book starts with that fear, because I know it well, and I will show you, in plain words, why it is not true.

What is this book not? It is not a race. It is not a punishment. It is not a promise that you will look like me. You will look like you, only stronger and tighter.

Here is the whole method in one paragraph. I lift heavy, three times a week, for 30 to 40 minutes, 3 sets of 5 reps for every exercise, whole body every time, built from four slots: one push, one pull, one squat, one twist. After I lift, I walk. Twice

a week I dance for an hour. Every morning I spend 5 to 10 minutes on my breath and my belly. That is it.

You do not need to be fit to start. You need to start, and let the training make you fit. You need a barbell, some plates, dumbbells, and a place to walk. You need patience. And you need to trust that a little more, over time, adds up to a lot.

Light pink dumbbells are not invited to this chapter. Not because I am mean. Because they do not do the job. If a weight feels easy, it is not building strength. Heavy only counts if it is clean. That is my rule, and it will be your rule too by the end of this book.

Let us start with the fear, because once that fear is gone, the rest is simple.

Heavy Will Not Make You Bulky

Somewhere along the way, girls were told a story. Lift light weights, lots of reps, and you will get toned. Lift heavy weights and you will get bulky. Big. Manly. Like a bodybuilder by accident.

It is a lie. And it has kept millions of girls away from the one kind of training that actually builds the lean, tight body they want.

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Here are the numbers. A healthy woman has roughly 15 to 70 ng/dL of testosterone. A healthy man has roughly 270 to 1,070 ng/dL. That is 10 to 20 times more. Without that much testosterone, big bulk is biologically very slow. You simply do not have the hormonal machinery to wake up one morning looking like a bodybuilder.

What actually happens when a woman lifts

A big review, Roberts and colleagues, 2020, looked at how women gain muscle compared to men. The finding is simple: women gain muscle at the same relative rate as men, but from a much lower ceiling. In plain words, a beginner woman typically adds about half a pound to one pound of muscle per month in her first year. That is roughly 2 to 4 kilograms in a year. That is enough to look sculpted. It is not enough to look bulky. Two to four kilos, spread over your whole body, over a whole year, makes jeans fit better, not worse.

Light versus heavy: the toned myth

Here is the second lie inside the first one: light weights make you toned, heavy weights make you bulky.

A study by Schoenfeld and colleagues in 2017 pulled together 21 studies comparing light loads, 15 to 30 reps per set, with heavy loads, fewer reps, heavier weight. The result: light loads and heavy loads build the same amount of muscle, as long as the sets go to failure, meaning you push until you honestly cannot do another good rep. Same muscle. So light equals toned and heavy equals bulky is false. There is no separate process called toning. The lean, tight look girls call toned is just a little more muscle with a little less fat over it. Heavy weights are simply more efficient for strength. In the LIFTMOR trial in 2018, postmenopausal women who lifted heavy twice a week gained about 2.9 percent in lumbar spine bone density. Heavy lifting builds bone. Light pink dumbbells do not do that.

More muscle burns more, even when you are doing nothing

Muscle costs energy just to exist. So the more muscle you carry, the more energy your body burns at rest, all day, not just in the gym. Muscle is the engine. The more engine you have, the more fuel you burn.

You cannot bulk by accident

Let me say this clearly, because I want you to hear it and believe it. You cannot bulk by accident on three sessions a week of 3 sets of 5 without a big calorie surplus and years of high volume training.

Bulking takes a lot of food, a lot of volume, a lot of years, and usually a lot of help from hormones you do not have in that amount. Three short heavy sessions a week will not do it. What they will do is build a little muscle, burn a little more fat, tighten your waist, shape your legs and glutes, and make you feel strong.

So stop worrying about getting too big. Worry about getting too weak from never lifting anything heavy. That is the real risk.

The Method: 3 Sets of 5

My method is simple. I like simple. Simple is what I actually do, week after week, year after year.

Heavy weight, your max, last reps of every set a real fight. Three sets of five reps per exercise. Whole body every session.

That is it. That is the method.

What 3 sets of 5 means

Five reps. Not fifteen. Not twenty. Five.

You pick a weight that lets you do five good reps, and only just five good reps. The first two reps should feel solid. The third should feel hard. The fourth should feel like work. The fifth should be a real fight, and you should finish it with good form, or just miss it with good form.

If you can do a sixth rep easily, the weight is too light. Add weight next time. If you cannot do three good reps, the weight is too heavy. Take weight off. That is how you know.

Heavy only counts if it is clean. I will say that many times in this book, because it is the most important rule I have. A heavy rep with a rounded back, or knees caving in, or a back that arches like a banana, does not count. It counts as a mistake. Do it clean, or do it lighter.

The four slots

Every lifting session is built from four slots. One push, one pull, one squat, one twist.

One push means you push weight away from your body. A military press is a push. One pull means you pull weight toward your body. A barbell row is a pull. A deadlift is a pull too, a big one, from the floor. One squat means a leg move, a squat or a lunge or a hinge that works your legs and glutes hard. One twist

means a core move with rotation. My twist is a weighted twist, 3 sets of 5 per side, slow and controlled.

Four moves, three sets of five each. That is a session. It takes 30 to 40 minutes, including rest. That is all.

Rest enough to lift heavy again

This is strength work, not a race. Rest enough between sets to lift heavy again.

For the barbell lifts, rest 2 to 3 minutes between sets. Sit down. Breathe. Drink water. Let your muscles recover. Then lift heavy again. For the lighter moves, rest 60 to 90 seconds. Do not rush. Rushing turns strength work into cardio, and then you cannot lift heavy. Slow down. The rest is part of the training.

Lift before the walk, always

Lift before the walk, always. I say it like a rule because it is a rule.

If you walk first, your legs are tired and your heavy lifts suffer. If you lift first, you are fresh and strong, and the walk after is a perfect cool down.

So the order is fixed: warm up, lift, walk. Never the other way round.

Two sample sessions

Here are two sessions I use, so you can see how the four slots work in real life.

Session A: barbell squat 3 sets of 5, military press 3 sets of 5, barbell row 3 sets of 5, weighted twist 3 sets of 5 per side.

Session B: Bulgarian split squat 3 sets of 5 per leg, push ups 3 sets of 5, pull ups 3 sets of 5, weighted twist 3 sets of 5 per side.

Session B uses bodyweight push ups and pull ups for the push and pull slots. If you cannot do five pull ups yet, use a band for help, or do slow negatives, lowering yourself down for five slow counts.

In the programs chapter, I give you a third session, Session C, and I show you how A, B, and C rotate through the week.

Muscles are built between workouts, not during them

Muscles are built between workouts, not during them. In the gym, you give your body a reason to grow. At home, while you sleep and eat and rest, your body does the growing. Trust the rest. It is not laziness. It is part of the method.

Warm Up and Form First

Form first. Always form first. I would rather see you squat an empty bar perfectly than squat a heavy bar badly. Perfect with light weight becomes strong with heavy weight. Bad with light weight becomes injured with heavy weight.

How I warm up

I warm up for 5 to 10 minutes, every time. No skipping. First, I walk for 3 to 5 minutes, easy, on the treadmill or around the gym. I let my body wake up. I breathe. I roll my shoulders.

Then I do the move I am about to lift, with no weight or very light weight, for a few easy sets: bodyweight squats if I am squatting, hip hinges with no bar if I am deadlifting, arm circles and light presses if I am pressing.

Then I add weight slowly, one small jump at a time, until I reach my working weight. I never jump straight to heavy. By the time I start my first working set, I should feel warm, loose, and focused. Not tired.

How to pick a starting weight

Start lighter than you think. Your ego will tell you to start heavy. Ignore your ego. For your first week, pick a weight that feels like a 7 out of 10 in effort on the fifth rep. Learn the move. Film yourself from the side if you can.

In week two, add a little. In week three, add a little more. Soon you will find your real working weight, the one where the fifth rep is a real fight.

A good starting point, if you have never lifted before, is the empty bar for barbell moves, 20 kilos, or a lighter training bar if your gym has one. For dumbbell moves, start with a weight you can control slowly, not swing. There is no shame in starting light.

When the weight is too heavy

You will know. Your form breaks. Your back rounds. Your knees cave in. You cannot finish the rep without cheating. When that happens, stop the set. Put

the weight down safely. Take weight off for the next set. That is not failure. That is wisdom.

Heavy only counts if it is clean. If it is not clean, it is too heavy for today. Try again next week.

Learn with a coach

If you are new to heavy lifting, learn the lifts with a coach. I say this again here, because it matters that much.

A coach can see what you cannot see, and fix it in one sentence. A video helps, but a live coach helps more.

Book two or three sessions, just for the big lifts: squat, deadlift, press, row. Learn them well. Then you can train on your own with confidence.

If you have joint, heart, or blood pressure concerns, or if you are pregnant, check with your doctor first, and tell your coach too.

My form rules, for every lift

Chest up. Core braced. Back in its natural line. Knees over toes. Bar close. Breathe out on the hard part. Control the weight, do not let the weight control you.

Now you are ready. Let us meet the 14 exercises, one by one.

Barbell Squat



What it is for

The barbell squat is the queen of my exercises. It works your legs, your glutes, your core, and your back, all at once.

How to do it, step by step

Set the bar in a rack at chest height. Step under it, place it across your upper back, not on your neck, and grip the bar wide, with your elbows down and your chest up. Stand up tall to lift the bar out of the rack, then take two small steps back. Set your feet shoulder width apart, toes turned out just a little.

Take a big breath in, brace your core like someone is about to poke you in the belly, and sit down and back, like you are sitting into a chair behind you. Keep your chest up. Keep your knees tracking over your toes. Go down until your hips are below your knees, or as low as you can go with a flat back and heels on the floor.

Drive up through your whole foot, especially your heels, and push the floor away. Keep your chest up all the way. Breathe out as you stand. Stand tall at the top, squeeze your glutes, and take your next breath before the next rep.

Do five reps. Then rest.

My cues

The exact words I say to myself: chest up, knees out, floor away. Chest up, knees out, floor away.

Common mistakes

Knees caving in. Push them out, gently, in line with your toes, the whole way up and down.

Heels lifting off the floor. If your heels lift, your weight is too far forward. Sit back more, and check your shoes. Flat shoes help a lot.

How heavy

A weight that makes the 5th rep a real fight, with your chest still up and your heels still down. If the 5th rep is easy, add weight next time. If you cannot reach depth on the 5th rep, take weight off.

Rest between sets

Rest 2 to 3 minutes between sets. This is a big barbell lift, and you need full recovery to lift heavy again.

Front Squat



What it is for

The front squat works your front thighs, your core, and your upper back, and it is kinder to your lower back than a back squat, because the bar in front forces you to stay upright. It builds beautiful front thigh shape, it teaches posture, and it makes your core work hard just to hold you tall.

How to do it, step by step

Set the bar in a rack at chest height. Step up to it, place it across the front of your shoulders, with your elbows high, upper arms parallel to the floor. You can cross your arms over the bar, or hold it with fingertips under the bar, whichever feels safer for your wrists. The bar rests on your shoulders, not in your hands.

Lift the bar out, take two small steps back, feet shoulder width apart, toes out a little. Take a breath, brace your core, and sit straight down, keeping your elbows high and your chest up. Your knees track over your toes. Go as low as you can with your elbows still high and your heels down.

Drive up through your heels, elbows still high, chest still up. Stand tall. That is one rep.

My cues

The exact words I say to myself: elbows high, chest tall. Elbows high, chest tall.

Common mistakes

Elbows dropping. This is the number one mistake. Keep them high, even when you are tired. If they will not stay high, the weight is too heavy.

Leaning forward. The front squat is an upright squat. If you lean, you turn it into a bad back squat. Stay tall, take weight off, and earn the depth.

How heavy

A weight that makes the 5th rep a real fight, with your elbows still high. Front squats are usually lighter than back squats, and that is normal. Do not compare them. Compare a front squat to your last front squat.

Rest between sets

Rest 2 to 3 minutes between sets. This is a barbell lift, and your core needs time to recover too.

Barbell Deadlift



What it is for

The barbell deadlift is the strongest move I know. It works your glutes, your hamstrings, your back, your grip, and your core, all at once.

How to do it, step by step

Stand with the bar over the middle of your feet, feet hip width apart, toes under the bar. Hinge at your hips, bend your knees a little, and grip the bar just outside your legs, hands shoulder width apart.

Set your back flat, chest up, arms straight, like ropes hanging from your shoulders. Take a big breath, brace your core, and push the floor away with your feet. Keep the bar close to your shins, almost dragging up your legs. Keep your hips and chest rising together, not hips first, not chest first.

Stand tall at the top, squeeze your glutes, shoulders back, hips through. Then lower the bar back down by hinging at your hips first, then bending your knees, keeping the bar close all the way down. Set it on the floor, reset your breath, and go again.

Every rep starts from a dead stop on the floor. That is why it is called a deadlift. No bouncing.

My cues

The exact words I say to myself: push the floor away, bar close. Push the floor away, bar close.

Common mistakes

Rounding your lower back. This is the mistake to avoid above all. If your back rounds, stop, take weight off, and reset. Flat back, every rep, or no rep.

Hips shooting up first. If your hips rise and your chest stays down, you turn it into a stiff legged lift with a rounded back. Hips and chest rise together, like one piece.

How heavy

A weight that makes the 5th rep a real fight, with a flat back on every rep. The deadlift is the lift where you will be strongest, so expect the number to be bigger than your squat. That is normal.

Rest between sets

Rest 2 to 3 minutes between sets. This is the biggest barbell lift in the book, and you need full rest to keep your back safe and your reps clean.

Romanian Deadlift



What it is for

The Romanian deadlift works your hamstrings and your glutes, and it stretches them under load, which is how you build shape at the back of your legs and lift in your butt. It is softer on the knees than a squat, and it teaches the hip hinge, the move behind every good deadlift, every good squat, and every safe lift in daily life.

How to do it, step by step

Stand tall holding the bar in front of your thighs, hands shoulder width apart, feet hip width apart, knees soft, not locked. Take a breath, brace your core, and push your hips back, like you are closing a car door with your butt. Let the bar slide down your thighs, close to your legs, as your torso leans forward.

Keep your back flat and your knees soft, with just a small bend. Go down until you feel a strong stretch in your hamstrings, usually just below your knees, or as far as you can go with a flat back. Do not round to go lower. The stretch is the point, not the depth.

Drive your hips forward, squeeze your glutes hard at the top, and stand tall. That is one rep. The bar never touches the floor in this move. It stays in your hands the whole set.

My cues

The exact words I say to myself: hips back, bar close, squeeze. Hips back, bar close, squeeze.

Common mistakes

Rounding your back to go lower. Stop at the stretch. A flat back with a good stretch beats a rounded back with extra depth, every time.

Bending your knees too much. This is a hinge, not a squat. Knees bend a little, then they stay.

How heavy

A weight that makes the 5th rep a real fight, with a flat back and a strong hamstring stretch on every rep. It will be lighter than your deadlift from the floor, and that is normal.

Rest between sets

Rest 2 to 3 minutes between sets. This is a barbell lift, and your hamstrings need time to recover for the next heavy set.

Walking Lunges



What it is for

Walking lunges work your legs and glutes one leg at a time, which means each leg has to do its own work, with no help from the stronger side. They build shape, balance, and coordination, and they make your glutes burn in the best way.

How to do it, step by step

Hold a dumbbell in each hand, arms by your sides, or a barbell across your upper back if you are more advanced. Stand tall, chest up, core braced.

Step forward with one leg, a good long step, and lower your back knee toward the floor, in a straight line down. Your front knee tracks over your front toes, not caving in. Your torso stays tall, not leaning forward.

Push through your front heel to step forward with your back leg, into the next lunge. Keep walking, alternating legs, five steps per leg for one set. That is 3 sets of 5 per leg.

Walk in a straight line, slow and controlled. No wobbling, no rushing.

My cues

The exact words I say to myself: tall chest, long step, push the floor. Tall chest, long step, push the floor.

Common mistakes

Steps too short. A short step puts all the work in your front knee and none in your glutes. Take a long step, so your front shin stays near vertical and your glutes can work.

Leaning forward. Keep your chest tall. If you lean, your back takes over and your legs do less. Stand tall, even when you are tired.

How heavy

Dumbbells that make the 5th step per leg a real fight, with your chest still tall and your steps still long. If you can walk easily and chat at the same time, the weights are too light.

Rest between sets

Rest 60 to 90 seconds between sets. This is a lighter move, and your heart rate will be up, so use the rest to breathe and reset your balance.

Barbell Lunges



What it is for

Barbell lunges are walking lunges with a barbell, which means more load, more core work, and more strength in the same move. They work your legs and glutes one leg at a time, they build balance under a heavy bar, and they make you strong in a split stance, which is how you move in real life.

How to do it, step by step

Set the bar in a rack at chest height, step under it, place it across your upper back, grip wide, chest up. Stand up, take two small steps back, and set your feet hip width apart.

Step forward with one leg, a long step, and lower your back knee toward the floor. Keep your chest tall and your core braced, and keep the bar level, not tipping to one side. Your front knee tracks over your toes.

Push through your front heel to return to standing, feet together, or step straight into the next lunge with the other leg. I do them walking when I have space, and in place, stepping forward and back to standing, when I do not. Both count, as long as the steps are long and the chest stays tall.

Do five reps per leg for one set.

My cues

The exact words I say to myself: bar level, chest tall, long step. Bar level, chest tall, long step.

Common mistakes

Bar tipping to one side. That means your core is not braced, or the weight is too heavy. Brace hard, take weight off, and earn the balance.

Steps too short, same as walking lunges. Long step, front shin near vertical, glutes doing the work.

How heavy

A barbell weight that makes the 5th rep per leg a real fight, with the bar still level and your chest still tall. This will be lighter than your squat, and that is normal. Balance limits the load, and that is fine.

Rest between sets

Rest 2 to 3 minutes between sets. This is a barbell lift, and your legs and core need full recovery to stay steady under the bar.

Ballet Squat



What it is for

The ballet squat works your inner thighs, your glutes, and your calves, in a wide stance with your toes turned out. It is the move that shapes the inner leg and lifts the glutes from a different angle than a normal squat, and it feels graceful, which I love.

How to do it, step by step

Stand with your feet wide, wider than shoulder width, toes turned out at about 45 degrees. Hold a dumbbell or a kettlebell in front of you with both hands, arms hanging down, or hold a dumbbell in each hand by your sides.

Take a breath, brace your core, and sit straight down between your heels, keeping your chest tall and your knees tracking out over your toes, in the same direction your toes point. Go as low as you can with your heels down and your chest up, usually until your thighs are near parallel to the floor.

Push through your whole foot, especially your heels and the outer edge of your feet, and stand tall, squeezing your glutes and inner thighs at the top. That is one rep.

My cues

The exact words I say to myself: wide, tall, knees out. Wide, tall, knees out.

Common mistakes

Knees caving in. In a wide squat, knees must follow toes, out, not in. Push them out gently, the whole way.

Heels lifting. Keep your heels down. If they lift, your stance is too wide, or your ankles need a small heel lift under them. Narrow your stance a little until your heels stay down.

How heavy

A weight that makes the 5th rep a real fight, with your knees still tracking out and your chest still tall. Hold the weight close to your body, so your arms do not tire before your legs do.

Rest between sets

Rest 60 to 90 seconds between sets. This is a lighter move, and you will recover quickly, even though your inner thighs will feel it.

Good Morning



What it is for

The good morning works your hamstrings, your glutes, and your lower back, all through a hip hinge with the bar on your back. It builds a strong back that can hinge safely, it shapes the back of your legs, and it teaches your core to hold you steady while you lean forward.

How to do it, step by step

Set the bar in a rack at chest height, step under it, place it across your upper back, grip wide, chest up. Stand up, take two small steps back, feet hip width apart, knees soft.

Take a breath, brace your core, and push your hips back while you lean your torso forward, keeping your back flat and your knees soft, with just a small bend. Lower until your torso is near parallel to the floor, or as far as you can go with a flat back and a strong hamstring stretch.

Drive your hips forward, squeeze your glutes, and stand tall. That is one rep. The bar stays on your back the whole time.

My cues

The exact words I say to myself: hips back, flat back, squeeze. Hips back, flat back, squeeze.

Common mistakes

Rounding your back. This is the one to watch. If your back rounds, you have gone too low, or the weight is too heavy. Stop higher, take weight off, and keep it flat.

Bending your knees too much. This is a hinge, not a squat. Knees soft, hips back. The move lives in your hips.

How heavy

A weight that makes the 5th rep a real fight, with a flat back on every rep. This will be much lighter than your squat or deadlift, and that is normal and right.

Rest between sets

Rest 60 to 90 seconds between sets. This is a lighter move, and your hamstrings will recover quickly if you keep the weight honest.

Bulgarian Squat



What it is for

The Bulgarian squat, also called a Bulgarian split squat, works one leg at a time, with your back foot raised behind you. It builds single leg strength, it shapes your glutes and front thighs, and it fixes the small imbalances between your left and right leg, because the strong leg cannot help the weak one.

How to do it, step by step

Stand in front of a bench, facing away from it, holding a dumbbell in each hand. Place the top of your back foot on the bench behind you, laces down. Hop your front foot forward until you have a long, stable stance.

Take a breath, brace your core, and lower straight down, bending your front knee and your back knee together. Keep your chest tall and your front knee tracking over your front toes. Go as low as you can with control, usually until your front thigh is near parallel.

Push through your front heel to stand back up. That is one rep. Do five reps on one leg, then switch legs and do five on the other. That is one set.

My cues

The exact words I say to myself: tall chest, front heel, stand. Tall chest, front heel, stand.

Common mistakes

Front foot too close to the bench. If your front knee shoots far past your toes and your balance goes, hop your front foot further forward. A long stance is a stable stance.

Leaning forward. Chest tall. If you lean, your back leg takes over in a bad way. Stay upright, even when your front leg is screaming.

How heavy

Dumbbells that make the 5th rep per leg a real fight, with your chest still tall and your front knee still tracking well. Start light while you learn the balance, then add weight.

Rest between sets

Rest 60 to 90 seconds between sets. Your heart rate will be up, so breathe, shake out your legs, and go again.

Renegade Row



What it is for

The renegade row works your back, your arms, and your core, all at once, in a plank. You row one dumbbell at a time while your body holds a plank, so your core has to fight rotation with every rep.

How to do it, step by step

Set two dumbbells on the floor, shoulder width apart. Get into a plank with one hand on each dumbbell, feet a little wider than hip width for balance, body in a straight line from head to heels.

Brace your core hard, squeeze your glutes, and row one dumbbell up toward your ribs, elbow close to your body. Keep your hips level, do not let them twist or drop. Lower the dumbbell back to the floor with control.

Row the other side. That is one rep per side. Do five reps per side for one set.

My cues

The exact words I say to myself: hips still, elbow close. Hips still, elbow close.

Common mistakes

Hips twisting with every row. If your hips swing, the weight is too heavy, or your feet are too narrow. Widen your feet, take weight off, and keep your hips still.

Hips sagging. Squeeze your glutes and brace your core. If your hips sag, stop the set.

How heavy

Dumbbells that make the 5th rep per side a real fight, with your hips still level. This will be lighter than a barbell row, and that is normal. Control beats load here.

Rest between sets

Rest 60 to 90 seconds between sets. This is a lighter move, and your core will recover quickly, even though it will feel worked.

Barbell Row



What it is for

The barbell row works your whole back, your arms, and your grip. It builds posture, it balances all the pushing we do, and it shapes the back in a way you can feel in your clothes and see in a mirror.

How to do it, step by step

Stand with the bar on the floor in front of you, feet hip width apart. Hinge at your hips, bend your knees a little, and grip the bar just outside your legs, hands shoulder width apart. Lift the bar to a hanging position, torso leaning forward, back flat, arms straight.

Take a breath, brace your core, and pull the bar to your lower ribs, elbows close to your body, squeezing your shoulder blades together at the top. Keep your torso still, do not swing up to help the bar. Lower the bar back down with control, arms straight, back still flat.

That is one rep. Five reps, then rest.

My cues

The exact words I say to myself: flat back, pull to ribs, squeeze. Flat back, pull to ribs, squeeze.

Common mistakes

Swinging your torso to lift the bar. If your body bounces, the weight is too heavy. Take weight off, keep your torso still, and let your back do the work.

Rounding your back. Flat back, every rep, just like a deadlift. If your back rounds, stop and reset.

How heavy

A weight that makes the 5th rep a real fight, with your torso still and your back still flat. If the 5th rep needs a swing, it is too heavy for today.

Rest between sets

Rest 2 to 3 minutes between sets. This is a barbell lift, and your back needs full recovery to pull heavy again.

Military Press



What it is for

The military press works your shoulders, your arms, and your core, by pressing a barbell overhead from your chest. It builds strong, shaped shoulders, it makes your arms look toned, and it teaches your whole body to stay tight while you push heavy weight above your head.

How to do it, step by step

Set the bar in a rack at chest height. Grip it just outside your shoulders, step under it, and rest it across the front of your shoulders and upper chest, elbows slightly in front of the bar. Lift it out, take a small step back, feet hip width apart.

Take a breath, brace your core hard, squeeze your glutes, and press the bar straight up, in a straight line, until your arms are straight overhead. Move your head back a little as the bar passes your face, then forward again under the bar at the top, so the bar is over your ears, not in front of you.

Lower the bar back to your chest with control. That is one rep.

My cues

The exact words I say to myself: tight core, press straight. Tight core, press straight.

Common mistakes

Arching your lower back to help the bar up. That is not a press, it is a back bend. Brace your core, squeeze your glutes, and keep your ribs down. If you must arch, the weight is too heavy.

Bar drifting forward. The bar must travel straight up, over your ears. Press straight, head through at the top.

How heavy

A weight that makes the 5th rep a real fight, with your core still tight and your back still flat. The press is the lift where you will be lightest, and that is normal. Shoulders are small muscles. Respect them.

Rest between sets

Rest 2 to 3 minutes between sets. This is a barbell lift, and your shoulders need full recovery to press heavy again.

Arnold Curl and Press



What it is for

The Arnold curl and press works your arms, your shoulders, and your core, in one flowing move. You curl the dumbbells up, then you press them overhead, turning your palms as you go.

How to do it, step by step

Stand tall, feet hip width apart, holding a dumbbell in each hand by your sides, palms facing your thighs. Brace your core, squeeze your glutes, and keep your elbows close to your body.

Curl both dumbbells up to shoulder height, turning your palms to face you as you curl, elbows staying close. Without stopping, turn your palms to face forward and press both dumbbells overhead, until your arms are straight.

Lower with control, reversing the move: lower to shoulder height, turn your palms back, then lower to your sides. That is one rep. Five reps, then rest.

My cues

The exact words I say to myself: curl, turn, press. Curl, turn, press.

Common mistakes

Swinging your body to curl the weight up. If you must swing, the dumbbells are too heavy. Take weight off, keep your body still, and let your arms do the work.

Rushing the turn. Do it smooth, not fast. Control the rotation.

How heavy

Dumbbells that make the 5th rep a real fight, with your body still and your press still straight. Start lighter than you think, because the curl and the press together tire your arms fast.

Rest between sets

Rest 60 to 90 seconds between sets. This is a lighter move, and your arms will recover quickly, even though they will feel pumped.

Around the World



What it is for

Around the world is my shoulder and core finisher. It works your shoulders, your arms, and your core, all while you move a weight in a slow circle around your head and torso.

How to do it, step by step

Stand tall, feet hip width apart, holding a weight plate with both hands in front of your chest. Brace your core, squeeze your glutes, and keep your chest up.

Slowly circle the plate around your head, to one side, behind your head, to the other side, and back to the front. Keep the circle close to your body, keep your elbows soft, and keep your torso still. Your shoulders and arms move the plate. Your core holds you steady.

That is one circle. Do five circles in one direction, then five circles in the other direction. That is 3 sets of 5 circles each direction.

Move slow. This is not a race. A slow circle is a strong circle.

My cues

The exact words I say to myself: slow circle, still torso. Slow circle, still torso.

Common mistakes

Going too fast. Fast circles use momentum, not muscle. Slow down, feel your shoulders work, and keep the plate close.

Letting your torso twist with the plate. Your torso stays still. If it twists, the plate is too heavy, or you are going too fast.

How heavy

A plate that makes the 5th circle per direction a real fight, with your torso still and your circle still smooth. Start with a light plate, 2.5 or 5 kilos, and build up only when your circles stay slow and controlled.

Rest between sets

Rest 60 to 90 seconds between sets. This is a lighter finisher move, and you will recover quickly.

Swap option. No plate at home? Hold a dumbbell in each hand, arms down by your sides. Lift both arms out to the sides and keep going, in one slow arc, until the dumbbells meet above your head. Then lower them back down the same way, slow and controlled. Same 3 sets of 5. Pick dumbbells light enough that your shoulders stay down and your back stays still.

Progression: A Little More Than Last Week

That is all progressive overload is: a little more, over time.

When you can do all 3 sets of 5 clean, with the 5th rep still a fight but not a mess, add a little weight next time. For barbell lifts, add 2.5 kilos. For dumbbell lifts, add the smallest jump your gym has. Small jumps add up fast.

If you add weight and your form breaks, go back to the last clean weight for one more week, then try again. That is not going backwards. That is building a base.

On a bad day, when you slept badly or you feel tired, do not chase a personal best. Lift the same weight as last time, or a little less, and do it clean. A clean session on a bad day still counts. It keeps the habit alive.

Every fourth to sixth week, take a deload week. Lift about 60 percent of your normal weight, same moves, same 3 sets of 5, easy and clean. Your joints will thank you, and the week after, you will feel strong again. Rest is not quitting. Rest is how you keep lifting for years.

The 30 15 15 Walk

I love this walk because it is simple, it works, and I can do it while I listen to music and think.

Here is the full walk. It takes 30 minutes, on a treadmill or a walking pad. Minutes 1 to 15 climb incline 1 up to 15, one per minute. Minutes 16 to 30 descend 15 back down to 1, one per minute. Walk at a normal to fast speed, tall, arms swinging, core braced.

Beginners can top out at incline 8 or 10 and build to 15 over a few weeks. There is no shame in that. Build the mountain slowly.

Do the walk after you lift, always. Wear flat, comfortable shoes. Drink water. If your knees hurt, lower the incline and walk a little slower. The walk should feel like work, not like pain.

Dance Days

Twice a week, I dance for one hour. Not for calories. For joy.

Put on music you love, move your whole body, shake your hips, roll your shoulders, move your arms, let your lymph move. Lymph drainage movement is just gentle, flowing movement that helps your body move fluid. Dancing does that, and it makes you smile while it does it.

Dance at home, in a class, with a friend, alone in your kitchen. It does not matter. What matters is that you move, you breathe, and you enjoy it. Joy is part of the method, not a bonus.

Morning Rituals

Every morning, on an empty stomach, I spend 5 to 10 minutes on four quiet practices. In this order.

First, diaphragm breathing, a few minutes. One hand on your belly, one hand on your chest. Breathe in through your nose, let your belly hand rise, keep your chest hand quiet. Breathe out slow. That is diaphragm breathing.

Second, diaphragm massage, a minute or two. With soft fingers, massage gently under the edge of your ribs, where your diaphragm sits. Light pressure only. Breathe as you go.

Third, stomach vacuum, 3 to 5 rounds. Breathe out fully, draw your belly button in and up, toward your spine, and hold for 5 seconds, building over weeks to 10, 15, then 20 seconds. Breathe normally between rounds. Skip this if you are pregnant. Stop if you feel dizzy.

Fourth, belly lymph drainage massage, a minute or two. Light circles around your belly button, clockwise, with a soft touch. Light is enough.

That is it. Five to ten minutes, every day, before food, before phone, before noise. A quiet start, a strong day.

The Programs

Here are the three weeks. Pick the one that fits your life right now, and stay with it for at least 8 weeks before you change it.

My three sessions, all 3 sets of 5, all built from my 14 exercises:

Session A: barbell squat, military press, barbell row, weighted twist 3 sets of 5 per side.

Session B: Bulgarian squat, Arnold curl and press, renegade row, weighted twist 3 sets of 5 per side.

Session C: walking lunges, military press, barbell deadlift, weighted twist 3 sets of 5 per side.

Add around the world, 3 sets of 5 circles each direction, as a finisher after your four main moves, when you want it. Rotate the other exercises in every 4 to 6 weeks, swapping one slot at a time: front squat for barbell squat, Romanian deadlift for barbell deadlift, barbell lunges for walking lunges, ballet squat for Bulgarian squat, good morning as a hinge swap for Romanian deadlift.

3 days a week

DAY	TRAINING
MONDAY	Session A, lift, then 30 15 15 walk
TUESDAY	Rest, morning rituals
WEDNESDAY	Session B, lift, then 30 15 15 walk
THURSDAY	Rest, morning rituals
FRIDAY	Session C, lift, then 30 15 15 walk
SATURDAY	Rest, morning rituals
SUNDAY	Rest, morning rituals

5 days a week

DAY	TRAINING
MONDAY	Session A, lift, then 30 15 15 walk
TUESDAY	Dance, one hour
WEDNESDAY	Session B, lift, then 30 15 15 walk
THURSDAY	Dance, one hour
FRIDAY	Session C, lift, then 30 15 15 walk
SATURDAY	Rest, morning rituals
SUNDAY	Rest, morning rituals

6 days a week

DAY	TRAINING
MONDAY	Session A, lift, then 30 15 15 walk
TUESDAY	Dance, one hour
WEDNESDAY	Session B, lift, then 30 15 15 walk
THURSDAY	Dance, one hour
FRIDAY	Session C, lift, then 30 15 15 walk
SATURDAY	Day 6: long walk, stretching, and glute activation, not a fourth heavy day
SUNDAY	Rest, morning rituals

Day 6 is a long, easy walk, 45 to 60 minutes, flat or gentle incline, plus 10 minutes of stretching and light glute activation: bodyweight glute bridges, clamshells, and slow bodyweight squats, easy, no heavy load. It is recovery and movement, not lifting. Do not turn it into a fourth heavy day. Your muscles need that day to grow.

Morning rituals happen every day, in every program, 5 to 10 minutes on an empty stomach.

Tracking: How to Know It Is Working

Write it down. Every session, write the exercise, the weight, and the reps. Three lines per move. That notebook is your proof.

What to measure: your weights, first. Are they going up, a little, over time? That is progress. Measure your waist, hips, and thighs once a month, same day, same tape, same place. Take a photo once a month, same light, same clothes. Take a photo of how your clothes fit, not just the scale.

What not to measure every day: your weight on the scale. Muscle is heavy, water changes daily, and the scale will lie to you on a bad day. Weigh yourself once a week at most, if you weigh yourself at all, and trust the tape, the photos, and the weights in your notebook more.

Give it 8 to 16 weeks. That is how long real change takes. In 8 weeks, you will feel stronger. In 16 weeks, you will see it. Be patient. Patience is the method too.

Closing

Lift heavy. Walk tall. Dance often. Breathe every morning.

That is my method. It is simple, and it works, because I do it again and again, not perfectly, but steadily.

Start light, learn the form, add a little more than last week, and trust your body to do the rest. You are stronger than you think. Go and prove it to yourself, one set of five at a time.

Thank you for training with me.

3



Butt Blaster

Heavy Lifts, Small Reps, and the Glutes I Actually Built

Lift heavy. Walk tall. Build the butt you were meant to have, one honest rep at a time.

Introduction

Welcome. This book is about my butt. More precisely, it is about how I built it, kept it, and stopped apologising for wanting it to look good.

I did not always train my glutes on purpose. For years I trained the way most girls are told to train. Light weights, lots of reps, a little burn, and then home. My legs got tired. My butt stayed the same. I thought that was just my body. I thought some girls are born with round glutes and the rest of us just have to accept a flat back view.

I was wrong. My butt was not a lost cause. My training was.

The day I started lifting heavy, everything changed. Not overnight. Not in two weeks. Slowly, the way real change happens. My jeans fit differently. My waist looked smaller because my hips had shape. My legs felt strong when I climbed stairs. My back stopped complaining when I carried shopping bags. And yes, my butt got rounder, higher, and firmer. That was the point, and I am not shy about saying it.

This book is for you if you want the same thing. It is for you if you have tried the light pink dumbbells and the twenty minute butt band workout and nothing changed. It is for you if you sit a lot, if your glutes feel asleep, if your lower back does all the work when it should not. It is for you if you want strength and shape together, not one without the other.

It is not for you if you want a miracle in fourteen days. I do not sell miracles. I do not have one. What I have is a method that works when you do it, week after week, with enough food, enough sleep, and enough weight on the bar to make the last reps a fight.

Here is the whole method in one paragraph. Lift heavy, three times a week, three sets of five reps on the big glute lifts. Finish with a few slow isolation moves. Walk every day, and do one walk that climbs like a mountain. Dance twice a week because it makes you happy and it moves your lymph. Breathe every morning, stretch after every workout, eat enough protein, drink your water, and

sleep like it is your job. That is it. No secrets. No magic band. No thirty exercises in one session.

Light pink dumbbells are not invited to this chapter. Not because I am mean. Because they do not build glutes. A muscle only grows when you ask it to do more than it is used to. A two kilo dumbbell is not more than you are used to. Your shopping bags are heavier than that.

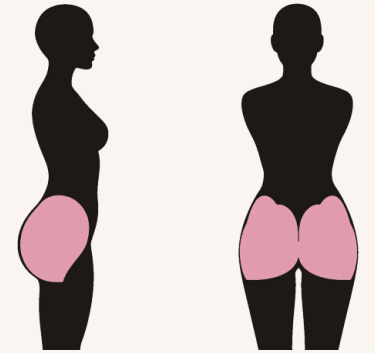
Heavy only counts if it is clean. I will say that many times in this book, because it is the rule that keeps you safe and keeps you growing. A heavy squat with good form builds your glutes. A heavier squat with a collapsing back builds nothing except trouble. Choose the weight you can lift with control, with a tight core, with your knees tracking where they should, and with a full range of motion. Then, when that weight starts to feel easy, add a little more.

Muscles are built between workouts, not during them. The workout is the signal. The food, the sleep, and the rest days are where the building happens. If you train hard and then eat too little and sleep five hours, you are sending the signal and then refusing to pay for the delivery. We do not do that here.

Now, let me show you what is actually back there, in plain words.

Your Glutes, In Plain Words

Your butt is not one muscle. It is three muscles, layered on top of each other, on each side. Once you know what each one does, training stops feeling random. You know why you squat, why you hinge, and why you finish with those small, burny moves at the end.



Gluteus maximus, the volume

The gluteus maximus is the biggest muscle in your butt, and one of the biggest muscles in your whole body. It makes the volume. It makes the full look. When you see a round, lifted butt, you are mostly seeing a well developed maximus.

It sits at the back, it covers most of the cheek, and it does the big jobs. It extends your hip, which is a fancy way of saying it pushes your leg back behind you and it drives you up from a squat. It helps you stand up from a chair, climb stairs, run, jump, and lift something heavy off the floor. Every time you stand up tall and squeeze your butt at the top, that is your maximus working.

If you want more volume, more roundness, more lift, this is the muscle to build. Squats, deadlifts, lunges, hip hinges, all the heavy work in Chapter 4, they all load the maximus first. That is why the heavy work comes first in every workout. Volume is built with heavy weight and a full range of motion, not with a hundred tiny pulses.

Gluteus medius, the shape

The gluteus medius sits under and to the side of the maximus. You can think of it as the muscle that shapes the upper and outer part of your glutes. It gives you that smooth line from your waist to your hip, and it fills in the side so the butt does not look flat from the side view.

It does a different job from the maximus. It lifts your leg out to the side, and it keeps your pelvis level when you stand on one leg. Every step you take, your medius is working to keep you from tipping over to one side. When it is weak, your hips drop when you walk, your knees cave in when you squat, and your lower back tries to do work that is not its job.

This is the muscle that makes single leg work so important. Walking lunges, Bulgarian squats, single leg hip abduction, they all wake up the medius. The heavy single leg lifts build it, and the isolation finishers shape it. If your butt looks good from the back but flat from the side, your medius is asking for attention.

Gluteus minimus, the deep helper

The gluteus minimus is the deepest of the three. It sits underneath the medius, close to the hip joint. It is smaller, and you cannot see it, but it matters. It works together with the medius to lift your leg to the side and to keep you upright and stable.

Think of it as the quiet helper. It does not make the volume, and it does not make the shape you see in the mirror. It makes the stability that lets the other two do their job well. When your hips are stable, your squat is stronger, your lunge is cleaner, and your knees are happier. You train the minimus the same way you train the medius, with side work, single leg work, and slow, controlled abduction. You do not need a separate exercise for it. You just need to do the side work properly, without swinging and without rushing.

Why this matters for you

Three muscles, three jobs. The maximus gives you volume. The medius gives you shape on the top and the side. The minimus gives you stability underneath it all.

You cannot change your bone structure. You cannot change your pelvis width. You cannot change where your muscles attach to your bones. Genetics is your

starting point, not your destination. I say that because I want you to stop comparing your starting point to someone else's finish line. Your bones are your bones. Your job is to build as much muscle as your frame can carry, and to keep the fat over it at a level that lets the shape show.

Butt Types

There are four common butt shapes. I am going to describe them in plain words, and I am going to tell you how to tell which one is yours, and what to train for each one. Read this chapter once, find yourself in it, and then stop worrying about it. No butt type is a verdict. Every type can get stronger, rounder, and firmer. The type only changes where you put a little extra focus.

Stand in front of a mirror in leggings or underwear, side view and back view, in normal light. Do not suck in. Do not pose. Just look. What you see is your starting point, and that is all it is.

Square

A square butt has a fairly level hip line. The waist goes down, the hip goes across, and there is not much curve or volume at the bottom. The butt can look a bit flat from the back, and the sides can look straight rather than round.

If this is you, build all three glute muscles. You need volume from the maximus, shape from the medius, and stability from the minimus. That means the full program, with no skipping. Squats and deadlifts for the maximus. Single leg work and abduction for the medius. Slow finishers to finish the job. Eat enough protein and enough food overall to grow, because a square shape with too little food stays square. Be patient. Square shapes often change beautifully with heavy training, because there is a lot of muscle to build.

Round

A round butt has a smooth line from the waist to the hip, with natural volume. The curve is already there. From the back and the side, it looks full and even. This is the shape most girls think they want, and if you have it, you are starting with a gift.

If this is you, your job is to keep it toned and to lift it. Train the heavy compounds to keep the muscle firm and the shape high. Do not skip the medius work, because round can turn soft without it. Keep your walking and your dance days, because they keep the shape clean and the legs tight. Watch the food side

too, not by dieting hard, but by eating enough protein and not letting extra fat hide the shape you already have. Round is a great starting point. Heavy training makes it better, not worse.

Heart

A heart shaped butt has volume in the hips and the upper part of the butt, with a narrower, smaller bottom. The shape is wider at the top and tapers a little toward the bottom. It often comes with a smaller waist, which makes the hip volume look even more obvious.

If this is you, train your glutes and your full body together. Your upper glutes are already doing well, so give extra love to the lower part of the maximus. Full range squats, deep lunges, Romanian deadlifts with a long stretch, they all reach the lower fibres. Keep the full body strong too, because a strong upper body and strong legs make the whole shape look balanced. On the food side, this is the type where nutrition shows fastest. Enough protein, steady meals, and not too much extra snacking. You do not need to chase a deficit while you are trying to grow. Eat to train well, and let the training shape you.

Triangle

A triangle butt narrows toward the bottom. The hips may be fairly straight, and the volume sits higher up, while the lower part of the butt looks smaller and less round. This is the hardest type to round out, and I say that honestly, not to discourage you, but so you know why it takes a little more time.

If this is you, emphasise the maximus, and especially the lower part of it. That means deep squats with a full range of motion, Bulgarian squats, walking lunges with long steps, and Romanian deadlifts where you feel the stretch at the bottom. Go heavy on those, with clean form. Finish with kickbacks and back extensions, slow, with a hard squeeze at the top. You are building volume where there is least of it, so you need the heaviest stimulus and the most patience. It will come. Muscle grows where you load it, and the lower glutes are no exception. They just need more invitations.

What your type does not decide

Your type does not decide whether you can have a strong, round, firm butt. It only decides where the work shows first, and where you need a little extra focus.

Every type needs the same foundation. Heavy compounds three times a week. Isolation finishers after the heavy work. Walking every day. Enough protein. Enough sleep. Enough months of showing up.

The 7 Things That Block Results

If your glutes are not changing, it is almost always one of these seven things. I know, because I have done all seven myself. Read them honestly. Find yours. Fix that one first.

1. You are not training hard enough

This is the most common blocker, and the most uncomfortable to hear. If your last reps feel easy, you are not building muscle. Muscle grows when the set is hard. The last rep of a set of five should be a fight. Not a messy fight, not a fight where your back collapses. A clean fight. You push, it moves slowly, you finish the rep with good form, and you know you could not have done a sixth good rep.

My fix is simple. Add weight, or add a rep with good form, or slow the rep down, every week or two. Keep a little notebook, in your phone or on paper, and write down what you lifted. If you lifted the same weight for the same reps for a month, you did not give your body a reason to change. Heavy only counts if it is clean, but it also only counts if it is heavy. Light pink dumbbells are not invited to this chapter, and they are not invited here either.

2. You picked the wrong exercises

A workout made of only small moves will not build a big muscle. Kickbacks and band pulses are finishers. They are not the main work. The maximus is a big, strong muscle, and it needs big, strong exercises. Squats, deadlifts, lunges, good mornings. Those are the exercises that load it with real weight.

My fix is the order in this book. Compounds first, when you are fresh and strong. Isolation after, when the heavy work is done. If you flip that order, you will be too tired to lift heavy, and your glutes will never get the signal they need. Three heavy lifts, then two or three finishers. That is the shape of every glute day in this book. Do not add ten extra small exercises to feel busy. Busy is not the same as effective.

3. You are not eating enough protein

Muscle is built from protein. If you train hard and eat very little protein, you are asking your body to build a house with no bricks. You will get tired, you will get sore, and you will not see much change.

My fix is to eat protein at every meal. Eggs, fish, meat, chicken, yoghurt, cheese, whatever you like and can digest well. I do not count grams in public and I do not want you to become obsessed with numbers either. Just make protein the anchor of each meal, not an afterthought. A plate with a proper portion of protein, some vegetables, and some good fat, that is a meal that builds. A plate of only salad leaves is not.

4. You are not sleeping and recovering enough

Muscles are built between workouts, not during them. The workout tells your body to grow. Sleep and rest days are when it actually does the growing. If you sleep five hours and train six days a week with no rest, you are not being tough. You are being tired, and tired bodies do not build well.

My fix is to protect your sleep like it is part of the program, because it is. Seven to nine hours, in a dark, cool room, with your phone away. Keep three heavy days, not six heavy days. Walk, dance, stretch, and breathe on the other days. Let the sore muscle rest for a day or two before you load it heavy again. Soreness is not a badge. It is information. A little soreness after a hard session is normal. Constant soreness is a sign you need more food, more sleep, or more rest.

5. You are not consistent

Three perfect workouts followed by three weeks off will not change your butt. Neither will a perfect week followed by a month of excuses. Muscle needs a steady signal, week after week, month after month. Not perfect. Steady.

My fix is to make the plan small enough to keep. Three glute days a week. That is the promise. If life gets messy, keep two. If you miss a day, do not quit the week. Just do the next session. Do not wait for Monday. Do not wait for the first of the month. Do not wait until you feel motivated. Motivation follows action, not the other way around. Show up, lift, walk, go home. Repeat. That is the whole secret, and it is not glamorous, but it works.

6. You are eating in a deficit while trying to grow

You cannot build a bigger, rounder butt while eating far too little. Growth needs fuel. If you are in a big calorie deficit, your body will not spend energy building new muscle. It is trying to save energy, not spend it. You can lose fat and keep muscle in a small deficit, but you cannot build noticeable new volume while starving yourself.

My fix is to eat enough to train well. If your goal is growth, you need to eat at maintenance, or a little above it, with plenty of protein. That does not mean eating everything in sight. It means eating enough real food that you are strong in the gym, you recover between sessions, and your weight is stable or rising very slowly. If you are always hungry, always tired, and always cold, you are not eating enough for the goal you say you want. Pick one goal at a time. Grow first, or lean out first, but do not try to do both at full speed at the same time.

7. You are overeating without a plan

The opposite problem is just as common. You train hard, you feel hungry, and you eat a lot of everything, with no plan. Your butt may grow, but so does everything else, and the shape gets hidden under extra fat. More food is not automatically more muscle. Extra food only builds extra muscle if the training is hard enough and the protein is high enough. The rest becomes fat.

My fix is to eat with a plan, not with guilt and not with chaos. Eat enough protein. Eat mostly real food. Keep your meals regular. Enjoy your treats, fully, without a guilt spiral, and then go back to your normal food the next day. If your waist is growing faster than your glutes, eat a little less overall and keep the protein high and the training heavy. Watch the trend over a month, not over a day. A day means nothing. A month tells the truth.

The Heavy Base

This is the heart of the book. The heavy base is the work that builds your glutes. Everything else, the finishers, the core work, the walking, the dance, supports this chapter. Without this chapter, the rest is decoration.

The rule is the same for every lift in this chapter. Three sets of five reps, heavy. Rest two to three minutes between sets. That rest is not laziness. It is what lets you lift heavy again on the next set with clean form. If you rest thirty seconds and your form falls apart, you are not training heavy. You are training tired.

Now, the lifts.

The squat family

Squats are the foundation. They load the maximus through a full range of motion, they build your legs at the same time, and they teach you to stand up strong. Every glute day in this book has a squat in it, in one form or another.

Barbell squat



Stand under the bar, with the bar resting on your upper back, not on your neck. Step back, feet about shoulder width apart, toes turned out a little. Chest tall, core tight, eyes forward.

Sit back and down, like you are sitting into a chair behind you. Keep your knees tracking over your toes, not collapsing inward. Go as deep as you can with a flat back and your heels on the floor. Then push the floor away, drive up through your whole foot, and stand tall. Squeeze your glutes hard at the top.

My cues: push the floor away, knees out, stand tall and squeeze. Three sets of five reps, heavy, rest two to three minutes.

Front squat



Hold the bar in front of you, resting on the front of your shoulders, elbows high, fingers under the bar or arms crossed if that feels better. Stand tall, feet shoulder width apart, core very tight.

Squat down, keeping your chest up and your elbows high. If your elbows drop, the bar will roll, and your back will round. Go deep, with control, then drive up and stand tall. Squeeze your glutes at the top, just like a back squat.

My cues: elbows high, chest tall, sit straight down. The front squat keeps you more upright than a back squat, and it asks more from your core and your upper back. It is a wonderful glute builder, and it is kinder on the lower back for many girls. Three sets of five reps, heavy, rest two to three minutes.

Ballet squat



Stand with your feet wide, toes turned out, like a ballet position. Hold a dumbbell or a kettlebell in front of you with both hands, or a barbell on your back if you are comfortable. Chest tall, core tight.

Sit down between your heels, keeping your chest tall and your knees tracking over your toes. Go as deep as you can with control. Feel the stretch in your inner thighs and your glutes. Then push the floor away and stand tall. Squeeze your glutes at the top.

My cues: wide and tall, knees over toes, squeeze at the top. The ballet squat reaches the glutes and the inner thighs in a different way from a normal squat, and it is beautiful for shaping the side and the lower part of the butt. Three sets of five reps, heavy, rest two to three minutes.

Barbell box squat



The box squat is a squat to a box or a bench set just below knee height. It teaches you to sit back properly, and it takes the bounce out of the bottom. That makes your glutes work harder to stand back up.

Stand under the bar as for a normal back squat. Step back to the box, feet shoulder width apart. Sit back, reach your hips to the box, and touch it lightly with your butt. Do not flop onto it. Do not relax. Pause for a second, keep your core tight, then drive up hard and stand tall. Squeeze your glutes at the top.

My cues: sit back, light touch, drive up hard. The box is a target, not a chair. Three sets of five reps, heavy, rest two to three minutes.

The deadlifts

Deadlifts are the hinge. They teach your hips to push back and then drive forward, and they load the maximus and the back of your legs like nothing else. If squats build the volume from below, deadlifts build it from behind. You need both.

Barbell deadlift



Stand with your feet under the bar, about hip width apart, bar over the middle of your feet. Bend down, grip the bar just outside your knees, chest up, back flat, hips back. Your shins should be close to the bar.

Push the floor away, keep the bar close to your legs, and stand tall. Think of pushing the floor down rather than pulling the bar up. At the top, stand tall and squeeze your glutes hard. Then hinge back down with control, bar close to your legs, and set it down. Reset each rep. Do not bounce the bar off the floor.

My cues: push the floor away, bar close, stand tall and squeeze. Common mistakes: rounding the lower back, letting the bar drift away from your legs, yanking the bar off the floor, and not squeezing at the top. If your back rounds, the weight is too heavy. Take weight off, keep your back flat, and build up slowly. Three sets of five reps, heavy, rest two to three minutes.

Romanian deadlift



Hold the bar in front of your thighs, feet hip width apart, knees soft, not locked. Chest tall, core tight, shoulders back. This lift starts from the top, not from the floor.

Push your hips back, let the bar slide down the front of your legs, keep your back flat and your knees soft. Go down until you feel a deep stretch in your hamstrings and your glutes, usually just below the knees. Then drive your hips forward, squeeze your glutes hard, and stand tall.

My cues: hips back, bar close, stretch then squeeze. The Romanian deadlift is about the stretch at the bottom and the squeeze at the top. That stretch is where the growth signal lives. Three sets of five reps, heavy, rest two to three minutes.

Kettlebell Romanian deadlift in a staggered stance

Stand with one foot slightly in front of the other, like a short split stance, holding a kettlebell in both hands, or one kettlebell in the opposite hand to the front leg. The front leg does most of the work. The back leg is there for balance.

Hinge back, let the kettlebell slide down, keep your back flat, feel the stretch in the front glute and hamstring. Drive your hips forward, squeeze the front glute

hard, and stand tall. Finish all five reps on one side, then switch sides.

My cues: front leg works, back leg steadies, squeeze the front cheek. This is a beautiful single leg hinge. It finds imbalances between your left and right side, and it builds the medius as well as the maximus, because you have to stay stable. Three sets of five reps per side, heavy, rest two to three minutes between sets.

The lunges

Lunges are single leg work. They build the glutes one side at a time, they fix imbalances, and they shape the medius and the maximus together. They are hard, they are humbling, and they work.

Walking lunges



Hold dumbbells at your sides, or a barbell on your back. Stand tall, core tight. Step forward with a long step, lower down until both knees are bent, front knee over your front foot, back knee close to the floor. Push through your front heel, step forward into the next lunge, and keep walking.

My cues: long step, push through the front heel, stand tall between steps. Take your time. This is not a race. Each step is a rep. Three sets of five reps per leg, heavy, rest two to three minutes.

Barbell lunges



Hold a barbell on your upper back, as for a squat. Stand tall, feet together. Step forward or backward into a lunge, lower down with control, front knee tracking over your toes, back knee close to the floor. Push through your front foot and return to standing. Finish all five reps on one leg, then switch, or alternate if that feels better for your balance.

My cues: tall chest, long step, push through the front foot. The barbell lets you load the lunge heavy, which is exactly what the glutes need. Three sets of five reps per leg, heavy, rest two to three minutes.

Bulgarian squat



Stand in front of a bench, facing away from it. Rest the top of your back foot on the bench behind you. Hold dumbbells at your sides, or a barbell on your back. Stand tall on your front leg, core tight.

Lower down, bending your front knee, keeping your chest tall and your front knee tracking over your toes. Go as deep as you can with control. Feel the stretch in your front glute. Push through your front foot and stand back up. Finish all five reps on one side, then switch.

My cues: front leg does the work, back leg is just a helper, chest tall. The Bulgarian squat is one of the best glute builders I know. It loads one side fully, it stretches the glute deep at the bottom, and it asks a lot from your balance and your medius. Three sets of five reps per leg, heavy, rest two to three minutes.

Good morning



Hold a barbell on your upper back, as for a squat, feet hip width apart, knees soft. Stand tall, core tight, chest up.

Hinge forward from your hips, pushing your hips back, keeping your back flat and your knees soft. Lower your chest toward the floor until you feel a deep stretch in your hamstrings and your glutes. Then drive your hips forward, squeeze your glutes hard, and stand tall.

My cues: hips back, flat back, stretch then squeeze. The good morning looks simple and it is humbling. Start very light, lighter than you think, and learn the hinge first. It loads the maximus and the back of the legs in a long stretch, and it teaches your hips to work while your back stays strong and flat. Common mistakes: rounding the back, bending the knees too much, and going too low too fast. Keep the range where your back stays flat. That is your range for today. It will grow. Three sets of five reps, heavy, rest two to three minutes.

Common mistakes to watch for, lift by lift. Barbell squat: heels lifting, knees caving in, chest falling forward, cutting depth short. Front squat: elbows dropping, leaning forward, heels lifting. Ballet squat: leaning forward, knees collapsing inward, bouncing at the bottom. Box squat: flopping onto the box, relaxing at the bottom, rocking forward to stand. Barbell deadlift: rounding the lower back, bar drifting away from your legs, yanking the bar off the floor. Romanian deadlift: bending the knees too much, rounding the back to go lower, rushing the lowering. Staggered kettlebell deadlift: twisting the hips, letting the back leg take over, rushing. Walking lunges: steps too short, front knee caving in, leaning forward. Barbell lunges: stepping too narrow and wobbling, front knee collapsing inward. Bulgarian squat: standing too close to the bench, leaning forward, front knee caving in. Good morning: rounding the back, bending the knees too much, going too low too fast. If your form breaks, the weight is too heavy for today. Take weight off and keep it clean.

That is the heavy base. Nine lifts, three families, one rule. Three sets of five, heavy, clean, with rest. Learn them well. They will carry your whole program.

Isolation Finishers

The heavy work is done. Now we finish. Isolation finishers are the small, slow moves you do after the compounds, when your glutes are already tired and warm. They are not the main work, and they are not a replacement for the main work. They are the extra volume that shapes, squeezes, and finishes what the heavy lifts started.

The rule here is different from the heavy base, on purpose. Three sets of ten to twelve reps, slow and controlled, light to moderate weight. Rest sixty to ninety seconds between sets. You should feel the muscle working, not your lower back, not your momentum. If you have to swing to finish the reps, the weight is too heavy. Go lighter, go slower, and feel the squeeze.

A word about shortened and lengthened positions, in plain words. Some moves squeeze hardest at the top, when the muscle is short and tight. A kickback at the top, with your glute squeezed hard, that is a shortened position. Some moves stretch hardest at the bottom, when the muscle is long and stretched. A back extension at the bottom, with your glutes stretched, that is a lengthened position. Both matter. A good finisher set uses both. The stretch tells the muscle to grow, and the squeeze teaches it to fire. Do not rush past either one.

Cable kickback

Stand facing the cable machine, hold on lightly for balance, ankle strap on one leg. Stand tall, core tight. Kick your leg back and slightly out, keeping your knee straight and your back still. Squeeze your glute hard at the top, for a full second. Lower slowly, with control, and do not let the weight stack touch down between reps.

This is a shortened position move. The squeeze at the top is the whole point. Three sets of ten to twelve reps per leg, slow, light to moderate weight.

Glute hyperextension on the seated leg curl machine

This one sounds strange, and it is wonderful. Sit on the seated leg curl machine, facing the other way, so your hips are on the seat and your upper body is leaning

forward over the front. Hook your feet under the pads as usual, but instead of curling your legs, you will lift your torso and squeeze your glutes.

Set the machine light. Hinge forward at the hips, feel the stretch in your glutes, then drive your hips into the pad and lift your torso up by squeezing your glutes, not by arching your back. Hold the squeeze at the top for a second, then lower slowly.

My cue is: hips drive, glutes squeeze, back stays long. Do not yank. Do not arch. Let the glutes lift you. This move gives you a deep stretch at the bottom and a hard squeeze at the top, both in one rep. That is why I love it. Three sets of ten to twelve reps, slow, light to moderate weight.

Glute focused back extension on the 45 degree bench

Set yourself on the 45 degree back extension bench, hips on the pad, feet secured, arms crossed over your chest or holding a light plate. Round your upper back slightly, tuck your chin a little, and think about your glutes, not your lower back.

Lower down slowly, feeling the stretch in your glutes and hamstrings. Then drive your hips into the pad, squeeze your glutes hard, and lift up until your body is in a straight line. Do not overextend at the top. Do not arch your back. The top position is a straight line, not a backbend.

This is a lengthened position move with a strong squeeze at the top. The stretch at the bottom is deep, and the squeeze at the top is clean, if you keep your back from taking over. Three sets of ten to twelve reps, slow, light to moderate weight.

Seated hip abduction

Sit on the hip abduction machine, knees on the pads, back against the support, hands holding the handles lightly. Lean back a little, core tight.

Push your knees out, slowly, as wide as you can with control. Hold for a second at the widest point, feel the outer glutes working, then bring your knees back in slowly. Do not let the weight stack slam down. Control the return. The return is half the rep.

This is a shortened position move for the medius. The squeeze at the wide point is what shapes the upper and outer glutes. Three sets of ten to twelve reps, slow, light to moderate weight.

Single leg hip abduction on the machine, leaning forward

Sit on the same abduction machine, but work one leg at a time, and lean your torso forward, resting your forearms on the front support or holding on in front of you. The lean forward changes the angle, and it lets the glute work through a longer range.

Push one knee out, slowly, hold the squeeze, then bring it back in slowly. Finish all reps on one side, then switch. You will feel this differently from the two leg version, deeper and more focused on one side. That is the point.

My cue is: lean forward, push out slow, feel one cheek at a time. This move is wonderful for fixing a side that is weaker than the other. Do the weaker side first, and give it your best attention. Three sets of ten to twelve reps per leg, slow, light to moderate weight.

Standing machine glute kickback

Stand in the glute kickback machine, one foot on the platform, hands on the supports, chest tall. Push the platform back and up with your working leg, keeping your knee fairly straight and your hips square. Squeeze your glute hard at the top, hold for a second, then lower slowly.

This is a shortened position move, like the cable kickback, but the machine guides the path, so you can focus on the squeeze. Three sets of ten to twelve reps per leg, slow, light to moderate weight.

Prone reverse hyperextension on the leg extension machine

Lie face down on the leg extension machine, hips at the edge of the seat, legs hanging down, hands holding the front for support. This looks odd, and it feels wonderful once you get it.

Lift your legs up behind you, by squeezing your glutes, until your legs are in line with your body. Hold the squeeze for a second. Lower slowly, with control, and

feel the stretch at the bottom. Do not swing your legs. Do not arch your back. Let your glutes lift your legs.

My cue is: glutes lift, back stays quiet, lower slowly. This is a lengthened and shortened move in one, with a deep stretch at the bottom and a hard squeeze at the top. Start with no added weight, just your legs, until the movement feels clean. Then add a little weight if the machine allows. Three sets of ten to twelve reps, slow, light to moderate weight.

Common mistakes on finishers, all of them the same story. Swinging the leg, arching the lower back, rushing the reps, and letting the weight drop instead of lowering it slowly. If you have to swing to finish, go lighter, go slower, and feel the squeeze.

Core and Breathing

Your glutes do not work alone. They work with your core, and your core works with your breath. If your core is weak, or your breathing is shallow, your glutes will not fire as well as they should. Your lower back will try to help, and it will get tired and sore. This chapter fixes that, quietly, in the background, the way a good foundation fixes a house.

Bird dog row

Start on all fours, hands under your shoulders, knees under your hips, back flat. Hold a light dumbbell in one hand.

Extend the opposite leg back behind you, straight, and row the dumbbell up toward your hip, elbow close to your body. Keep your hips level. Do not let one hip drop or twist. Lower the dumbbell with control, bring your knee back in, and repeat.

My cue is: long leg, level hips, row to the hip. This move trains your glutes, your core, and your back together, the way they work in real life. Three sets of ten to twelve reps per side, slow, light to moderate weight.

Side plank

Lie on your side, elbow under your shoulder, legs straight, feet stacked or staggered. Lift your hips up, so your body is in a straight line from head to feet. Tighten your core, squeeze your glutes, and breathe normally.

Hold for twenty to forty seconds per side, building up over time. If a full side plank is too hard at first, bend your knees and hold from your knees. That is a real side plank too. Do not let your hips drop. Do not hold your breath. A side plank is a quiet exercise. It looks easy and it is not.

My cue is: long body, tight core, breathe. The side plank builds the medius and the core together, and it teaches your hips to stay level when you walk, run, and lunge. Do it at the end of a glute day, when your hips are already warm.

Plank dumbbell row

Start in a high plank, hands on two dumbbells, body in a straight line, feet a little wider than usual for balance. Tighten your core, squeeze your glutes, and keep your hips still.

Row one dumbbell up to your hip, elbow close to your body, then lower it with control. Row the other side. Keep your hips as still as you can. Do not let them twist with each row. That stillness is the exercise.

My cue is: hips still, row slow, core tight. If your hips twist a lot, use lighter dumbbells or widen your feet. The weight is not the point. The stillness is the point. Three sets of ten to twelve reps per side, slow, light to moderate weight.

Side lying core work with a Pilates ball

Lie on your side, with a Pilates ball between your lower legs or your ankles. Bottom arm under your head or extended for balance, top hand on the floor in front of you for support.

Lift both legs a little, squeeze the ball gently, and hold. Or lift and lower the legs slowly, a few centimetres at a time, keeping the ball in place. Breathe normally. Keep your hips stacked, not rolling forward or back.

My cue is: squeeze the ball, lift slowly, stay stacked. This is a small, quiet move, and it wakes up the deep core and the inner thighs and the medius together. It is perfect for the end of a workout, when you are tired and you want something gentle but effective. Two to three sets of ten to twelve slow lifts per side, or holds of twenty to thirty seconds.

Diaphragmatic breathing with spiky massage balls under the armpits, for 2 minutes

This sounds strange, and it is one of my favourite things. Lie on your back, knees bent, or sit comfortably. Place a small spiky massage ball under each armpit, in the soft tissue there. Let your arms rest.

Breathe in slowly through your nose, letting your belly and your lower ribs expand. Breathe out slowly through your mouth, letting your belly fall. The balls give your body a little signal to let go of tension in the chest and the shoulders, and to let the breath drop down into the diaphragm.

Do this for two minutes, after a workout or before bed. It is not exercise. It is a reset. A working diaphragm means a working core, and a working core means your glutes can fire properly. Shallow chest breathing keeps everything tight and tired. Deep belly breathing lets everything work.

If the balls feel too intense, use softer balls, or place them a little lower, or do the breathing without them. The breathing is the point. The balls are a helper.

Resistance band diaphragmatic breathing for 5 minutes in the morning

Sit cross legged, comfortably, in the morning, on an empty stomach. Wrap a light resistance band around your lower ribs, hold it in front of you with a gentle tension, like a soft hug around your ribs.

Breathe in slowly through your nose, and feel the band stretch as your lower ribs expand out to the sides. Breathe out slowly through your mouth, and feel the band relax as your ribs come back in. Your shoulders should stay down. Your chest should stay quiet. The movement is in your lower ribs and your belly.

Do this for five minutes, every morning, as part of the morning rituals in Chapter 8. It wakes up your diaphragm, it wakes up your core, and it sets your posture for the day. A diaphragm that moves well makes your squats and deadlifts stronger, because a strong breath is what braces a heavy lift. Do not rush it. Five slow minutes are better than five fast minutes.

Upper Body Finisher

Your glutes are the star of this book, but your upper body still needs to keep up. If your legs get strong and your shoulders stay weak, your posture suffers, your squats suffer, and your whole shape looks unbalanced. Strong shoulders help you hold a barbell, carry your shopping, and stand tall. So after the glute work, I finish with a short upper body circuit. It takes ten minutes. It is worth it.

The kneeling shoulder circuit

Kneel on both knees, on a mat, with dumbbells in your hands. Kneeling takes your legs out of the movement, so your shoulders and your core have to do all the work. It also keeps you honest. You cannot bounce or cheat with your legs when you are on your knees.

Do the three moves back to back, then rest for one minute. That is one round. Do four rounds in total.

Kneeling dumbbell row to overhead press

Hold a dumbbell in each hand, arms hanging down. Row both dumbbells up toward your hips, elbows close to your body, squeezing your back. Then, without pausing, press both dumbbells overhead, arms straight, core tight, glutes squeezed. Lower the dumbbells back to the row position, then down to the start. That is one rep.

My cue is: row strong, press tall, core tight. This move links your back and your shoulders in one smooth chain, and it teaches your body to transfer strength from your back to your arms. Start light, until the transition feels smooth. Ten to twelve reps per round, light to moderate weight.

Kneeling dumbbell overhead shoulder press

Hold the dumbbells at shoulder height, elbows under your wrists, core tight, glutes squeezed. Press both dumbbells overhead, until your arms are straight, without arching your lower back. Lower slowly back to shoulder height, with control.

My cue is: press up, do not lean back, lower slowly. Your lower back will want to arch to help. Do not let it. Squeeze your glutes and your core, and let your shoulders do the work. If you arch, the weight is too heavy. Go lighter. Ten to twelve reps per round, light to moderate weight.

Kneeling dumbbell Y raise

Hold light dumbbells in front of your thighs, palms facing each other. Raise both arms up and out, in a Y shape, until they are at about a forty five degree angle from your body, thumbs pointing up. Hold for a second at the top, feel your shoulders working, then lower slowly.

My cue is: light weight, wide Y, slow lower. This move works the small shoulder muscles that keep your posture tall and your shoulders healthy. Use very light dumbbells. This is not a heavy lift. It is a shaping and strengthening move, and it burns in a good way when you do it slowly. Ten to twelve reps per round, light weight.

Do the circuit after the glute work, not before it. Your glutes are the priority in this book, and they get your fresh energy. Your shoulders get the last ten minutes, and that is enough. Four rounds, one minute rest between rounds, ten to twelve reps of each move. When you finish, stretch your shoulders gently, roll them back, and stand tall. You will feel the difference in your posture the same day.

Walking, Dance, and Morning Rituals

Heavy lifting builds your glutes. Walking, dance, and morning rituals keep them working, keep your body moving, and keep the shape clean. Do not skip this chapter because it looks soft. Soft work, done daily, is what makes hard work show.

The 30 15 15 walk

This is my walk. Thirty minutes on a treadmill or a walking pad. No running. No jumping. Just a steady climb and a steady descent.

Minutes 1 to 15, climb. Start at incline 1 in minute 1, incline 2 in minute 2, and keep adding one each minute, until you reach incline 15 in minute 15. Minutes 16 to 30, descend. Incline 14 in minute 16, incline 13 in minute 17, and keep going down one each minute, until you are back at incline 1 in minute 30.

Keep a steady, comfortable speed, one you can walk at while breathing normally and talking in short sentences. The incline is the work, not the speed. Hold on lightly if you need to for balance, but do not lean on the handles and do not hang off them. Stand tall, core lightly tight, and push through your heels.

If you are a beginner, top out at incline 8 or 10 and build up. Walk to 8 and back down, or to 10 and back down, for a few weeks, then add one level at the top each week. There is no prize for hitting 15 on day one and then never walking again. There is a prize for walking most days.

I do this walk on my glute days, after lifting, and on my other days too, whenever I can. It lifts my glutes, it works my legs, it moves my lymph, and it clears my head. Thirty minutes, up and down, done.

Dance days

Twice a week, one hour, I dance. Not a class with a test at the end. Not a workout disguised as dance. Just dancing, moving my body to music I love, for an hour,

with lymph drainage movement woven in. Big arm circles, gentle bounces, hip circles, shoulder rolls, shaking out my hands and my legs.

Dance keeps my hips mobile, it keeps my mood up, and it keeps my body from getting stiff from heavy lifting. It also moves lymph, which is the quiet fluid system that carries waste away from your tissues. You cannot see lymph moving, but you can feel the difference when it moves well. Less puffiness, lighter legs, more energy.

Put music on, move for an hour, twice a week. That is a dance day. It counts. It is part of the program, not a break from it.

Morning rituals, every day, 5 to 10 minutes, on an empty stomach

Every morning, before food, I do four small things. Five to ten minutes in total. They wake up my breath, my belly, and my core, and they set up my whole day.

First, diaphragm breathing, a few minutes. Sit or lie comfortably. Breathe in slowly through your nose, letting your belly and your lower ribs expand. Breathe out slowly through your mouth, letting your belly fall. Shoulders down, chest quiet. The breath belongs in your belly.

Second, diaphragm massage, a minute or two, under the rib edge. With soft fingers, massage gently under your ribs, on both sides, in small circles. Keep the pressure gentle. This is not a deep tissue massage. It is a wake up call for the muscle that drives your breath.

Third, stomach vacuum, three to five rounds. Breathe out fully, pull your belly button in and up, toward your spine, and hold. Start with short holds, building to ten, fifteen, and twenty seconds as you get stronger. Breathe normally between rounds. Skip this one if you are pregnant. Stop if you feel dizzy. A vacuum is a gentle exercise, not a test of willpower.

Fourth, belly lymph drainage massage, a minute or two. With light, gentle strokes, massage your belly in slow circles, always in the same direction, clockwise, very lightly. Think of it as guiding fluid, not pressing muscle. Light touch is the point.

Five to ten minutes, every day, on an empty stomach. That is it. Small rituals, done daily, beat big rituals done once a month.

Stretching and Daily Habits

Stretching and daily habits are the unglamorous part of the program, and they are the part that keeps you training for years instead of weeks. A tight, stiff body does not lift well. A body that moves every day does.

Stretching after workouts

Stretch after every workout, when your muscles are warm. Hold each stretch for thirty to ninety seconds, breathe normally, and never bounce. A stretch should feel like a gentle pull, not pain. If it hurts, ease off.

Pigeon pose. From all fours, bring one knee forward and place it behind your wrist, with your shin across the front of your body. Extend the other leg back behind you. Sit tall, then fold forward gently over your front leg. You will feel this deep in your glute and your hip. Hold, breathe, then switch sides.

Standing quad stretch. Stand tall, hold on to something for balance, bend one knee and hold your foot behind you, gently pulling your heel toward your butt. Keep your knees close together and your standing leg soft. Hold, then switch sides.

Seated forward fold. Sit with your legs straight in front of you, back tall. Fold forward from your hips, reaching toward your feet, keeping your back long. Do not force it. Let your hamstrings and your lower back lengthen slowly.

Butterfly stretch. Sit with the soles of your feet together, knees out to the sides. Hold your feet, sit tall, and let your knees drop gently toward the floor. Do not press them down hard. Let gravity do the work.

Hip flexor lunge stretch. Step into a deep lunge, back knee on the floor, front foot flat. Push your hips forward gently, keep your chest tall, and feel the stretch in the front of your back hip. Hold, then switch sides. This one matters most if you sit a lot.

Wide leg seated stretch. Sit with your legs wide apart, back tall. Fold forward gently, reaching toward the floor in front of you. Keep your back long. Feel the stretch in your inner thighs and your glutes.

Calf stretch. Stand facing a wall, one foot back, heel on the floor, knee straight. Lean forward gently until you feel the stretch in your back calf. Hold, then switch sides. Your calves carry you all day. Give them a minute.

Daily habits

Take the stairs. Every time you can, take the stairs instead of the lift. It is free glute work, several times a day, with no gym and no planning. Small climbs add up.

Walk 7,000 to 10,000 steps a day. Not as a punishment. As a baseline. Walk to the shop, walk while you talk on the phone, walk after dinner. Steps keep your legs and your glutes awake between workouts.

Eat protein every day, at every meal. You already know why. Muscle is built from protein, and your glutes are muscle.

Drink 2 to 2.5 litres of water a day. Water helps your muscles recover, it helps your skin, and it helps you tell hunger from thirst. Keep a bottle with you and sip through the day.

Sleep 7 to 9 hours a night. I said it in Chapter 3 and I say it again here, because it matters that much. Muscles are built between workouts, not during them, and sleep is where the building happens.

Stretch daily, even on rest days. Five minutes is enough. Hips, hamstrings, glutes, calves. A body that stretches daily stays mobile, and a mobile body lifts better.

Myths

Spot reduction does not work. You cannot burn fat from your butt by doing a hundred butt exercises, and you cannot burn fat from your belly by doing a hundred crunches. Fat loss happens across the whole body, driven by food, sleep, and overall activity. Train your glutes to build them, eat and move to lose fat overall, and let your body decide where the fat comes off first. It will not be the spot you point at, and that is normal.

Lifting does not make women bulky. Women have ten to twenty times less testosterone than men, so you cannot bulk by accident on three sessions a week of three sets of five without a big calorie surplus and years of high volume training. More muscle burns more at rest, so the goal is a little more muscle with a little less fat over it. That is the lean, tight look, not bulk.

You cannot reshape your bones. Your pelvis width, your hip structure, the length of your legs, those are set. You can build muscle on top of them, and you can lose or gain fat over them, but you cannot change the frame. Stop fighting your frame. Build on it.

Eating fat does not make you fat. Eating too much of anything, over time, makes you gain fat. Fat itself is not the enemy. Good fat keeps you full, keeps your hormones happy, and keeps your food delicious. It is the total amount of food, and the lack of movement, that adds fat, not the butter on its own.

Cardio is not the best way to lose weight. Walking is wonderful, and I walk every day. But endless cardio burns calories only while you do it, and it does not build muscle. Heavy lifting builds muscle, and muscle burns more at rest, all day. If you want lasting fat loss, lift heavy, walk daily, and eat well. Cardio alone is a short cut that does not last.

Longer workouts are not better. A focused forty minute session with heavy lifts, done well, beats a two hour session of wandering between machines. More time in the gym is not more results. More effort on the right lifts is more results. Train, stretch, go home, live your life.

Results do not come in two weeks. Two weeks is enough to feel stronger and to learn the lifts. It is not enough to build visible muscle. Visible change takes months of steady training, enough food, and enough sleep. Anyone who promises you a new butt in fourteen days is selling you something, not teaching you something.

Sweating more does not mean burning more fat. Sweat is water. It is your body cooling itself down. A hot room makes you sweat more, but it does not make you burn more fat. A good workout makes you warm and a little sweaty, yes, but the fat burning happens over days and weeks of training and eating well, not in one sweaty hour. Do not chase sweat. Chase clean, heavy reps.

That is all of them. Eight myths, eight truths. Keep this chapter in mind when someone on the internet tells you the opposite. You know better now.

The Programs

Here is the program, in full, for three days a week, five days a week, and six days a week. Pick the one that fits your real life, not your fantasy life. A three day program you actually do beats a six day program you quit in week two.

Every glute day has the same shape. Warm up, heavy compounds at three sets of five, isolation finishers at three sets of ten to twelve, then a core or breathing finisher. Rest two to three minutes between heavy sets, sixty to ninety seconds between finisher sets. Stretch after every workout.

The three named glute days are:

Glute Day A, squat focus. Heavy: barbell squat, Bulgarian squat, good morning. Finishers: cable kickback, seated hip abduction. Core: side plank.

Glute Day B, hinge focus. Heavy: barbell deadlift, Romanian deadlift, walking lunges. Finishers: glute focused back extension on the 45 degree bench, single leg hip abduction leaning forward. Breathing: diaphragmatic breathing with spiky massage balls, 2 minutes.

Glute Day C, single leg focus. Heavy: front squat, barbell lunges, kettlebell Romanian deadlift in a staggered stance. Finishers: glute hyperextension on the seated leg curl machine, standing machine glute kickback. Core: bird dog row and plank dumbbell row.

The ballet squat and the barbell box squat rotate in on Day A, in place of the barbell squat, every few weeks, so your body gets a fresh stimulus. The prone reverse hyperextension on the leg extension machine rotates in as a finisher on any day, in place of one other finisher. The kneeling shoulder circuit from Chapter 7 goes at the end of any glute day, once or twice a week, after the core work.

3 days a week, 3 glute and walk days

This is the foundation program, and it is enough. Most girls should start here and stay here for months.

Day 1, Glute Day A, squat focus, plus the 30 15 15 walk after lifting. Day 2, rest or gentle walking, stretching, morning rituals. Day 3, Glute Day B, hinge focus, plus the 30 15 15 walk after lifting. Day 4, rest or gentle walking, stretching, morning rituals. Day 5, Glute Day C, single leg focus, plus the 30 15 15 walk after lifting. Day 6, rest or gentle walking, stretching, morning rituals. Day 7, rest, stretching, morning rituals, a long easy walk if you like.

Three heavy days, four lighter days. That is a complete week. Do not add a fourth heavy day because you feel good in week two. Your glutes grow on the rest days.

5 days a week, 3 glute days plus 2 dance days

This is the same three glute days, with dance added.

Day 1, Glute Day A, plus the 30 15 15 walk. Day 2, dance day, one hour, plus morning rituals. Day 3, Glute Day B, plus the 30 15 15 walk. Day 4, dance day, one hour, plus morning rituals. Day 5, Glute Day C, plus the 30 15 15 walk. Day 6, rest or gentle walking, stretching, morning rituals. Day 7, rest, stretching, morning rituals.

Dance days are not rest days, and they are not heavy days. They are movement days. They keep your hips mobile, they move your lymph, and they make you happy. Keep them joyful, not exhausting.

6 days a week, 3 glute days, 2 dance days, plus day 6 as a long walk, stretching and glute activation day

This is the full week, for girls who have trained the three day program for months and want more movement, not more heavy lifting.

Day 1, Glute Day A, plus the 30 15 15 walk. Day 2, dance day, one hour. Day 3, Glute Day B, plus the 30 15 15 walk. Day 4, dance day, one hour. Day 5, Glute Day C, plus the 30 15 15 walk. Day 6, long walk, stretching and glute activation day, NOT a fourth heavy day. Day 7, rest, stretching, morning rituals.

Day 6 is a long, easy walk, forty five to sixty minutes, flat or gently rolling, at a comfortable pace. Then a long stretch, ten to fifteen minutes, all the stretches from Chapter 9. Then glute activation, light and slow only: a few sets of bodyweight glute bridges, a few slow cable kickbacks with very light weight, a

few slow seated hip abductions with very light weight. No barbell, no heavy weight, no sets of five. You are waking the glutes up, not training them hard. If you turn day 6 into a fourth heavy day, you will be tired for Monday, and your progress will slow down. More heavy is not more results. More recovery is more results.

How to progress

Add a little weight when all three sets of five feel clean and the fifth rep is no longer a fight. Add the smallest plate you can, and keep the form clean. If the form breaks, go back down. Progress is adding a little, often, over months. It is not adding a lot, once, and then getting hurt.

Closing

That is the whole book. Heavy lifts, small reps, and the glutes I actually built. No secrets, no miracles, no magic band. Just a barbell, a walk, a dance, and five quiet minutes every morning.

Start where you are. Lift what you can lift cleanly today. Walk today. Breathe tomorrow morning. Eat protein at your next meal. Sleep tonight like it matters, because it does.

Your butt will not change in two weeks. It will change in two months, and in six months, and in a year, if you keep showing up. That is the deal, and it is a good deal. A strong body is worth a year of steady work. It is worth many years.

I am proud of the glutes I built, and I am proud of the strength that came with them. I hope you build yours, and I hope you feel the same pride when you stand tall, squeeze at the top of a squat, and know that you did that. You lifted it. You built it. It is yours.

Now go and lift heavy. And squeeze at the top.

4



The 30 Day Plans

Three, four or five training days a week. Every day planned, every rest day on purpose, for 30 days.

PART FOUR START HERE

How the plans work

Pick one plan, start on a Monday, and follow it day by day. Each plan has a one page calendar and then a page for every week.

Heavy days stay at three	In all three plans you lift heavy three times a week, never more. Both books are clear on this: your muscles grow on the rest days, and a fourth heavy day only makes you tired for Monday. The extra training days in the four and five day plans are dance days, the joyful kind of training.
Two kinds of heavy week	Weeks 1 and 3 are Lift Heavy weeks, the whole body Sessions A, B and C. Weeks 2 and 4 are Butt Blaster weeks, the three Glute Days. You get push, pull, twist and glutes, all in one month.
Every heavy day	Warm up, lift, then straight onto the treadmill for the 30 15 15 walk, then stretch. About an hour and a quarter, all in.
Every day	The morning ritual: breathing, massage, vacuum, massage. Five to ten minutes, empty stomach, before coffee.
Rest days	Morning rituals, a gentle walk if you like, stretching. Sunday can be a long easy walk. No lifting, no punishment cardio.
Moving days around	Life happens. If a session moves, move it on the calendar and keep the order. Never two heavy days in a row, and no extra workout to make up for anything.
Write it down	Every session: the exercise, the weight, the reps. Three lines per move. Progression and tracking explain how to read your notebook.
Which plan	New to lifting, or busy? Three days. Want more movement? Four. Already trained for a few months and love to dance? Five. A three day plan you actually do beats a five day plan you quit in week two.

Your six sessions

Every heavy day in every plan is one of these six. Three come from Lift Heavy, three from Butt Blaster. Tap an exercise to jump to how to do it.

LIFT HEAVY

Session A

Barbell squat	3 × 5
Military press	3 × 5
Barbell row	3 × 5
Weighted twist	3 × 5 per side

BUTT BLASTER

Glute Day A

Barbell squat	3 × 5
Bulgarian squat	3 × 5
Good morning	3 × 5
Cable kickback	3 × 10 to 12
Seated hip abduction	3 × 10 to 12
Side plank	core

LIFT HEAVY

Session B

Bulgarian squat	3 × 5 per leg
Arnold curl and press	3 × 5
Renegade row	3 × 5
Weighted twist	3 × 5 per side

BUTT BLASTER

Glute Day B

Barbell deadlift	3 × 5
Romanian deadlift	3 × 5
Walking lunges	3 × 5
Glute back extension, 45 degree bench	3 × 10 to 12
Single leg hip abduction, leaning forward	3 × 10 to 12
Diaphragm breathing with spiky balls	2 min

LIFT HEAVY

Session C

Walking lunges	3 × 5 per leg
Military press	3 × 5
Barbell deadlift	3 × 5
Weighted twist	3 × 5 per side

BUTT BLASTER

Glute Day C

Front squat	3 × 5
Barbell lunges	3 × 5
Kettlebell RDL, staggered stance	3 × 5
Glute hyperextension, seated leg curl machine	3 × 10 to 12
Standing machine glute kickback	3 × 10 to 12
Bird dog row and plank dumbbell row	core

Rest 2 to 3 minutes between heavy sets, 60 to 90 seconds between finisher sets. Every Lift Heavy session can end with the optional around the world finisher, 3 × 5 circles each way. Every heavy day starts with a warm up and ends with the 30 15 15 walk and a stretch.

3 training days a week

Three heavy days, four rest days. The foundation, and honestly enough for most of us. Lift and walk on Monday, Wednesday and Friday, and rest the other four.

MON	TUE	WED	THU	FRI	SAT	SUN
Day 1 Session A then 30 15 15 walk	Day 2 Rest rituals, stretch	Day 3 Session B then 30 15 15 walk	Day 4 Rest rituals, stretch	Day 5 Session C then 30 15 15 walk	Day 6 Rest rituals, stretch	Day 7 Rest rituals, stretch
Day 8 Glutes A then 30 15 15 walk	Day 9 Rest rituals, stretch	Day 10 Glutes B then 30 15 15 walk	Day 11 Rest rituals, stretch	Day 12 Glutes C then 30 15 15 walk	Day 13 Rest rituals, stretch	Day 14 Rest rituals, stretch
Day 15 Session A then 30 15 15 walk	Day 16 Rest rituals, stretch	Day 17 Session B then 30 15 15 walk	Day 18 Rest rituals, stretch	Day 19 Session C then 30 15 15 walk	Day 20 Rest rituals, stretch	Day 21 Rest rituals, stretch
Day 22 Glutes A then 30 15 15 walk	Day 23 Rest rituals, stretch	Day 24 Glutes B then 30 15 15 walk	Day 25 Rest rituals, stretch	Day 26 Glutes C then 30 15 15 walk	Day 27 Rest rituals, stretch	Day 28 Rest rituals, stretch
Day 29 Session A then 30 15 15 walk	Day 30 Check in day measure, photo					

Lift Heavy session · Glute day · Dance · Rest · Check in

Every single day, training day or not: the morning ritual, five to ten minutes on an empty stomach. Tap any day for the details.

Week 1

3 DAY PLAN

LEARN IT, START LIGHT

This week is a Lift Heavy week, three whole body sessions. Pick weights you can lift clean for all three sets of five, even if they feel too easy. Write every weight down. New to incline? Top out the 30 15 15 climb at incline 8 to 10. Stomach vacuum holds of five seconds are plenty.

DAY 1 MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 2 TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 3 WED

LIFT Lift Heavy, Session B

Warm up, then Bulgarian squat, arnold curl and press, renegade row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 4 THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 5 FRI

LIFT Lift Heavy, Session C

Warm up, then Walking lunges, military press, barbell deadlift, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 6 SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 7 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 2

3 DAY PLAN

BUTT BLASTER WEEK

Three glute days, squat focus, hinge focus, single leg focus. Where last week the fifth rep was clean, add the smallest plate you have. Finishers are slow, three sets of ten to twelve. Push the walk climb a little higher, toward incline 12. Work toward ten second vacuum holds.

DAY 8
MON

GLUTES Butt Blaster, Glute Day A

Warm up, then Barbell squat, bulgarian squat, good morning, cable kickback, seated hip abduction, side plank. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 9
TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 10
WED

GLUTES Butt Blaster, Glute Day B

Warm up, then Barbell deadlift, romanian deadlift, walking lunges, glute back extension, 45 degree bench, single leg hip abduction, leaning forward, diaphragm breathing with spiky balls. Then the 30 15 15 walk, and stretch.

DAY 11
THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 12
FRI

GLUTES Butt Blaster, Glute Day C

Warm up, then Front squat, barbell lunges, kettlebell rdl, staggered stance, glute hyperextension, seated leg curl machine, standing machine glute kickback, bird dog row and plank dumbbell row. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 13
SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 14
SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 3

3 DAY PLAN

A LITTLE MORE THAN LAST WEEK

Back to the Lift Heavy sessions, a little heavier than week one. If the form breaks, go back down, that is not failing, that is the method. Take the full climb to incline 15 if your legs are ready. Rest days stay rest days.

DAY 15 MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 16 TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 17 WED

LIFT Lift Heavy, Session B

Warm up, then Bulgarian squat, arnold curl and press, renegade row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 18 THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 19 FRI

LIFT Lift Heavy, Session C

Warm up, then Walking lunges, military press, barbell deadlift, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 20 SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 21 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 4

3 DAY PLAN

HOLD THE LINE

Glute days again, heavier than week two where it is clean. This is the week most people want to add an extra heavy day. Do not. Sleep, protein, water, and the rest days are where the change happens.

DAY 22 MON

GLUTES Butt Blaster, Glute Day A

Warm up, then Barbell squat, bulgarian squat, good morning, cable kickback, seated hip abduction, side plank. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 23 TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 24 WED

GLUTES Butt Blaster, Glute Day B

Warm up, then Barbell deadlift, romanian deadlift, walking lunges, glute back extension, 45 degree bench, single leg hip abduction, leaning forward, diaphragm breathing with spiky balls. Then the 30 15 15 walk, and stretch.

DAY 25 THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 26 FRI

GLUTES Butt Blaster, Glute Day C

Warm up, then Front squat, barbell lunges, kettlebell rdl, staggered stance, glute hyperextension, seated leg curl machine, standing machine glute kickback, bird dog row and plank dumbbell row. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 27 SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 28 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 5, days 29 and 30

3 DAY PLAN

CHECK IN AND GO AGAIN

Day 29 is one last Lift Heavy Session A, so you can compare your weights with day 1. Day 30 is your check in: measure, photo, notes. Then start again from day 1 with your new numbers.

DAY 29
MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 30
TUE

CHECK IN Check in day

Rest. Measure waist, hips and thighs, same tape, same place, take your photo, and look at your notebook. How to know it is working. Then pick next month's starting weights, a little more than day 1, and swap one exercise if you like, rotation rules.

AFTER DAY 30

Go back to day 1 of the same plan with your new starting weights. Stay with one plan for at least 8 weeks before you change it, and when you are ready, move up one plan, never straight from three to five. Give it 8 to 16 weeks. In 8 weeks you will feel it. In 16 weeks you will see it.

4 training days a week

Three heavy days plus a Saturday dance day, three rest days. The same heavy work as the three day plan, with one joyful hour added at the weekend.

MON	TUE	WED	THU	FRI	SAT	SUN
Day 1 Session A then 30 15 15 walk	Day 2 Rest rituals, stretch	Day 3 Session B then 30 15 15 walk	Day 4 Rest rituals, stretch	Day 5 Session C then 30 15 15 walk	Day 6 Dance day one hour	Day 7 Rest rituals, stretch
Day 8 Glutes A then 30 15 15 walk	Day 9 Rest rituals, stretch	Day 10 Glutes B then 30 15 15 walk	Day 11 Rest rituals, stretch	Day 12 Glutes C then 30 15 15 walk	Day 13 Dance day one hour	Day 14 Rest rituals, stretch
Day 15 Session A then 30 15 15 walk	Day 16 Rest rituals, stretch	Day 17 Session B then 30 15 15 walk	Day 18 Rest rituals, stretch	Day 19 Session C then 30 15 15 walk	Day 20 Dance day one hour	Day 21 Rest rituals, stretch
Day 22 Glutes A then 30 15 15 walk	Day 23 Rest rituals, stretch	Day 24 Glutes B then 30 15 15 walk	Day 25 Rest rituals, stretch	Day 26 Glutes C then 30 15 15 walk	Day 27 Dance day one hour	Day 28 Rest rituals, stretch
Day 29 Session A then 30 15 15 walk	Day 30 Check in day measure, photo					

Lift Heavy session · Glute day · Dance · Rest · Check in

Every single day, training day or not: the morning ritual, five to ten minutes on an empty stomach. Tap any day for the details.

Week 1

4 DAY PLAN

LEARN IT, START LIGHT

This week is a Lift Heavy week, three whole body sessions. Pick weights you can lift clean for all three sets of five, even if they feel too easy. Write every weight down. New to incline? Top out the 30 15 15 climb at incline 8 to 10. Stomach vacuum holds of five seconds are plenty.

DAY 1 MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 2 TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 3 WED

LIFT Lift Heavy, Session B

Warm up, then Bulgarian squat, arnold curl and press, renegade row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 4 THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 5 FRI

LIFT Lift Heavy, Session C

Warm up, then Walking lunges, military press, barbell deadlift, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 6 SAT

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 7 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 2

4 DAY PLAN

BUTT BLASTER WEEK

Three glute days, squat focus, hinge focus, single leg focus. Where last week the fifth rep was clean, add the smallest plate you have. Finishers are slow, three sets of ten to twelve. Push the walk climb a little higher, toward incline 12. Work toward ten second vacuum holds.

DAY 8
MON

GLUTES Butt Blaster, Glute Day A

Warm up, then Barbell squat, bulgarian squat, good morning, cable kickback, seated hip abduction, side plank. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 9
TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 10
WED

GLUTES Butt Blaster, Glute Day B

Warm up, then Barbell deadlift, romanian deadlift, walking lunges, glute back extension, 45 degree bench, single leg hip abduction, leaning forward, diaphragm breathing with spiky balls. Then the 30 15 15 walk, and stretch.

DAY 11
THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 12
FRI

GLUTES Butt Blaster, Glute Day C

Warm up, then Front squat, barbell lunges, kettlebell rdl, staggered stance, glute hyperextension, seated leg curl machine, standing machine glute kickback, bird dog row and plank dumbbell row. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 13
SAT

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 14
SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 3

4 DAY PLAN

A LITTLE MORE THAN LAST WEEK

Back to the Lift Heavy sessions, a little heavier than week one. If the form breaks, go back down, that is not failing, that is the method. Take the full climb to incline 15 if your legs are ready. Rest days stay rest days.

DAY 15 MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 16 TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 17 WED

LIFT Lift Heavy, Session B

Warm up, then Bulgarian squat, arnold curl and press, renegade row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 18 THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 19 FRI

LIFT Lift Heavy, Session C

Warm up, then Walking lunges, military press, barbell deadlift, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 20 SAT

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 21 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 4

4 DAY PLAN

HOLD THE LINE

Glute days again, heavier than week two where it is clean. This is the week most people want to add an extra heavy day. Do not. Sleep, protein, water, and the rest days are where the change happens.

DAY 22 MON

GLUTES Butt Blaster, Glute Day A

Warm up, then Barbell squat, bulgarian squat, good morning, cable kickback, seated hip abduction, side plank. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 23 TUE

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 24 WED

GLUTES Butt Blaster, Glute Day B

Warm up, then Barbell deadlift, romanian deadlift, walking lunges, glute back extension, 45 degree bench, single leg hip abduction, leaning forward, diaphragm breathing with spiky balls. Then the 30 15 15 walk, and stretch.

DAY 25 THU

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 26 FRI

GLUTES Butt Blaster, Glute Day C

Warm up, then Front squat, barbell lunges, kettlebell rdl, staggered stance, glute hyperextension, seated leg curl machine, standing machine glute kickback, bird dog row and plank dumbbell row. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 27 SAT

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 28 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 5, days 29 and 30

4 DAY PLAN

CHECK IN AND GO AGAIN

Day 29 is one last Lift Heavy Session A, so you can compare your weights with day 1. Day 30 is your check in: measure, photo, notes. Then start again from day 1 with your new numbers.

DAY 29
MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 30
TUE

CHECK IN Check in day

Rest. Measure waist, hips and thighs, same tape, same place, take your photo, and look at your notebook. How to know it is working. Then pick next month's starting weights, a little more than day 1, and swap one exercise if you like, rotation rules.

AFTER DAY 30

Go back to day 1 of the same plan with your new starting weights. Stay with one plan for at least 8 weeks before you change it, and when you are ready, move up one plan, never straight from three to five. Give it 8 to 16 weeks. In 8 weeks you will feel it. In 16 weeks you will see it.

5 training days a week

Three heavy days and two dance days, two rest days. This is the exact week from Part One, laid out for a full month.

MON	TUE	WED	THU	FRI	SAT	SUN
Day 1 Session A then 30 15 15 walk	Day 2 Dance day one hour	Day 3 Session B then 30 15 15 walk	Day 4 Dance day one hour	Day 5 Session C then 30 15 15 walk	Day 6 Rest rituals, stretch	Day 7 Rest rituals, stretch
Day 8 Glutes A then 30 15 15 walk	Day 9 Dance day one hour	Day 10 Glutes B then 30 15 15 walk	Day 11 Dance day one hour	Day 12 Glutes C then 30 15 15 walk	Day 13 Rest rituals, stretch	Day 14 Rest rituals, stretch
Day 15 Session A then 30 15 15 walk	Day 16 Dance day one hour	Day 17 Session B then 30 15 15 walk	Day 18 Dance day one hour	Day 19 Session C then 30 15 15 walk	Day 20 Rest rituals, stretch	Day 21 Rest rituals, stretch
Day 22 Glutes A then 30 15 15 walk	Day 23 Dance day one hour	Day 24 Glutes B then 30 15 15 walk	Day 25 Dance day one hour	Day 26 Glutes C then 30 15 15 walk	Day 27 Rest rituals, stretch	Day 28 Rest rituals, stretch
Day 29 Session A then 30 15 15 walk	Day 30 Dance and check in measure, photo					

Lift Heavy session · Glute day · Dance · Rest · Check in

Every single day, training day or not: the morning ritual, five to ten minutes on an empty stomach. Tap any day for the details.

Week 1

5 DAY PLAN

LEARN IT, START LIGHT

This week is a Lift Heavy week, three whole body sessions. Pick weights you can lift clean for all three sets of five, even if they feel too easy. Write every weight down. New to incline? Top out the 30 15 15 climb at incline 8 to 10. Stomach vacuum holds of five seconds are plenty.

DAY 1 MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 2 TUE

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 3 WED

LIFT Lift Heavy, Session B

Warm up, then Bulgarian squat, arnold curl and press, renegade row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 4 THU

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 5 FRI

LIFT Lift Heavy, Session C

Warm up, then Walking lunges, military press, barbell deadlift, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 6 SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 7 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 2

5 DAY PLAN

BUTT BLASTER WEEK

Three glute days, squat focus, hinge focus, single leg focus. Where last week the fifth rep was clean, add the smallest plate you have. Finishers are slow, three sets of ten to twelve. Push the walk climb a little higher, toward incline 12. Work toward ten second vacuum holds.

DAY 8 MON

GLUTES Butt Blaster, Glute Day A

Warm up, then Barbell squat, bulgarian squat, good morning, cable kickback, seated hip abduction, side plank. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 9 TUE

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 10 WED

GLUTES Butt Blaster, Glute Day B

Warm up, then Barbell deadlift, romanian deadlift, walking lunges, glute back extension, 45 degree bench, single leg hip abduction, leaning forward, diaphragm breathing with spiky balls. Then the 30 15 15 walk, and stretch.

DAY 11 THU

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 12 FRI

GLUTES Butt Blaster, Glute Day C

Warm up, then Front squat, barbell lunges, kettlebell rdl, staggered stance, glute hyperextension, seated leg curl machine, standing machine glute kickback, bird dog row and plank dumbbell row. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 13 SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 14
SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 3

5 DAY PLAN

A LITTLE MORE THAN LAST WEEK

Back to the Lift Heavy sessions, a little heavier than week one. If the form breaks, go back down, that is not failing, that is the method. Take the full climb to incline 15 if your legs are ready. Rest days stay rest days.

DAY 15 MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 16 TUE

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 17 WED

LIFT Lift Heavy, Session B

Warm up, then Bulgarian squat, arnold curl and press, renegade row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 18 THU

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 19 FRI

LIFT Lift Heavy, Session C

Warm up, then Walking lunges, military press, barbell deadlift, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 20 SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 21 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 4

5 DAY PLAN

HOLD THE LINE

Glute days again, heavier than week two where it is clean. This is the week most people want to add an extra heavy day. Do not. Sleep, protein, water, and the rest days are where the change happens.

DAY 22 MON

GLUTES Butt Blaster, Glute Day A

Warm up, then Barbell squat, bulgarian squat, good morning, cable kickback, seated hip abduction, side plank. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 23 TUE

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 24 WED

GLUTES Butt Blaster, Glute Day B

Warm up, then Barbell deadlift, romanian deadlift, walking lunges, glute back extension, 45 degree bench, single leg hip abduction, leaning forward, diaphragm breathing with spiky balls. Then the 30 15 15 walk, and stretch.

DAY 25 THU

DANCE Dance day

One hour of dancing and lymph drainage movement, joyful, not exhausting. Dance days.

DAY 26 FRI

GLUTES Butt Blaster, Glute Day C

Warm up, then Front squat, barbell lunges, kettlebell rdl, staggered stance, glute hyperextension, seated leg curl machine, standing machine glute kickback, bird dog row and plank dumbbell row. Add the kneeling shoulder circuit after the core work. Then the 30 15 15 walk, and stretch.

DAY 27 SAT

REST Rest

Morning rituals, a gentle walk if you like, and the stretches. Muscles are built today.

DAY 28 SUN

REST Rest, long easy walk if you like

Morning rituals, a long easy walk if you feel like it, and the stretches. No lifting.

Week 5, days 29 and 30

5 DAY PLAN

CHECK IN AND GO AGAIN

Day 29 is one last Lift Heavy Session A, so you can compare your weights with day 1. Day 30 is your check in: measure, photo, notes. Then start again from day 1 with your new numbers.

DAY 29
MON

LIFT Lift Heavy, Session A

Warm up, then Barbell squat, military press, barbell row, weighted twist. Optional finisher: around the world, 3 sets of 5 circles each direction. Then the 30 15 15 walk, and stretch.

DAY 30
TUE

CHECK IN Dance and check in

One hour of dancing, then your check in: measure waist, hips and thighs, take your photo, read your notebook. How to know it is working. Pick next month's starting weights, a little more than day 1.

AFTER DAY 30

Go back to day 1 of the same plan with your new starting weights. Stay with one plan for at least 8 weeks before you change it, and when you are ready, move up one plan, never straight from three to five. Give it 8 to 16 weeks. In 8 weeks you will feel it. In 16 weeks you will see it.

Reader notes

Training

The movement schedules describe a personal routine. Adjust activity to your needs. A qualified clinician or coach can help you adapt them.

Mental health

Caring for Your Mental Health, from the National Institute of Mental Health, is a useful starting point for finding support.

Sources

Roberts, B. M., et al. 2020. A systematic review and meta analysis on muscle gain in women compared with men. *Journal of Strengthand Conditioning Research.* Women gain muscle at the same relative rate as men, but from a much lower absolute ceiling. A beginner woman typically adds a small amount of muscle in her first year, enough to look sculpted, not bulky.

Schoenfeld, B. J., et al. 2017. A meta analysis of 21 studies on light versus heavy loads. Light loads and heavy loads build the same muscle when sets go to failure. Heavy is simply more efficient for strength.

LIFTMOR Trial, 2018. Postmenopausal women lifting heavy twice a week gained about 2.9% lumbar spine bone density. Heavy lifting is not only about muscle. It is about bone, too.

THE END, AND THE BEGINNING

Lift heavy.
Walk tall.
Dance often.

Breathe every morning. Start light, learn the form, add a little more than last week, and trust your body to do the rest.

You are stronger than you think. Go and prove it to yourself, one set of five at a time.