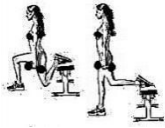

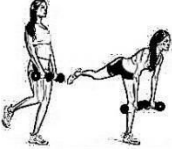
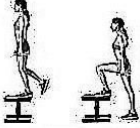
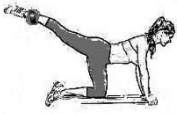





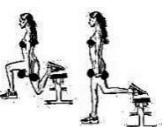

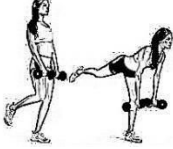
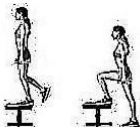
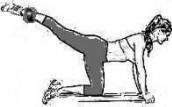

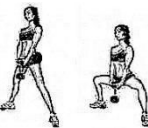

## At Home Butt Workout Log Sheet (Version 1)

Week 1	1 <sup>st</sup> Best Butt Exercises of the Week (heavy weight, low reps) 3 sets x 6-8 reps x weight	2 <sup>nd</sup> Best Butt Exercises of the Week (lighter weight, higher reps) 4 sets x 10-15 reps x weight
Bulgarian Split		
Forward Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
Dumbbell Squats		
<b>Week 2</b>		
Bulgarian Split		
Forward Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
Dumbbell Squats		
<b>Week 3</b>		
Bulgarian Split		
Forward Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
Dumbbell Squats		
<b>Week 4</b>		
Bulgarian Split		
Forward Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
Dumbbell Squats		
1 <sup>st</sup> day of the Week - (heavy weight, low reps) - 3 sets x 6-8 reps x weight 2 <sup>nd</sup> day of the Week - (lighter weight, higher reps) - 4 sets x 10-15 reps x weight *For Home use the heaviest weights possible to complete each exercise. Use dumbbells, kettlebells, and ankle weights. Go deep!		

			
<b>Bulgarian Split Squat</b>	<b>Forward Lunges</b>	<b>Single-Leg Deadlift</b>	<b>Step Ups</b>
			
<b>Glute Kickbacks – ankle weight</b>	<b>Dumbbell Squats – deep, heavy</b>	<b>Plie Squats - deep</b>	<b>Walking Lunges</b>

**FORCE YOUR GLUTES TO GROW**  
**WITH THE GM3 METHOD**

<b>Week 5</b>	<b>1<sup>st</sup> Best Butt Exercises of the Week (heavy weight, low reps) 3 sets x 6-8 reps x weight</b>	<b>2<sup>nd</sup> Best Butt Exercises of the Week (lighter weight, higher reps) 4 sets x 10-15 reps x weight</b>
Bulgarian Split		
Walking Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
<b>Week 6</b>		
Bulgarian Split		
Walking Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
<b>Week 7</b>		
Bulgarian Split		
Walking Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
<b>Week 8</b>		
Bulgarian Split		
Walking Lunges		
Single-Leg Deadlifts		
Glute Kickbacks		
<p>1<sup>st</sup> day of the Week - (heavy weight, low reps) - 3 sets x 6-8 reps x weight  2<sup>nd</sup> day of the Week - (lighter weight, higher reps) - 4 sets x 10-15 reps x weight  *For Home use the heaviest weights possible to complete each exercise. Use dumbbells, kettlebells, and ankle weights. Go deep!</p>		

			
<b>Bulgarian Split Squat</b>	<b>Forward Lunges</b>	<b>Single-Leg Deadlift</b>	<b>Step Ups</b>
			
<b>Glute Kickbacks – ankle weight</b>	<b>Dumbbell Squats – deep, heavy</b>	<b>Plie Squats - deep</b>	<b>Walking Lunges</b>

## [MORE GLUTE WORKOUT LOGS](#)

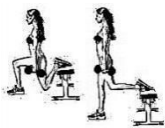

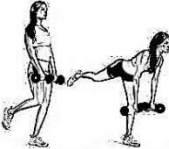
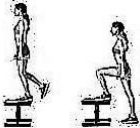
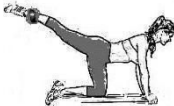



[HOW TO DO LUNGES FOR BIGGER GLUTES](#)

[HOW TO DO SQUATS FOR BIGGER GLUTES](#)

[BEST GLUTE MACHINES FOR YOUR HOME](#)

[HOW TO PERFORM DUMBBELL DEADLIFTS](#)

<b>Week 9</b>	<b>1<sup>st</sup> Best Butt Exercises of the Week (heavy weight, low reps) 3 sets x 6-8 reps x weight</b>	<b>2<sup>nd</sup> Best Butt Exercises of the Week (lighter weight, higher reps) 4 sets x 10-15 reps x weight</b>
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
<b>Week 10</b>		
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
<b>Week 11</b>		
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
<b>Week 12</b>		
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
<p>1<sup>st</sup> day of the Week - (heavy weight, low reps) - 3 sets x 6-8 reps x weight  2<sup>nd</sup> day of the Week - (lighter weight, higher reps) - 4 sets x 10-15 reps x weight  *For Home use the heaviest weights possible to complete each exercise. Use dumbbells, kettlebells, and ankle weights. Go deep!</p>		

			
<b>Bulgarian Split Squat</b>	<b>Forward Lunges</b>	<b>Single-Leg Deadlift</b>	<b>Step Ups</b>
			
<b>Glute Kickbacks – ankle weight</b>	<b>Dumbbell Squats – deep, heavy</b>	<b>Plie Squats - deep</b>	<b>Walking Lunges</b>