

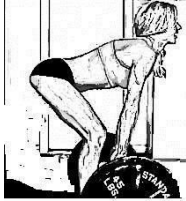
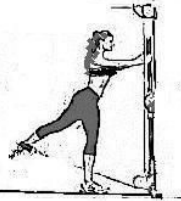



Gym Butt Workout Log Sheet (Version 2)




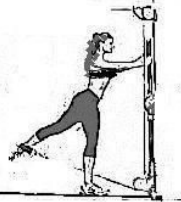
Exercises	Week 1	Week 2	Week 3	Week 4
Squats - wide	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Forward Lunges	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Deadlifts	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Cable Kickbacks	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Leg Press-narrow	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light

1st day of the Week - (heavy weight, low reps) - 3 sets x 6-8 reps x weight

2nd 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!

FORCE YOUR GLUTES TO GROW
WITH THE GM3 METHOD

Exercises	Week 5	Week 6	Week 7	Week 8
Squats - wide	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Forward Lunges	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Deadlifts	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Cable Kickbacks	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
				
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
<p>1st day of the Week - (heavy weight, low reps) - 3 sets x 6-8 reps x weight 2nd 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>				



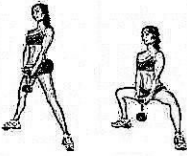
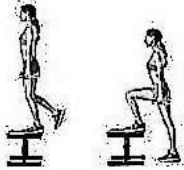

[MORE GLUTE WORKOUT LOGS](#)

[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](#)

Exercises	Week 9	Week 10	Week 11	Week 12
Squats - wide	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Forward Lunges	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Plie Squats	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Cable Kickbacks	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
Leg Press-narrow	1 st day: heavy	1 st day: heavy	1 st day: heavy	1 st day: heavy
	2 nd day: light	2 nd day: light	2 nd day: light	2 nd day: light
<p>1st day of the Week - (heavy weight, low reps) - 3 sets x 6-8 reps x weight 2nd 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>				