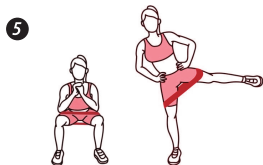


WEEK 7 / Super-Size That Pump	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	4	25	1m					
	Sumo Squats With Weight	3	12						
	Split Squats	4	20	1m					
	Sumo Squat	4	12	1m					
Day 2- Wednesday (Compressor Day)	Occlusion Band Bridge Thrust	4	As many as possible	30s					
	Sumo Squat	4	12	1m					
	Bridge Thrust	2	As many as possible	1m					
	Drop Squat	3	15	1m					
	Sumo Squat	3	15	1m					
Day 3 - Friday (Pumper Day)	Bridge Thrust	2	30	1m					
	Occlusion Band Kickbacks	3	As many as possible	30s					
	Drop Squat	3	15	1m					
	Bridge Thrust	2	30	1m					
	Lunge Kickbacks	3	15	1m					
	Clamshell	3	20	30s					
Day 3 - Friday (Pumper Day)	Lateral Shuffle	2	30	30s					
	Occlusion Band Bridge Thrust	4	As many as possible	30s					

WEEK 8 / Achieve Size Booty Goal	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	6	15	1m					
	Sumo Squats With Weight	3	As many as possible						
	Split Squats	3	As many as possible	1m					
	Sumo Squat	3	12	1m					
Day 2- Wednesday (Compressor Day)	Occlusion Band Bridge Thrust	3	As many as possible	30s					
	Bridge Thrust	6	16	1m					
	Drop Squat	4	As many as possible	1m					
	Sumo Squat	4	As many as possible	1m					
	Bridge Thrust	4	30	30s					
	Occlusion Band Bridge Thrust	4	As many as possible	30s					
Day 3 - Friday (Pumper Day)	Occlusion Band Kickbacks	4	As many as possible	1m					
	Drop Squat	6	20	1m					
	Sumo Squats With Weight	5	20						
	Bridge Thrust	5	20	1m					
	Lunge Kickbacks	5	20	1m					
Day 3 - Friday (Pumper Day)	Lateral Shuffle	5	As many as possible	30s					
	Occlusion Band Kickbacks	5	As many as possible	1m					

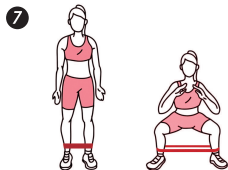
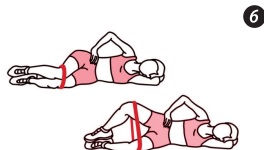


5 / SUMO SQUAT

Start in a low squat position with the band just below your knees. Keep your back slightly arched, arms in front of you. Simultaneously raise your body and lift one leg as high as possible. Keep your balance and hold the position for a moment.

6 / CLAMSHELL

Lie on your side with the band around your thighs, one hand on your hip and one supporting your head. Keep your feet together and bend your knees at 45 degrees. Spread your legs apart as far as possible, feeling the contraction in your hips and glutes.

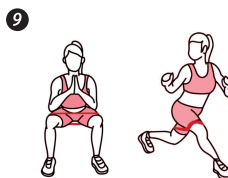
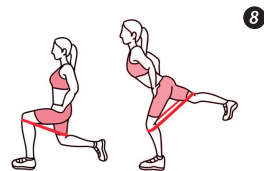


7 / DROP SQUAT

Stand straight with feet slightly apart and the band around your ankles. Now drop your body down into a squat position, at the same time shifting your feet quickly out to the side into a wider stance. Then jump back up to the starting position and repeat.

8 / LUNGE KICKBACK

Stand straight with the band looped around your knees. Now step forward and drop down into a lunge position. Keep your back straight and your front leg pointing straight forward. Then raise your hips and lean forward, at the same time lifting your back leg as high as you can. Step back and repeat on the other side.



9 / DIAGONAL SPLIT SQUAT

Start in a squat position with the band around your knees. Now raise your body slightly and with your right foot step forward and diagonally over to the left side. Sink down into the position briefly and then raise your body and step back to feet parallel. Repeat with the other leg.

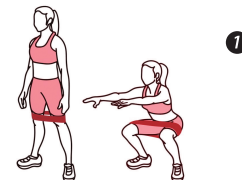
GLUTE HYPERTROPHY BFR PROGRAM

Good Habit of Warming up Before Every Exercise!

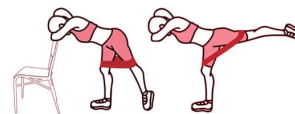
Warm Up / 3-5 min walk / 30 Jumping Jacks / 20 Kickback Each Leg / 20 Bridge Thrust 12 Bodyweight Squats

1 / SQUAT

Place the band above your knees. Keeping your back slightly arched, squat down until your hamstrings are just below parallel to the floor. At the same time push your thighs out. Drive back to the start position, pushing through the heels.



2



2 / LEANING KICKBACK

Place the band on your thighs and support yourself with your arms on a chair, back slightly arched and legs straight. Lift one leg backwards as high as possible, squeezing your glutes, and hold for a moment.

3 / LATERAL SHUFFLE

With the band around your thighs, step your right foot out to the right, then follow with your left foot, keeping the band taut. Take ten steps then switch directions and repeat on other side.



4



4 / BRIDGE THRUST

Place the band just above your knees and lie facing up with knees bent, arms by your side. Lift your hips as high as possible, keeping your upper body relaxed. Squeeze your glutes and hold for a few seconds.

WEEK 1/Get Started	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	3	12	1m					
	Split Squats	3	12	1m					
	Drop Squat	3	12	1m					
	Clamshell	3	20	30s					
	Occlusion Band Kickbacks	2	30	30s					
Day 2- Wednesday (Compressor Day)	Sumo Squat	4	12	1m					
	Bridge Thrust	3	12	1m					
	Drop Squat	3	12	1m					
	Bridge Thrust	3	12	1m					
	Bodyweight Squats	2	20	30s					
Day 3 - Friday (Pumper Day)	Occlusion Band Kickbacks	2	20	30s					
	Drop Squat	4	12	1m					
	Bridge Thrust	5	12	1m					
	Bridge Thrust	3	12	1m					
	Clamshell	3	12	1m					
	Lateral Shuffle	2	20	30s					
	Occlusion Band Bridge Thrust	3	30	30s					

WEEK 2/Move Forward	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	4	12	1m					
	Split Squats	3	12	1m					
	Drop Squat	3	12	1m					
	Clamshell	2	30	30s					
	Occlusion Band Kickbacks	3	20	30s					
Day 2- Wednesday (Compressor Day)	Bridge Thrust	3	12	1m					
	Drop Squat	3	12	1m					
	Sumo Squat	3	12	1m					
	Lunge Kickbacks	3	12	1m					
	Occlusion Band Kickbacks	2	25	30s					
Day 3 - Friday (Pumper Day)	Sumo Squat	4	12	1m					
	Drop Squat	3	15	1m					
	Bridge Thrust	4	12	1m					
	Lunge Kickbacks	3	12	1m					
	Clamshell	3	20	30s					
	Occlusion Band Bridge Thrust	2	25	30s					

WEEK 3/Increase Weight	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	4	15	1m					
	Sumo Squat	3	20	1m					
	Split Squats	3	15	1m					
	Drop Squat	4	12	1m					
	Occlusion Band Kickbacks	4	30	30s					
Day 2- Wednesday (Compressor Day)	Sumo Squat	4	12	1m					
	Bridge Thrust	4	20	1m					
	Drop Squat	4	15	1m					
	Lunge Kickbacks	3	15	1m					
	Bodyweight Squats	3	20	1m					
Day 3 - Friday (Pumper Day)	Occlusion Band Kickbacks	3	25	30s					
	Drop Squat	4	12	1m					
	Bridge Thrust	3	8	1m					
	Lunge Kickbacks	4	8	1m					
	Lateral Shuffle	3	10	30s					
	Occlusion Band Bridge Thrust	3	25	30s					

WEEK 4/Half Done	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	4	12	1m					
	Sumo Squat	4	12	1m					
	Split Squats	4	8	1m					
	Lunge Kickbacks	3	8	1m					
	Bodyweight Squats	3	8	1m					
Day 2- Wednesday (Compressor Day)	Occlusion Band Bridge Thrust	2	30	30s					
	Bridge Thrust	4	15	1m					
	Drop Squat	4	15	1m					
	Lunge Kickbacks	3	12	1m					
	Bodyweight Squats	3	12	1m					
Day 3 - Friday (Pumper Day)	Occlusion Band Bridge Thrust	2	30	30s					
	Occlusion Band Kickbacks	3	30	30s					
	Sumo Squats With Weight	4	12	1m					
	Drop Squat	3	12	1m					
	Bridge Thrust	4	12	1m					
	Lunge Kickbacks	3	12	1m					
	Occlusion Band Bridge Thrust	3	30	30s					
	Lateral Shuffle	3	30	30s					

WEEK 5/Pump It Up	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	4	25	1m					
	Split Squats	4	15	1m					
	Lunge Kickbacks	4	12	1m					
	Sumo Squat	3	15	1m					
	Occlusion Band Bridge Thrust	4	30	30s					
Day 2- Wednesday (Compressor Day)	Bodyweight Squats	3	30	1m					
	Bridge Thrust	4	25	1m					
	Drop Squat	4	20	1m					
	Lunge Kickbacks	3	12	1m					
	Sumo Squat	3	15	1m					
Day 3 - Friday (Pumper Day)	Lunge Kickbacks	2	30	30s					
	Occlusion Band Kickbacks	3	30	30s					
	Sumo Squat	4	12	1m					
	Drop Squat	4	20	1m					
	Sumo Squats With Weight	3	12						
	Bridge Thrust	4	12	1m					
	Lunge Kickbacks	3	15	1m					
	Lateral Shuffle	2	30	30s					

WEEK 6/Can't Stop It	EXERCISE	SETS	REPS	REST	1	2	3	4	NOTE
Day 1- Monday (Stretcher Day)	Bodyweight Squats	5	15	1m					
	Split Squats	5	20	1m					
	Sumo Squat	4	15	1m					
	Clamshell	4	15	30s					
	Occlusion Band Kickbacks	4	30	30s					
Day 2- Wednesday (Compressor Day)	Bridge Thrust	6	15	1m					
	Sumo Squats With Weight	4	12						
	Drop Squat	4	15	1m					
	Bridge Thrust	4	30	1m					
	Occlusion Band Kickbacks	3	30	30s					
Day 3 - Friday (Pumper Day)	Sumo Squat	4	15	1m					
	Bridge Thrust	4	30	1m					
	Bridge Thrust	4	30	1m					
	Lunge Kickbacks	3	15	1m					
	Clamshell	3	20	30s					
	Lateral Shuffle	2	30	30s					