



ROBOR FITNESS

6 WEEK GLUTE BUILDING WORKOUT PLAN

AS DISCUSSED OVER @ WWW.ROBORFITNESS.COM, THIS GLUTE-BUILDING PROGRAM CONSISTS OF 2 GLUTE/LOWER BODY WORKOUTS THAT ARE TO BE PERFORMED EACH WEEK FOR 6 WEEKS. WE'VE DISCUSSED WHY THIS PROGRAM HAS BEEN DESIGNED THE WAY IT HAS OVER ON THE WEBSITE SO LET'S GET STRAIGHT INTO THE WORKOUTS!

WORKOUT 1

EXERCISE	NO. OF SETS	NO. OF REPS
SQUATS	4	6-8
ROMANIAN DEADLIFTS	4	8-10
REVERSE LUNGE	4	8-10 EACH LEG
LEG EXTENSION	3	12-15
GLUTE KICKBACK	3	10-12 EACH LEG
SMITH MACHINE CALF RAISE	3	12-15

WORKOUT 2

EXERCISE	NO. OF SETS	NO. OF REPS
FRONT SQUATS	4	6-8
HIP THRUSTS	4	8-10
LEG PRESS (HIGH FOOT)	4	10-12
LEG CURL	3	10-12
SEATED ABDUCTOR MACHINE	3	12-15
CALF RAISE MACHINE	3	12-15

TRY AND LEAVE BETWEEN 2-3 DAYS IN BETWEEN YOUR GLUTE/LOWER BODY WORKOUTS, THIS IS TO ALLOW ENOUGH TIME FOR YOUR BODY TO RECOVER AND REBUILD. YOU CAN EITHER PERFORM UPPER BODY WORKOUTS ON THE DAYS BETWEEN THE LOWER BODY WORKOUTS OR UTILISE REST DAYS. PERFORMING 2 UPPER AND 2 LOWER WORKOUTS A WEEK IS IDEAL FOR MOST PEOPLE.

USE CODE "WORKOUT20" FOR 20% OF ALL GYM WEAR @ WWW.ROBORFITNESS.COM