

Feel the Burn... because it's that simple

1

Start with push and pull compound movements horizontally and vertically for a total body workout. Focus on the hip thrust, the move that works best for lifting and toning the glutes.

2

High reps and 'pumper' movements to create metabolic stress on the pre-fatigued glutes using high reps and banded work.

3

Weighted abdominal work for real weight progression you can see over time. Finish with a final row to strengthen the rear delts and shoulder girdle for better posture.



Pumper Sets for Glute Growth

High rep, quick tempo exercises like the elevated banded hip thrust, seated banded abduction and the cable glute kickback for a rounded program.



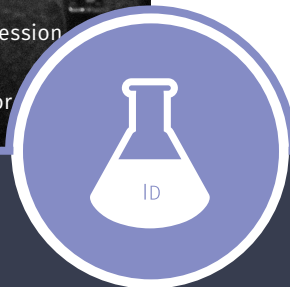
Hip Thrusts for the Glutes

Squats activate quads primarily over glutes. A 2015 study by "the Glute Guy" Bret Contreras found that the hip thrust resulted in the most glute activation.



Mind Muscle Connection

A study by Dr. Schoenfeld et al in the European Journal of Science (2018), found that thinking about the muscle you're trying to activate led to greater biceps muscle thickness across an 8 week program. It also found that coaching cues were most effective at creating the mind muscle connection.



Class Goal: Slender Fit Look with a booty.

The 3 Key Drivers of Muscle Growth

- * Mechanical Tension - Progressively lifting heavier weight. Always look to get stronger within your ability to maintain proper form.
- * Metabolic Stress - As Arnold said "Shock the muscle", get a big pump with dropsets and eccentrics.
- * Muscle Damage - Increased volume, a mind muscle connection, and post workout stretching.

Essential Technique Videos

[Barbell Back Squat](#)

[Barbell Hip Thrust](#)

[Pull Up](#)

Gareth Pugh
CEO & Founder
Gareth Pugh Fitness LTD.

