



GHF

**PRO MUSCLE
WORKOUT**

THE POWER MUSCLE WORKOUT

**GLUTES &
HAMSTRINGS**

SUPER GLUTES & HAMMIES BLASTING ROUTINE

GLUTES & HAMSTRINGS

MUSCLE HYPERTROPHY PROGRAM

Disclaimer:

Please read the following health disclaimer before beginning any new exercise program

Consult with a healthcare professional: It is essential to consult with a qualified healthcare professional before starting any new exercise program, especially if you have pre-existing health conditions, injuries, or concerns. Your healthcare provider can assess your individual needs and advise you on the suitability of the program.

Individual responsibility: Engaging in any exercise program is at your own risk. You are responsible for understanding your own physical limitations and capabilities. Listen to your body, and if you experience any pain, discomfort, or dizziness during the exercises, stop immediately and seek medical attention if needed.

Proper technique: Proper form and technique are crucial to prevent injuries. If you are unsure about the correct execution of an exercise, seek guidance from a qualified fitness professional. Performing exercises incorrectly can lead to muscle imbalances, strains, and other injuries.

Progression and modifications: Progress gradually and within your personal fitness level. Do not push yourself too hard or attempt exercises beyond your capabilities. It is important to build strength, endurance, and flexibility over time. Modify exercises as needed to accommodate your individual needs and limitations.

Warm-up and cool-down: Always perform a proper warm-up before starting your exercise routine and a cool-down afterward. This helps prepare your body for physical activity and aids in the recovery process.

Rest and recovery: Allow your body sufficient time to rest and recover between exercise sessions. Overtraining can lead to fatigue, decreased performance, and increased risk of injury.

Listen to your body: Pay attention to any warning signs or discomfort that your body may be signaling. Rest and seek medical advice if necessary.

By participating in any exercise program, you acknowledge and agree to the following:

You assume full responsibility for any risks, injuries, or damages that may occur during the program.

You release the creator, authors, and any associated parties from any liability, claims, or damages arising from your participation in the program.

You understand that results may vary, and individual progress depends on factors such as genetics, nutrition, consistency, and adherence to the program.

Remember, your health and safety are paramount. Prioritize proper form, technique, and individual limitations. If you have any doubts or concerns about your health or ability to perform the exercises, seek professional guidance before proceeding. Listen to your body, enjoy the process, and make your well-being a priority.

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GLUTES & HAMSTRINGS

MUSCLE HYPERTROPHY PROGRAM

YOUR PATH TO ROUND GLUTES AND SCULPTED HAMSTRINGS

Are you ready to sculpt your dream physique, with bolder curves, stronger glutes, and more defined hamstrings? Welcome to a journey that will reshape your body and unleash the power of your glutes and hamstrings like never before. This comprehensive training program is designed to help you achieve the enviable combination of bigger glutes and toned hamstrings, transforming your lower body into a work of art.

Benefits of the Program:

Amplify Your Curves: If you desire a more rounded and voluptuous backside, this program is your secret weapon. By targeting the glutes with specific exercises and techniques, you will activate and develop the glute muscles, resulting in a fuller and more lifted appearance.

Enhance Lower Body Strength: Strong glutes and hamstrings are the foundation of a powerful lower body. This program focuses on progressive overload, allowing you to build strength and endurance in your glutes and hamstrings, which translates into improved athletic performance and functional movements.

Improve Posture and Stability: Well-developed glutes and hamstrings play a crucial role in maintaining proper posture and stability. By strengthening these muscles, you can alleviate lower back pain, enhance spinal alignment, and improve overall body balance.

Are you ready to embark on a transformative journey that will reshape your lower body and unlock the untapped potential of your glutes and hamstrings?

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DAY 1: GLUTE FOCUS

Welcome to Day 1 of our glute and hamstring targeted muscle hypertrophy program. Today, we shift our focus entirely on your glutes, priming them for growth, strength, and definition. By incorporating a combination of compound and isolation exercises, we will ignite the power within your glute muscles, sculpting a rounder and firmer backside that turns heads.

Exercise 1: Barbell Hip Thrusts - Building the Foundation

The Barbell Hip Thrust is a game-changer when it comes to activating and developing the glutes. This exercise targets the gluteal muscles with high intensity, allowing for significant hypertrophy and strength gains. Set up with a barbell across your hips, brace your core, and drive your hips up until your body forms a straight line. Lower the barbell back down and repeat for 8-10 reps, focusing on squeezing your glutes at the top of the movement.

Exercise 2: Bulgarian Split Squats - Unilateral Power

Bulgarian Split Squats are excellent for developing both strength and muscle in the glutes. By isolating each leg, you can correct any imbalances while targeting the glutes with precision. Position one foot on an elevated surface behind you and lower your body into a lunge position, keeping your front knee aligned with your toes. Push through your front heel to return to the starting position. Perform 10-12 reps per leg, feeling the burn in your glutes as you drive up from the lunge.

Exercise 3: Glute Bridges - Activating the Glute Muscles

Glute Bridges are a staple exercise for glute activation and development. Lie on your back with your feet flat on the ground, hip-width apart. Drive your hips

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up toward the ceiling, engaging your glutes, and pause at the top before lowering back down. Perform 12-15 reps, focusing on contracting your glutes throughout the movement. You can add a resistance band around your knees to intensify the exercise.

Exercise 4: Cable Kickbacks - Isolating the Gluteus Maximus

Cable Kickbacks are an effective isolation exercise that targets the gluteus maximus, the largest muscle of the glutes. Attach an ankle strap to the cable machine and position yourself facing the machine. With a slight forward lean, kick your leg back while keeping it straight, focusing on contracting your glutes. Perform 12-15 reps per leg, feeling the burn in your glutes as you squeeze at the top of the movement.

Exercise 5: Reverse Hyperextensions - Strengthening the Lower Back and Glutes

Reverse Hyperextensions are a great way to strengthen both the glutes and lower back. Set yourself up on a hyperextension bench facing down, with your legs hanging off the edge. Squeeze your glutes and lift your legs until they are parallel to the ground. Lower them back down with control and repeat for 12-15 reps. Focus on engaging your glutes throughout the movement to maximize their activation.

Barbell Hip Thrusts: 4 sets of 8-10 reps
Bulgarian Split Squats: 3 sets of 10-12 reps per leg
Glute Bridges: 3 sets of 12-15 reps
Cable Kickbacks: 3 sets of 12-15 reps per leg
Reverse Hyperextensions: 3 sets of 12-15 reps

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DAY 2: HAMSTRINGS FOCUS

Welcome to Day 2 of our glute and hamstring targeted muscle hypertrophy program. Today, we shift our focus to your hamstrings, aiming to sculpt strong and defined muscles in the back of your legs. By incorporating a variety of exercises that specifically target the hamstrings, we will maximize muscle growth, improve strength, and create a well-rounded lower body.

Exercise 1: Romanian Deadlifts - Building Strength and Flexibility

Romanian Deadlifts are a key exercise for targeting the hamstrings. With a slight bend in your knees and a neutral spine, hinge at the hips while keeping the barbell close to your legs. Lower the barbell as far as your flexibility allows, feeling a stretch in your hamstrings, and then drive your hips forward to return to the starting position. Perform 8-10 reps with controlled movements, focusing on the mind-muscle connection in your hamstrings.

Exercise 2: Hamstring Curls - Isolating the Hamstrings

Hamstring Curls are an effective isolation exercise for targeting the hamstrings. Whether using a machine or a stability ball, position yourself to curl your legs toward your glutes. Focus on squeezing your hamstrings as you curl and then slowly lower the weight back down. Perform 10-12 reps, emphasizing the contraction in your hamstrings throughout the movement.

Exercise 3: Glute-Ham Raises - Strengthening the Hamstring Muscles

Glute-Ham Raises are a challenging exercise that primarily targets the hamstrings while also engaging the glutes and lower back. Position yourself on a glute-ham developer or a similar apparatus, securing your feet and lowering your upper body toward the ground. Use your hamstrings to raise your body back up to a straight position. Perform 8-10 reps, focusing on a slow and

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controlled movement to maximize the engagement of your hamstrings.

Exercise 4: Single-Leg Deadlifts - Enhancing Stability and Balance

Single-Leg Deadlifts are an excellent exercise for targeting the hamstrings while also improving stability and balance. Holding a dumbbell or kettlebell in one hand, hinge forward at the hips while simultaneously lifting your opposite leg straight behind you. Keep your back flat and lower the weight toward the ground while feeling the stretch in your hamstrings. Return to the starting position and perform 10-12 reps per leg, focusing on maintaining proper form and balance throughout the movement.

Exercise 5: Seated Leg Curls - Concentrated Hamstring Activation

Seated Leg Curls are another effective isolation exercise that targets the hamstrings. Adjust the machine to fit your height and sit with your legs extended in front of you. Curl your legs toward your glutes, squeezing your hamstrings at the top of the movement. Slowly lower the weight back down and repeat for 12-15 reps, focusing on the mind-muscle connection and maintaining proper form.

Romanian Deadlifts: 4 sets of 8-10 reps

Leg Curls: 3 sets of 10-12 reps

Stiff-Legged Deadlifts: 3 sets of 10-12 reps

Seated Leg Curls: 3 sets of 12-15 reps

Glute-Ham Raises: 3 sets of 12-15 reps

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DAY 3: GLUTE AND HAMSTRING INTEGRATION

Welcome to Day 3 of our glute and hamstring targeted muscle hypertrophy program. Today, we bring together the powerhouses of your lower body - the glutes and hamstrings - for an integrated training session that will maximize strength, power, and overall lower body development. By incorporating exercises that engage both muscle groups simultaneously, we will create a harmonious balance and enhance the functional strength of your lower body.

Exercise 1: Sumo Deadlifts - Activating Glutes and Hamstrings

Sumo Deadlifts are a compound exercise that targets both the glutes and hamstrings while also engaging the quadriceps and lower back. Position your feet wider than shoulder-width apart, grip the barbell with a wider grip, and lower the weight while keeping your back flat. Drive through your heels, engaging your glutes and hamstrings to lift the weight back up. Perform 8-10 reps, focusing on maintaining proper form and feeling the activation in your glutes and hamstrings.

Exercise 2: Bulgarian Split Squats - Unilateral Lower Body Strength

Bulgarian Split Squats are a challenging exercise that targets the glutes, hamstrings, and quadriceps while also improving balance and stability. Place one foot on an elevated surface behind you and lower your back knee toward the ground, keeping your front knee in line with your ankle. Drive through your front heel to return to the starting position. Perform 10-12 reps per leg, focusing on the mind-muscle connection and maintaining proper form throughout the movement.

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Exercise 3: Glute-Hamstring Raises - Strengthening the Posterior Chain

Glute-Hamstring Raises are an excellent exercise for targeting the entire posterior chain, including the glutes, hamstrings, and lower back. Secure your feet and lower your upper body toward the ground, using your glutes and hamstrings to raise your body back up to a straight position. Perform 8-10 reps, focusing on engaging the entire posterior chain and maintaining a slow and controlled movement.

Exercise 4: Cable Pull-Throughs - Developing Glute Power

Cable Pull-Throughs are a dynamic exercise that emphasizes glute activation and power. Stand facing away from the cable machine with the cable passing through your legs. Hinge at the hips while maintaining a slight bend in your knees, and then drive your hips forward, squeezing your glutes as you return to the upright position. Perform 12-15 reps, focusing on a powerful hip thrust and feeling the burn in your glutes.

Exercise 5: Swiss Ball Hamstring Curls - Enhancing Stability and Control

Swiss Ball Hamstring Curls are an effective exercise for targeting the hamstrings while also improving stability and control. Lie on your back with your feet resting on a Swiss ball. Lift your hips off the ground, creating a straight line from your shoulders to your feet. Curl the ball toward your glutes, engaging your hamstrings, and then slowly roll it back out to the starting position. Perform 12-15 reps, focusing on maintaining a stable core and controlled movement throughout.

Sumo Deadlifts: 4 sets of 8-10 reps

Single-Leg Deadlifts: 3 sets of 10-12 reps per leg

Hip Thrusts: 3 sets of 10-12 reps

Cable Pull-Throughs: 3 sets of 12-15 reps

Swiss Ball Hamstring Curls: 3 sets of 12-15 reps

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TRAINING GUIDELINES

Perform this program on non-consecutive days, allowing at least one day of rest between sessions.

Warm up thoroughly before each workout to prepare your muscles and joints for the upcoming exercises.

Choose weights that challenge you within the designated rep ranges. If you can easily complete the desired reps, consider increasing the weight.

Focus on maintaining proper form throughout each exercise. Quality of movement is more important than the amount of weight lifted.

Aim to progressively overload your muscles over time by gradually increasing the weight, reps, or sets as you become stronger and more comfortable with the exercises.

Allow adequate rest periods between sets (approximately 90 to 150 seconds) to optimize muscle recovery.

Incorporate stretching and mobility exercises for the legs into your overall training routine to enhance flexibility and reduce the risk of injury. Do not stretch post-workout!

Remember, consistent training, proper nutrition, and sufficient rest are key factors in achieving muscle growth and hypertrophy. Modify the program according to your specific needs and listen to your body's signals to avoid overtraining. Enjoy the process, stay committed, and watch your leg muscles grow stronger and more defined over time.

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