

BODY NOVA FITNESS COACHING'S

Build-a-Bangin' Booty Guide



Make Those Curves
More Dangerous!!!

Chapter 1

Common Misconceptions

If you purchased this book you are obviously looking to improve the size or shape of your glutes, your glutes muscles, or AKA your booty. The purpose of this book is to help educate you on making smarter decisions when you train your glutes, as well as teach you how to apply some of this info that we will present, about smarter glute training through the workouts that will be provided in this guide. Let's clear up a few misconceptions about your glutes.

MISCONCEPTION #1: PERFORMING A LOT OF REPS WILL TONE AND SHAPE MY GLUTES.

This is actually one of the largest misconceptions as well as one of the most common mistakes people make when trying to train their glutes. If you're trying to increase the shape or roundness of your glutes, you're going to have to build some muscle back there. High reps might help with the fat loss, and if you structure the rest of your workout properly they may even help you gain some muscle if you can handle aggressive programming, but instead of focusing on High Reps which may give you some fat loss you want to focus on performing sets with reps between 6-12 reps in order to cause muscle hypertrophy, or add muscle to that group. When you build muscle, that will increase the shape and roundness of the glutes.

MISCONCEPTION #2: "ALL YOU NEED TO DO IS TO ...(SQUAT, DEADLIFT, HIP THRUST...)"

This is an oversimplification of what it takes, and these type of statements are usually made by a person that lacks a real understanding of what needs to be done. The glutes have more than one function. In fact, this muscle group has three functions. They extend the hip, which is when the femur or the upper leg moves backwards, they abduct the leg, which is when the leg is moved away from

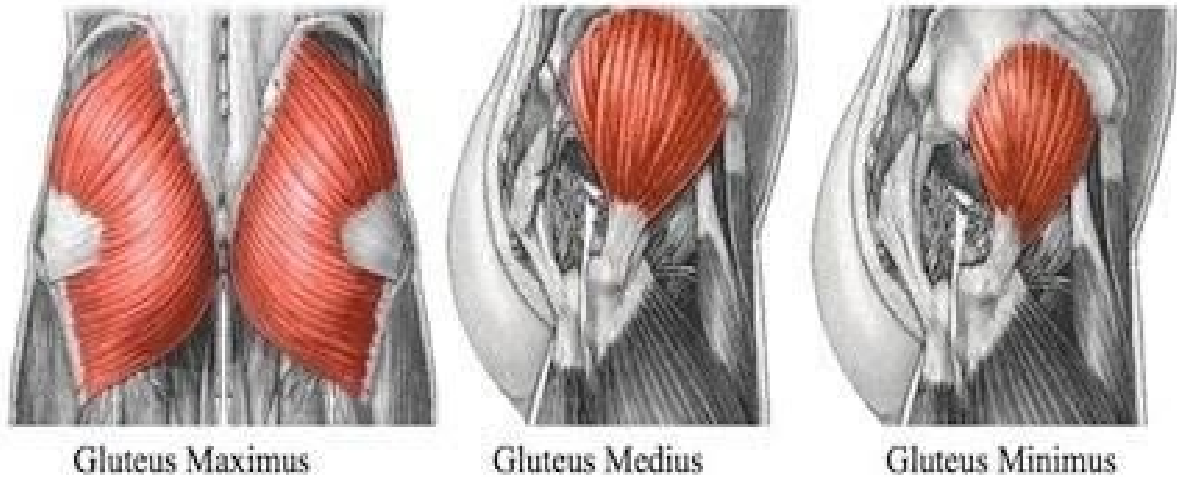
the midline of the body, and they externally rotate the leg, which is when the feet would rotate toward the back of the body. In order to get the most from your workouts, you will need to use various exercises in order to properly train all the functions of the gluteus muscles, to help you build the size and shape that you're desiring. Each exercise puts a unique stress on the muscles that you are targeting. In order to build muscle you must stress the muscles enough to where the body decides to add muscle so that'll be easier to deal with the stress that it goes through from your workouts. If you depend on only one exercise, your body will adapt to that stress, and it will become very difficult for you to continue to make progress after that point unless you keep performing more and more volume. Since we all have a limited amount of time in a day to train, we want to be efficient with our training, and attempt to get the most from the work we perform. Increase the quality, before increasing the quantity.

MISCONCEPTION #3: YOU ONLY NEED TO PERFORM A FEW SETS/WEEK.

Would you perform only one exercise for your biceps? How about your Quads (thighs)? Well you'll need to train your glutes in a very similar fashion to all of the other muscles you train. If you start looking at the research regarding muscle growth, or hypertrophy, you'll find that at a given intensity, or in a given rep range, volume is king. And when I say volume, I mean the amount of total reps performed at that workout. If you improve someone's ability to perform work, and recover from it, they'll get more results. If I expose your glutes to more high quality work, you force your body to adapt, and you'll make more progress. Once you get past the honeymoon phase of your glute training, where everything works, you will want to start becoming smarter about your training. One of the ways you can achieve this is that if you can't devote a whole day to training your glutes, you'll want to perform shorter glute workouts at the end (or beginning) of your training session, but perform your glute workouts more frequently. The short, but frequent performed glute workouts (from 3-5 times/week), are your key to success in transforming your glutes.

Chapter 2

Making Glute Anatomy Work For You



The picture above shows where the three muscles that make up the glutes are located. An important thing to know is that muscles like to pull in a straight line. If you look at the Gluteus Maximus muscle, you'll see that these muscles pull at an angle, and not just straight backwards. This becomes important when you're trying to get the highest quality muscle contraction when you try to work these muscles. These muscles don't attach at the back of the femur bone (upper leg), they attach on the side of the femur. With all that being said, this lets you know that even though exercises glute kickbacks can be effective, exercises such as squats with a wide stance, Sumo Deadlifts, or even back extensions with the feet a little further apart, will allow for a much stronger muscle contraction. This is because these exercises will allow you to work both the hip extension (moving the femur backwards), and the lateral rotation function of the glutes, while also being to work with heavier weights (which also allows you to recruit more muscle). This may even justify using a slightly wider stance with hip thrusts and glute bridges.

When you look at the anatomy, a common mistake comes to light. A lot of women try to tuck their tailbones under in order to squeeze the glutes more. The fibers of the gluteus maximus run in different directions. The upper fibers don't attach on the side of the femur like the lower ones do. So if you attempt to tuck the tailbone under, you may be able to contract the lower fibers of the glutes harder, but you'd sacrifice a quality contraction of the upper fibers because you'd stretch them more. In addition to that, you increase the risk of a back injury because you'd disrupt the natural spine curvature while being under the load of the weights you'd be lifting.

In addition to that, you have both the gluteus medius, and gluteus minimus muscles. When you look at where they're located, you'll see that when these muscles shorten, they lift the leg up and out to the sides. Which is what is known as hip abduction. People often confuse hip abduction, and hip adduction. In anatomy, we use the midline of the body as a reference point. Abduction, which works the glutes, is when you take the leg away from the midline. Think of being abducted by aliens, when they come down to earth and take you away. Adduction is when you move the leg, or whatever body part you're referring to back towards the midline of the body. To make the glutes develop to be all they're capable of being, you'll also want to include hip abduction exercises in your program.

The Principles Of Exercise Science

Now stick with me for a little bit here while I introduce a little bit of science into your fitness journey. When most people hit a plateau, it's because they violate/ignore one of these basic rules of how things work. If you keep these rules, along with various ways to introduce progressive overload.

These principles are:

- Specificity (you must train in the specific way that brings about the desired results). If you need to make certain muscles bigger, using rep ranges that build muscle (cause hypertrophy) will allow you to make the most progress. You don't want to use endurance workouts to build muscle, if you want round glutes. If your main goal is fat loss, designing workout programs that create the conditions for fat loss most of the time will bring about the best results.
- Adaptability- Whatever type of training you do to make progress, you will eventually adapt to it, and it will no longer deliver results. If you use the same exercises, sets, and reps.... for too long you will eventually adapt to it. You will need to find new ways to shake your body up so that it will allow you to get the results that you're seeking.
- Overload (the system must be overloaded in order to supercompensate) If you don't overload the muscles (or the system in some cases), or at least slightly venture into being uncomfortable during your workouts, your body has no reason to change, because it can handle the stress that you put on it with your workouts.
- Progression (increase the stimulus as the exerciser progresses) as you get stronger, gain muscle or your endurance improves, you have to kick it up a notch in order to continue to make progress
- Individuality (everyone has different needs, strengths, and weaknesses),
- Reversibility, or use/disuse.

PROGRESSIVE OVERLOAD

What this means is you're finding new ways to shake up the system with your workouts. This concept is a combination of principles 2, 3, and 4 previously mentioned. But there are numerous other ways to do that. The takeaway is, that you want to use these concepts to introduce new ways to trick the body into giving you the "booty gains" that you've been seeking, and avoid those dreaded plateaus. With most people the only way to overload the system is to use more weight.

You can also:

1. Lift slower. Most people don't pay attention to Time under Tension or TUT. They will usually lift and lower the weight pretty fast. But actually are studies that show that this can have you burn more calories, and produce more fat burning hormones during a workout. Which is great as long as your goal isn't maximum strength. Try this, if you normally don't pay attention to rep speed, and your goal isn't maximal strength (lifting as much weight as possible) try to perform your normal workout and lower the weight for at least 4 seconds during every rep, of every set.

2. Shorten your rest periods. Shorter rest periods have been shown in research to create situations where the body needs to recruit more muscle fibers due to the inability of the muscle fibers you've been using to recover.

3. Perform more volume. Volume is basically the amount of repetitions performed. If you normally do 3 sets of 8 reps. Performing either 3 sets of 10 reps, or 4 sets of 8 reps is increasing workout volume.

4. Increase workout density. I made a video where I give great details about how increasing the density can help you make progress. Here's a link to that video. <https://youtu.be/54O1WjwTWaA> When you make your workout more dense you can either get the same amount of work done in less time, more work done in the same amount of time, or you can perform more work done in

less time than normal.

5. Changing the nature of the exercise you're performing. If you normally perform back squats, you can perform back squats with the heels elevated, perform front squats, or perform front squats with the heels elevated, or even 1-legged squats.

6. Perform the same workouts more frequently. If I work each body part every 7 days, what if now hit each body part every 5 days? Wouldn't that also be increasing volume if you look at how many times I hit that particular body part every 30 days? This might also allow you to get stronger.

If you need a more in depth explanation of these concepts, check out these videos:

Part 1 <https://youtu.be/AbMB6PuYV8c>

Part 2 https://youtu.be/w6AM_elv60k

Now, I gave you all of that background info to make the case for a concept called periodization. Once you get past the "initial honeymoon" that everyone experiences with their workouts because everything works, you'll need to get more specific about how you plan your workouts, if you want to get the most from the time spent. Because this need to be more specific about your training exists, periodization was created. Unfortunately the expression "Jack of All Trades, Master of None" also applies to training. Periodization, which is when you split the year (or even multiple years) into periods where you attempt focus on achieving whatever goals you look to accomplish. So maybe during the winter, someone might focus on getting stronger, and/or gaining muscle, and once Spring arrives, the training might shift towards achieving maximal fat loss. Now that's an oversimplified view of periodization, even though there are many different ways to do it, and these type of programs should be catered to the needs of the individual performing the workouts.

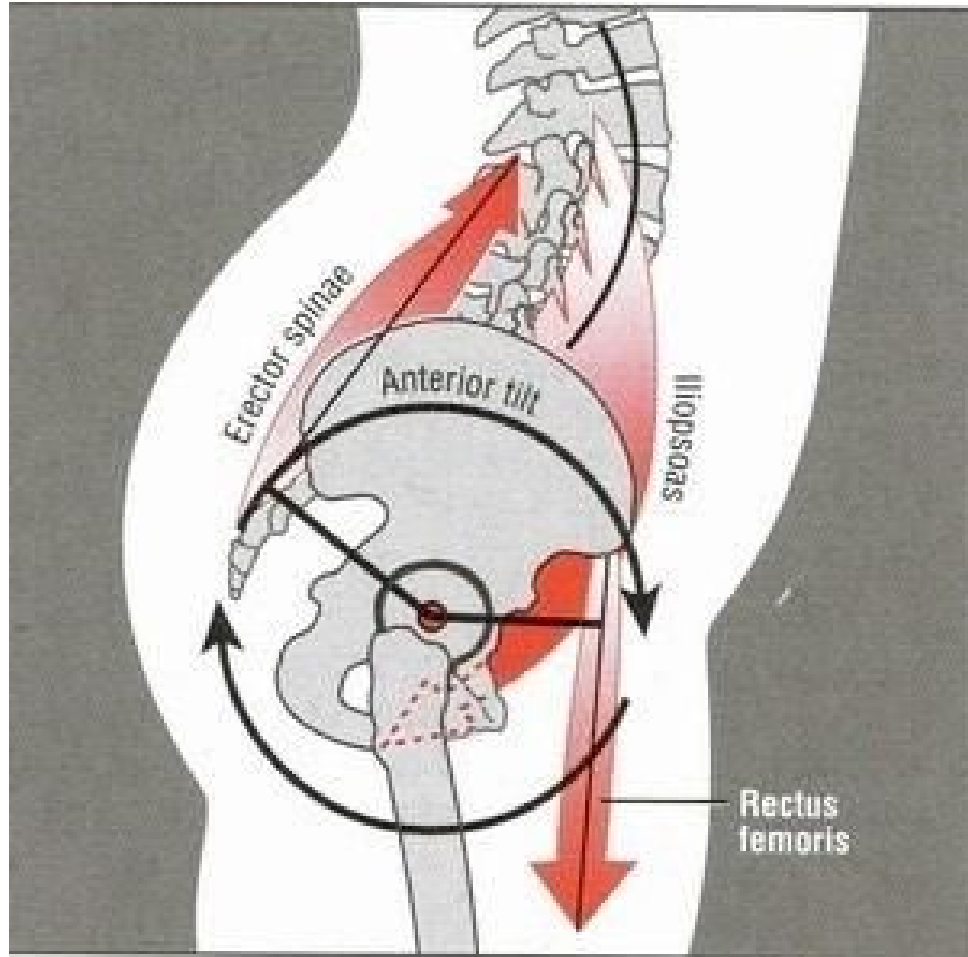
This information becomes especially important when you're trying to build

your glutes, or any other muscle. We tend to be creatures of habit with our workouts. Once we find something we like, we tend to “ride it ‘til the wheels fall off” and continue to do the same things until infinity. If it worked before, it’ll always work, right? Building is always a case muscle hypertrophy, or making muscles grow. There are multiple ways of using resistance training to build muscle: You can create muscular tension with heavy weights and stretching (1) You can create more muscle damage (2), or you can increase what’s known as metabolic stress. When you lift weights with rep ranges between 6-12 reps, you create more metabolic stress that you would if you performed 3-5 reps. Think of instances when you perform sets of an exercise, and your muscles start to burn as partially creating metabolic stress. This is when your body produces hydrogen ions, and lactic acid. Metabolic stress can also be created by performing higher reps with very short rest, or even when you perform an isometric hold, before performing a regular set, without rest. Instead of using just one method, and hope that you get where you want to be before your body figures out what you’re trying to do to it, you can use periodization, and vary the ways that you progressively overload your muscles, so that you can take advantage of the multiple ways to build muscle, and continue to make progress. You can create muscular tension with heavier weights for a while. You can increase the amount of work done or increase the volume of the workouts. And you can also shorten the rest periods, or increase the density of your workouts. With all this info in mind, this is why the ***Build-A-Bangin’ Booty Program***, as well as many of the other programs that we have, find different ways to shake your body up. If we accomplish this, and you get your nutrition dialed in, you’ll continue to make progress toward building a body you could be proud of.

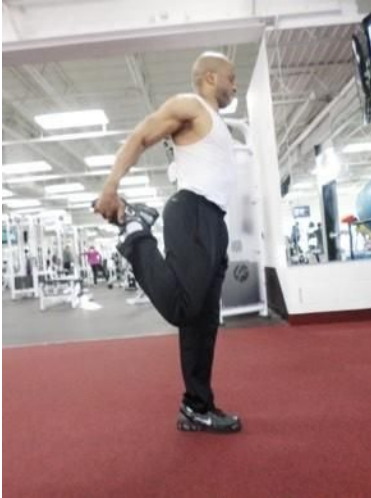
Chapter 3

OTHER HELPFUL TIPS FOR TRAINING YOUR GLUTES

A lot of us tend to have jobs that have us sitting all day. We also tend to avoid stretching the hip flexor and our quadriceps muscles (front of the thigh). This creates a situation where our glutes may shut off, or we may have trouble getting our glutes to fire off and contribute to the tasks we need them to perform. Even though performing the glute work will eventually correct this, a way to expedite this is to stretch your hip flexors, as well as the lower back muscles, and properly perform exercises such as reverse crunches, knee-ups, and even perform exercises for the obliques. This will help correct what is known as an anterior pelvic tilt, which is when the the hip flexors (iliopsoas and rectus femoris of the quadriceps) become shortened and pull the top of the pelvis forward. This forward or anterior tilt of the pelvis can reduce the ability of the glutes to fire off properly.



In order to get the most from your glute program, you'll want to stretch your hip flexors and your quadriceps. On the left is a picture of myself stretching my quads. The last two pictures are different views of me performing a stretch for my hip flexors. Remember during the stretch for the hip flexors, you're performing the stretch on the rear leg. You'll want to put your weight on that knee, and keep your torso upright, because leaning forward reduces the effectiveness of the stretch.



If you want to see the stretching and ab work in motion, one of my athletes made this video about what she does during a typical glute workout here: <https://youtu.be/cnyoqTbYbsI?t=29s> I started the video at where she's explaining this paragraph that I've just written about, but the whole video might be helpful.

You might also notice is that Kelly is performing squats and hip thrusts with a band around her upper legs.



This also makes the glutes work harder because they will work to fight the resistance of the band that would normally force the knees to cave in. So those glute muscles will work harder to hold the legs in abduction. This is one of the main functions of all the glute muscles. I usually get mine from a place like elitefts.com because they don't sell the bands made for physical therapy, which snap easier, and you'll have to replace them more often. This is a 12-inch band and you'll want to place them above the knees so that you can avoid any situation being created where the band resistance creates forces that could cause injuries to knee ligaments.

GLUTE SPECIALIZATION PROGRAM

These are workouts that will help you build more muscle in the glutes, but will also improve posture and flexibility. It's important to stretch the hip flexors as well as performing abdominal work beforehand, to improve your ability to recruit the glutes. The purpose of this program to provide extra stimulus work to these muscles above what you'd normally perform in you leg workouts, in order to bring this muscles group up quickly. This is not supposed to substitute for your leg workouts, so you'd perform these workouts on another day!

Perform 1 set of A1 then rest just long enough to change stations before performing A2, A3, and so on until you've completed all of the designated "A" exercises. After you complete A4 rest for the specified rest period. Repeat this for the B's. After the 2nd week of the program, you'll knock 15 seconds off of the rest period for A4 & B4 for the last two times performing this program.

The tempo and the numbers in the tempo column refer to the speed at which you should perform the lift. For instance, if the tempo was 5121, the "5" means you should take a count of five to lower the weight. The next number refers to the pause taken between the eccentric (lowering the weight) and the concentric portion (lifting the weight) of the movement, which in this case is a one second pause, the third number refers to how long it should take you to raise the weight, which would be 2 seconds in this case. X means move the weight as fast as possible. The last number is the amount of time that you pause for after lifting the weight, and before you start to lower the weight. Tempo for you is going to be very critical. If your sets don't last long enough it will be harder for you to make progress. This video might be helpful with you getting an understand of how tempo works:

<https://youtu.be/qXEfDDs6tPk>

MONTH 1 (BURN BABY, BURN!!!)

After the two weeks or the 1st 2 times performing the workouts, reduce the rest period by 15 seconds, for the last week, cut the rest period by another 15 seconds.

Workout 1

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	3-4	8-10	40X0	---	Wide Stance
A2) Single Leg Glute Bridge (Heels Elevated)	3-4	8-10	10X4	90 sec	When you've reached the point where the muscle is fully contracted. Hold that for 4 seconds

Workout 2

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Back Extension	3-4	8-10	20X3	75 sec	
B1) Barbell Hip Thrust	4	8-10	20X4	---	
B2) Drop Lunges	4	15-20	20X0	90 sec	Or Reverse Drop Lunges

Workout 3

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Hip Adduction*	3-4	5+5+5	30X0	75 sec	
B1) Sumo Deadlift	4	8-10	20X4	---	
B2) Bulgarian Squats	4	15-20	20X0	90 sec	Perform this for glutes. See video

*For this exercise, you'll be performing the 5+5+5 technique. Which means you'll perform 5 reps, then hold the fully contracted position for this exercise for 15 seconds, then perform another 5 reps, and then repeat the hold in the fully contracted position for 15 seconds. Repeat this sequence one more time so that you perform the 5 reps +15 second holds, three times before taking a break. Bulgarian Squats video https://youtu.be/TJB9vluT_b0

MONTH 2 (DOUBLES FO' DAT A**)

After the two weeks or the 1st 2 times performing the workouts, reduce the rest period by 15 seconds, for the last week, cut the rest period by another 15 seconds.

Day 1

Exercise	Sets	Reps	Tempo	Rest	
A1) Glute Bridges	3-4	6-8	10X3	---	
A2) Walking Lunges	3-4	15-20	31X0	---	Longer strides. Can also be Reverse Drop Lunges.
A3) Glute Bridges	3-4	6-8	10X2	90 sec	

Day 2

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrusts	3	6-8	10X4	---	
A2) Squats	3	20-30	30X0	---	Bodyweight. Wide Stance. Constant Tension.
A3) Hip Thrust	3	8-10	20X2	90 sec	

Day 3

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Back Extension	3-4	8-10	20X3	---	
A2) 1-Legged Squats	3-4	6-8	10X4	---	1-Leg Box Squat, or Squat to a low bench. Can also be Sumo Deadlifts.
A3) Back Extension	3-4	12-15	10X2	90 sec	

MONTH 3 **12, 10, 8, 6, 15-20**

With this program you'll perform your first set of each exercise for 12 reps, 2nd set increase the weight, and perform 10 reps. 3rd set 8 reps.... and then decrease the weight and perform 15-20 reps on the last set for each exercise. Decrease the rest period by 10 seconds after the 2nd time you perform each workout, and again after the 4th time you perform each workout.

Day 1

Exercise	Reps	Tempo	Rest	Notes
A) Sumo Deadlift	12, 10, 8, 6, 15-20	30X1	60 sec	
B) Hip Abduction	12, 10, 8, 6, 15-20	30X1	60 sec	
C) Back Extension	12, 10, 8, 6, 15-20	20X2	60 sec	

Day 2

Exercise	Reps	Tempo	Rest	Notes
A) Hip Thrust	12, 10, 8, 6, 15-20	10X3	60 sec	
B) Bulgarian Squats	12, 10, 8, 6, 15-20	30X0	60 sec	
C) Monster Walks	4 sets 10-12 steps		60 sec	Each Leg.

Day 3

Exercise	Reps	Tempo	Rest	Notes
A) Glute Bridges	12, 10, 8, 6, 15-20	10X3	60 sec	
B) Smith Machine Squats	12, 10, 8, 6, 15-20	40X0	60 sec	Wide Stance.
C) Cable Pull-Throughs	5 Sets 12-15 Reps	21X1	40 sec	

MONTH 4

DROP SETS LIKE IT'S HOT!!!

Day 1

After the two weeks or the 1st 2 times performing the workouts, reduce the rest period by 15 seconds, for the last week, cut the rest period by another 15 seconds. Look to drop the weight by about 20% between each drop during the drop-set. Here's more info on performing Drop-Sets <https://youtu.be/bfsY5m3AT3c>

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Barbell Hip Thrust	2-3	6+6+6+6	20X5	75 sec	
B) Hip Adduction	2-3	10+10+10+10	20X2	75 sec	

Day 2

After the two weeks or the 1st 2 times performing the workouts, reduce the rest period by 15 seconds, for the last week, cut the rest period by another 15 seconds.

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Sumo Deadlift	3	10+10+10	31X0	90 sec	
B) Glute Bridges	3	8+8+8+8	20X3	75 sec	

Day 3
No Drop Sets Today!!!

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	4	1	15-sec		Perform a 15-second hold in the fully contracted position.
A2) Drop Lunges	4	15-20	30X0	90 sec	

MONTH 5

Day 1

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Back Extension	4	1	30-Sec Hold	----	Perform a 30-second hold in the fully contracted position before moving on to A2)
A2) Back Extension	4	6-8	20X3	60 sec	
B1) Hip Thrust	4	1	30-Sec Hold	---	See A1
B2) Hip Thrust	4	10-12	20X2	60 sec	

Day 2

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Adduction	4	1	30-Sec Hold	----	Perform a 30-second hold in the fully contracted position before moving on to A2)
A2) Hip Adduction	4	10-12	30X1	60 sec	
B1) Glute Bridges	4	1	30-Sec Hold	---	See A1
B2) Deadlift	4	10-12	30X1	60 sec	Could also be Sumo Deadlift

Day 3

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridges	4	1	30-Sec Hold	----	Perform a 30-second hold in the fully contracted position before moving on to A2.
A2) Glutes Bridges	4	8-10	10X3	60 sec	
B) 1-Legged Squats	4	6-8	30X0	50 sec	You can perform this like a box squat, but it's better to make your glutes stop your descent.

MONTH 6

8X8

You'll choose a weight that you can perform only 15 reps with. You'll perform 8 sets of 8 reps for each exercise.

Day 1

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Smith Machine Squats	8	8	40X0	40 sec	Wide Stance
B) Hip Abduction	8	8	30X1	40 sec	
C) Explosive Step-Up	8	8	---	40 sec	High Step-up. You might want to move this to the first exercise.

Day 2

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Rack Pulls	8	8	30X0	40 sec	Or Sumo Deadlift.
B) Back Extension	8	8	10X3	30 sec	
C) Hip Thrust	8	8	20X1	40 sec	

Day 3

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Bulgarian Squats	8	10	40X0	40 sec	
B) Hip Abduction	8	8	20X2	30 sec	
C) Glute Bridge	8	8	10X3	40 sec	