

# BASELINE BOOTY

Learn how to work, tone,  
and strengthen your glutes  
with this fool proof four week plan.



By Desmond Blakely

## TESTIMONIALS

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“BASELINE BOOTY is a great program that's easy to incorporate into whatever training you're already doing. Easy to follow exercises, with simple set/rep patterns make workouts achievable but challenging. My butt hurts just thinking about it. Thanks Des!”

~ KRISTEN

“This was an excellent program for me as it fitted into my busy schedule allowing me to do the workouts at home or in the gym. I certainly felt the difference and noticed an improvement in the shape of my bum after just a couple of weeks.”

~ ELIZABETH

“Simply put this program works! I started to feel and see results in terms of glute activation after only one week of doing it, and the more you do it the more it burns, in a good way! I basically had a sore bum for 28 days in a row, no kidding!

~ HEIDI



# DISCLAIMER

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The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician, you are agreeing to accept full responsibility for your own actions. The author shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained within this book.



# ABOUT

## THE PROGRAM

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The idea behind this program is to literally get you off your arse and into the habit of consistently activating your glutes; forcing them to wake up if they're dormant and kick them in the face if they're not.

Your body is smart and adapts very specifically to the demands placed upon it, so what we're going to do over the next four weeks is simply demand that your bum work harder.

Whether your goal is to run faster, jump higher, lift heavier weights, or simply look better naked then the information I'm about to share with you could be incredibly useful.

The other great thing about this program is that it can be added to your current training regime (whatever that may be) or used on its own taking as little as 10-15 minutes a day.

If you're up for the challenge continue reading through the program, purchase a resistance band (details on the next page) and you're pretty much good to go.

## MINI RESISTANCE BAND(s)

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**NOTE:** You will NEED a mini-resistance-band to complete this program.

Although you can probably purchase these from a number of places I only ever go through PULLUM SPORTS to get mine as the strength of the band is perfect for its intended use and the quality of their products is second to none; the shipping fees are a little bit over the top but for what you're getting it still works out great value for money.

### STEP 01

SEARCH:        www.pullum-sports.co.uk

### STEP 02

SELECT:        /        RESISTANCE BANDS  
                 //        Pullum Resistance Bands - 13 inch  
                 ///       # 3 Small (Purple) 15-45 lbs

### STEP 03

/        Add To Cart  
//       Checkout  
///     Await Delivery



#### Pullum Resistance Bands - 13 inch

Product Code: ARPR31

Mini	Price: £4.50
✓ In Stock	Quantity: 0
Super Mini	Price: £5.50
✓ In Stock	Quantity: 0
Small	Price: £7.50
✓ In Stock	Quantity: 1
Medium	Price: £10.00
✓ In Stock	Quantity: 0
Large	Price: £12.00
✓ In Stock	Quantity: 0

ADD TO CART +

THE

# EXERCISES

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In order to keep things as simple as possible I've decided to limit the number of exercises you'll be performing as part of this program right down to those which I feel are most effective.

Check them out then PRACTICE, PRACTICE, PRACTICE and get your technique ON LOCK before you get started.

In fact the more you think about practicing and perfecting your technique the more effective your workouts will become; meaning far better results for you in the long run.



# SEATED HIP ABDUCTION

aka. GOOD GIRL / BAD GIRL

Take a seat (on a step, bench, chair, or sofa)  
with your back straight and your feet on the floor.



Wrap your resistance band around both legs, just below the knees, and in one motion push both knees out putting the tension into your glutes.

HOLD for time or GO for sets/reps.

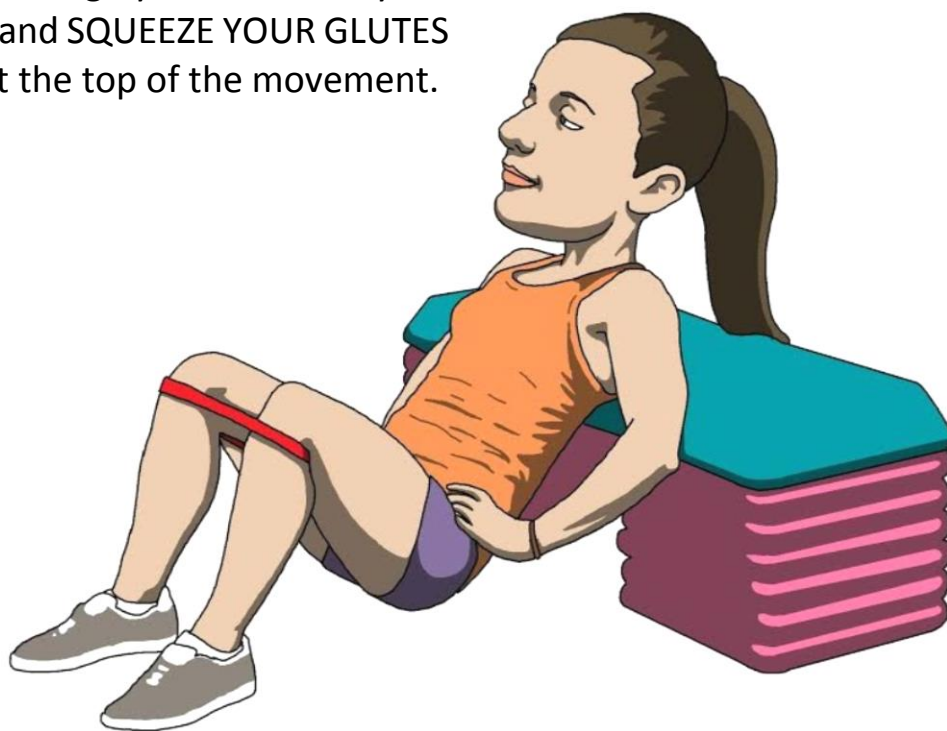
# HIP THRUSTS

aka. FULL RANGE GLUTE BRIDGES

Wrap your resistance band around both legs, just below the knees.

Place your upper back on a step, bench, chair, or sofa and your feet on the floor roughly hip-width apart.

Pushing your knees outwards and driving through your heels; lift your hips up and **SQUEEZE YOUR GLUTES HARD** at the top of the movement.



HOLD for time or GO for sets/reps.



# MONSTER WALKS

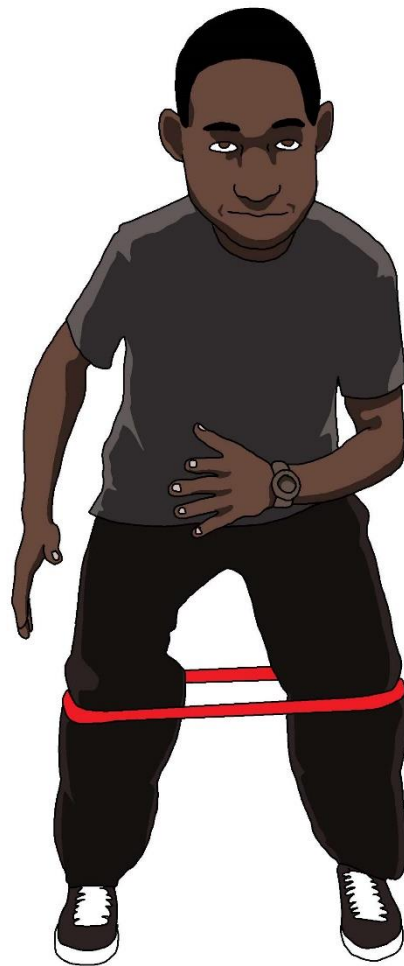
aka. LATERAL STEPS

Once you've got the resistance band in place, just below your knees, you want to sit your hips back and lean forwards slightly as if you're looking over the edge of a cliff.

Keeping your feet in line with your shoulders and tension on the band at all times you're going to start walking out to the side in either direction.



You want to stay the same level throughout, trying not to sway side to side or bob up and down; this will put all of the tension into the outside of your glutes.



REPEAT for sets/reps.

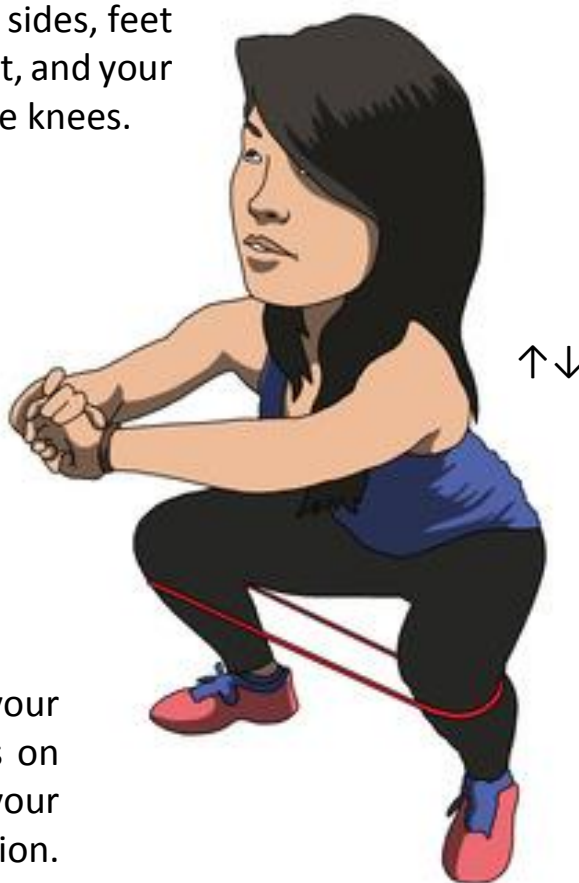
# MONSTER SQUATS

aka. BAND RESISTED SQUATS

Stand with your arms by your sides, feet just wider than hip width apart, and your resistance band just below the knees.

As you squat down; reach your arms forward and push your knees out.

As you stand up; drive your hips forward and focus on maximally contracting your glutes in the top position.



REPEAT for sets/reps.

THE

# WORKOUTS

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Now that you've read through the exercises the next step is putting them into little routines that will ultimately make up the program.

However, what you've got to realise is that even the best program in the world won't work if you don't work and you're actually going to have to think about what you're doing; performing the workouts properly, consistently, and with intensity.

But trust me, these workouts work! Concentrate your efforts on doing all of the above and I guarantee you'll get some great results!



WEEK one

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**DAY** 01 + 02

<b>Seated Hip Abduction</b>
10 sec HOLD
10 reps + 10 sec HOLD

REPEAT: 3x

<b>Hip Thrusts</b>
10 reps + 10 sec HOLD

REPEAT: 6x

**DAY** 04 + 05

<b>Monster Walks</b>	steps
10   10   10   10	10

<b>Monster Squats</b>	reps
10   10   10   10	20

**DAY** 07

Optional

Foam Roll, Stretch, Relax, Rest, Recover

**DAY** 03 **Hip Thrusts Only**

<u>Work</u>	<u>Rest</u>
05 reps	15 secs
05 reps	15 secs
05 reps	15 secs
20 reps	30 secs
15 reps	30 secs
10 reps	30 secs
05 reps + 10 sec HOLD	45 secs
05 reps + 15 sec HOLD	45 secs
05 reps + 20 sec HOLD	45 secs
30 sec HOLD	n/a

**DAY** 06

<b>Monster Squats</b>	60
<b>Hip Thrusts</b>	60

WEEK two

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**DAY** 01 + 02 + 03

Hip Thrusts Only

<b>Duration</b>
10 minutes

<b>Sets/Reps</b>
MAXIMUM

**Instructions**

Select a number of reps you can perform on the hip thrust **WITHOUT GOING TO FAILURE** and look to complete as many sets as you can within ten-minutes. You can rest as needed when needed and reduce the number of reps you perform per set as you fatigue but the ultimate goal is to **Complete As Many (GOOD) Reps As YOU Can Within The Time-Limit.**

**DAY** 04

<b>Monster Walks</b>					steps
10	10	10	10	10	

<b>Monster Squats</b>					reps
10	10	10	10	20	

**DAY** 06 + 07

**Record Your TOTALS**

Day 01	Day 02	Day 03

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**DAY** 05

<b>Monster Squats</b>	80
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<b>Hip Thrusts</b>	80
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**Optional**

Foam Roll, Stretch, Relax, Rest, Recover

WEEK three

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**DAY** 01 + 02

<b>Seated Hip Abduction</b>
10 sec HOLD
10 reps + 10 sec HOLD

REPEAT: 3x

<b>Hip Thrusts</b>
10 reps + 10 sec HOLD

REPEAT: 6x

**DAY** 04 + 05

<b>Monster Walks</b>	steps
10   10   10   10	10

<b>Monster Squats</b>	reps
10   10   10   10	20

**DAY** 07

Optional

Foam Roll, Stretch, Relax, Rest, Recover

**DAY** 03 **Hip Thrusts Only**

<u>Work</u>	<u>Rest</u>
05 reps	15 secs
05 reps	15 secs
05 reps	15 secs
20 reps	30 secs
15 reps	30 secs
10 reps	30 secs
05 reps + 10 sec HOLD	45 secs
05 reps + 15 sec HOLD	45 secs
05 reps + 20 sec HOLD	45 secs
30 sec HOLD	n/a

**DAY** 06

<b>Monster Squats</b>	100
<b>Hip Thrusts</b>	100

WEEK four

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**DAY** 01 + 02 + 03

Hip Thrusts Only

<b>Duration</b>
10 minutes

<b>Sets/Reps</b>
MAXIMUM

Instructions

Select a number of reps you can perform on the hip thrust **WITHOUT GOING TO FAILURE** and look to complete as many sets as you can within ten-minutes. You can rest as needed when needed and reduce the number of reps you perform per set as you fatigue but the ultimate goal is to **Complete As Many (GOOD) Reps As YOU Can Within The Time-Limit.**

**DAY** 04

<b>Monster Walks</b>				steps
10	10	10	10	10

<b>Monster Squats</b>				reps
10	10	10	10	20

**DAY** 06 + 07

**Record Your TOTALS**

Day 01	Day 02	Day 03

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**DAY** 05

<b>Monster Squats</b>	120
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<b>Hip Thrusts</b>	120
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Optional

Foam Roll, Stretch, Relax, Rest, Recover



# WHAT'S NEXT?

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Once you've completed the program there are a number of things you can do to continue making progress with your glutes; you could DO THE SAME sets, reps, and exercises with a tougher resistance band, you could DO MORE work with the same resistance band sticking to the exercises you feel work best for you, OR (and this is the best option for making continued gains) you could, and should, start incorporating some weighted exercises such as; squats, deadlifts, lunges, step ups, bridges and hip thrusts into your training regime. This will definitely mean a lot more work for your glutes but also better results in terms of lower body development as a whole.

The only thing I'd suggest when starting a new training regime is that you book in a few sessions with a personal trainer (who knows what they're doing) in order to learn correct technique and put together a decent program that will get you the results you're after.

Other than that I hope you enjoy the program, learn a bit about how to train your glutes more effectively, and get some fantastic results! If you have any further questions, comments or feedback hit me up on one of my social media channels and we'll talk more on there.





# YOUR AUTHOR

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Desmond Blakely is a London based Personal Trainer with over ten years coaching experience.

He's trained a wide range of people aged anything from eight to eighty years old, including hundreds of personal trainers, and literally thousands of ordinary (and sometimes extraordinary) individuals wanting to improve their health, strength and fitness.

If you're interested in organising some private coaching with Des send him some details about yourself and what it is you're wanting to accomplish exactly, from there he'll see about putting you on the right path towards achieving your goals.



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