HANNAH LYONS
COACHING

FREE GUIDE

WORKOUT + EXECUTION GUIDE

THE GLUTE BUILD.

A free glute session from me to you, plus how to execute every rep so your glutes do the work. Not your quads. Not your lower back.



INSIDE

- 5 minute warm-up
- 5 glute exercises
- Sets, reps, tempo and rest
- The execution most people miss
- 5 minute cool-down

READ THIS FIRST

EXECUTION IS EVERYTHING.

If you're putting the work in, you deserve to get the most out of every session. **Good technique, controlled movements and purposeful execution** are what turn a workout into productive training. So before you begin, read through the execution notes, so you know exactly what to focus on.

HOW THE SESSION RUNS

5 min

Warm-up

Wake up your hips and glutes so they're ready to fire.

5 exercises

Main workout

Hip thrusts, RDLs, Bulgarians, abductors, kickbacks.

5 min

Cool-down

Stretch out hips, quads and hamstrings.

QUICK GLOSSARY

E/S	Each side. Do the full rep count on your left, then your right.
TEMPO 1-2-1	The speed of each rep. For hip thrusts: 1 second up, **2 second squeeze at the top**, 1 second down.
TEMPO 3-1-1	For RDLs: **3 seconds lowering**, 1 second pause, 1 second back up. The slow lowering is where the glute tension lives.
RIR	Reps in reserve: how many more reps you could do with good form when you stop. RIR 0 means nothing left in the tank. RIR 2 means two good reps left.
REST	Time between sets. Take it. Rested glutes lift heavier, and heavier is what drives growth.

THE SESSION

YOUR GLUTE WORKOUT.

WARM-UP

About 5 minutes · 1 round

	EXERCISE	REPS	NOTES
A	**Back & forward leg swings**	10 E/S	
B	**90/90 stretch**	10 E/S	
C	**Bodyweight squat**	20	Use a resistance band
D	**Glute bridge**	20	Use a resistance band
E	**Banded sideways crab walk**	10 steps E/S	

MAIN WORKOUT

5 glute exercises

	EXERCISE	SETS	REPS	RIR	REST
A	**Barbell hip thrust** Or hip thrust machine · tempo 1-2-1	4	12 / 10 / 8 / 6		1 min 30
B	**Barbell Romanian deadlift** Tempo 3-1-1 · lower reps, higher tension	3	6 to 8	0	2 min
C	**Dumbbell Bulgarian split squat** Set 3 is a 7-7-7 drop set	3	8 E/S	0	
D	**Seated hip abductor machine**	3	8 to 12	0	1 min 30
E	**Cable donkey kickbacks**	3	12 to 15	2	1 min 15

COOL-DOWN

About 5 minutes · hold each 30 to 60 sec

A · Seated cross-leg glute stretch (E/S)

B · Hip flexor & quad stretch (E/S)

C · Rear-foot-elevated hip flexor stretch (E/S)

D · Hamstring stretch

E · Child's pose

HOW TO RUN THE MAIN EXERCISES

THE DETAILS THAT MATTER.

A · HIP THRUST

Pause for **2 seconds at the top** of every rep and squeeze. Each set gets heavier as the reps drop:

12	10	8	6
Set 1 · moderate	Set 2 · heavier	Set 3 · heavier again	Set 4 · heaviest

No machine? A barbell across your hips with your upper back on a bench works perfectly.

B · ROMANIAN DEADLIFT

Take **3 full seconds to lower** the bar. Push your hips back, keep the bar close to your legs and stop when you feel a big stretch in your hamstrings. Stay in the 6 to 8 range: lower reps, higher tension, better results.

C · BULGARIAN SPLIT SQUAT

Sets 1 and 2: **8 reps each side**. Set 3 is a **7-7-7 drop set**:

7	7	7
Heaviest weight you can	Drop to a medium weight	Finish with bodyweight

That's 21 reps per side for your final set. Move straight from one weight to the next.

EXECUTION GUIDE

BULGARIAN SPLIT SQUATS, DONE RIGHT.

This is the exercise most people get wrong. If you feel it more in your quads than your glutes, **your setup is the problem**, not you.

THE SETUP

- **Take a long stride.** Your front shin should NOT be vertical.
- **Lean forward slightly.** Think chest over thigh.
- **Back leg is passive.** Don't push off it.
- **Pressure through your heel and midfoot,** never your toes.

MISTAKES THAT KILL GLUTE WORK

- ✕ **Torso too upright.** It turns into a quad exercise.
- ✕ **Short stance.** Take a bigger step.
- ✕ **Bouncing out of the bottom.** Go slow and controlled.
- ✕ **Stopping too high.** Bring your back knee down towards the floor.

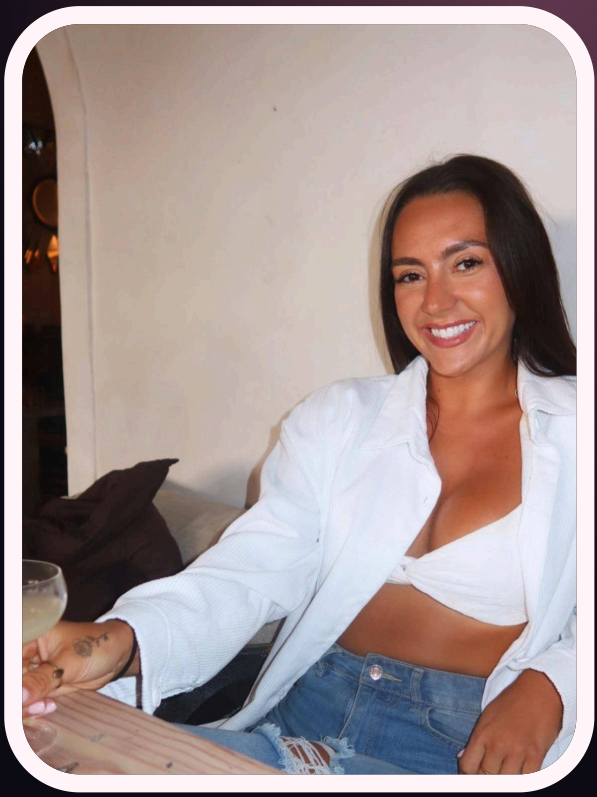
! Treat it like a squat, because it is one. The deepest part of the rep is where your glutes do the most work. Stop short and you're leaving your results on the table.

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COACHING

05 / 05 · WHAT'S NEXT

WANT THIS BUILT AROUND YOU?

This is one free session to get you started. Coaching with me is never a template: your plan is built around your body, your goals and your equipment, with nutrition, daily check-ins and me in your corner every step.



1

Book

Answer a few quick questions and pick a time.

2

Talk

A free call where we map out your plan.

3

Get strong

Your program lands and the work begins.

SCAN OR TAP

BOOK YOUR FREE CALL

hannahlyonscoaching.com →