

COACH DJ TAYLOR

GLUTE CAMP



HOW TO TACKLE GLUTE CAMP:

Glute Camp was created to maximize your time working on this specific body part and/or shake up your workout routine if find yourself in a fitness plateau. Before you dive in, let's answer some questions you may have:

Q. Why is the warm-up so intense?

A. Often times, people fail to prime and activate their glutes before working the muscle group out. As a result, they expose themselves to potential injury and reduce potential muscle activation.

Q. How often should I complete Glute Camp?

A. Glute Camp should be completed one to two times per week. If you are completing it twice per week, it is recommended that you wait 72 hours between sessions.

Q. What equipment do I need?

A. You will need the following to complete Glute Camp: a landmine accessory, barbell, kettlebells, a resistance band, dumbbells and a safe, stable place to fix a band to (or a reliable partner!).

*No landmine? Substitute the movement with a goblet squat

Q. How do I know if I'm using the correct weight?

The last few repetitions should be difficult to complete, but you are still able to do finish the sets. On Page 5, you will find a space where you can leave notes about the workout and record the weights you used.

Q. How do I know if I am doing each movement right?

Almost all of the movements can be found on my [Youtube Channel](#). In each short clip, I break down what the proper form looks like so you can maximize the movement. Simply **click on the movement's name** - it will take you to a link where you can check it out!

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GLUTE CAMP

WARM UP

To correctly activate the glute muscles before starting the workout, perform the following warm-up exercises. You must complete the designated number of sets & reps of each exercise before moving on to the next movement.

1. QUADRUPED BRACE



30 seconds under tension
3 sets

4. FIRE HYDRANTS



15 reps
2 sets

2. SINGLE LEG RAISE



15 reps
2 sets

5. STRAIGHT LEG 2 POINT TOE TAPS



15 reps
2 sets

3. BIRD DOGS



15 reps
2 sets

6. GLUTE BRIDGE HOLD



30 seconds
3 sets

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GLUTE CAMP

WARM UP (CONTINUED)

7. GLUTE BRIDGE SINGLE LEG TRIANGLE



20 seconds under tension
3 sets

8. MONSTER MINI WALK



5 yards and back
2 sets

THE WORKOUT

Alright, people! Your glutes are activated and it's time to crush this workout! You will see that it is broken up into different sets. You will work your way through each movement in the set and then repeat it the designated number of times.

Remember, if you get lost on form, simply click on the movement's name. It will take you to a short clip that breaks down what proper form looks like.

Have fun with it & don't forget to record what you used - that's what Page 5 is for!

PART ONE – 5 SETS

STATIONARY PARTNER BAND RUN



20 seconds under tension
5 sets

With a Partner: The working partner has the band across their hips with the inactive partner holding it behind him/her. The working partner runs against the tension of the band.

Flying Solo: With the band carefully looped through a safe post, step into the band. Once the band is across your hips, step out so there is tension and run against it for the allotted time.

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GLUTE CAMP

PART TWO – 3 SETS

1. KB TENSION HOLDS



30 seconds

2. BANDED BRIDGE SINGLE LEG PUNCH



20 per leg

3. LANDMINE SQUATS (TEMPO)



8 reps (4-0-1)

PART THREE – 3 SETS

1. STEP UPS (TEMPO)



6 reps (4-0-1)

2 BAND HIP EXTENSIONS (STANDING)



15 reps

PART FOUR – 3 SETS

1. DB STRAIGHT LEG DEADLIFT (TEMPO)



6 reps (4-0-1)

2. FROG PUMPS



15 reps

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GLUTE CAMP

WARM-UP		
EXERCISE	SETS	TIME UNDER TENSION
QUADRUPED BRACE	3	30 seconds
SINGLE LEG RAISE	2	15 reps
BIRD DOGS	2	15 reps
FIRE HYDRANTS	2	15 reps
STRAIGHT LEG 2 POINT TOE TAPS	2	15 reps
GLUTE BRIDGE HOLD	3	30 seconds
GLUTE BRIDGE SINGLE LEG TRIANGLE	3	20 seconds
MONSTER MINI-WALK	2	5 yards & back

WORKOUT			
EXERCISE	SETS	TIME UNDER TENSION	WEIGHT USED
STATIONARY PARTNER BAND RUN	5	20 seconds	
KB TENSION HOLDS	3	30 seconds	
BANDED BRIDGE SINGLE LEG PUNCH		20 per leg	
LAND MINE SQUATS (TEMPO)		8 reps (4-0-1)	
STEP UP (TEMPO)	3	6 reps (4-0-1)	
BAND HIP EXTENSIONS (STANDING)		15 reps	
DB STRAIGHT LEG DL (TEMPO)	3	6 reps (4-0-1)	
FROG PUMPS		15 reps	

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You should consult your physician or other health care professional before starting any fitness program to determine if it's right for your needs. Do not start any fitness program if your physical or health care provider advises against it. If you experience faintness, dizziness, pain, shortness of breath or any other adverse healthy symptoms at any time while exercising you should stop immediately.

If you think you are having a medical or health emergency, call your health care professional, or 911 in the United States, immediately.