

Women Build Muscle – Target Glute Growth

Point	Summary
Main Goal	Build lean muscle with a primary focus on glute growth while improving overall strength, lower body shape, and muscle definition
Workout Type	Muscle Building (Hypertrophy) & Strength Training
Training Level	Beginner Friendly
Program Duration	8 Weeks
Training Frequency	4 Days Per Week
Workout Duration	45–60 Minutes Per Session
Equipment Required	Dumbbells, Resistance Bands, Kettlebell, Exercise Mat, Bench (Optional)
Target Muscle Groups	Primary: Glutes, Hamstrings, Quadriceps; Secondary: Calves, Core, Shoulders, Back, Chest, Biceps, Triceps
Target Gender	Women
Training Split	Upper Body / Lower Body (4-Day Split)
Primary Focus	Maximize glute growth through progressive overload while building lean muscle, improving lower-body strength, enhancing posture, and creating a balanced, athletic physique.

Weekly Training Schedule

Option 1: Mon D1, **Tue Rest**, Wed D2, Thu Rest, Fri D3, Sat D4, **Sun Rest**

Option 2: Mon D1, Tue D2, **Wed Rest**, Thu D3, Fri D4, Sat Rest, **Sun Rest**

Day 1 – Upper Body		
Exercise	Sets	Reps
Bent Over Dumbbell Row	2–3	10–12
Dumbbell Floor Press	2–3	10–12
Band Pull Apart	2–3	10–12
Lateral Raise	2–3	10–12
Standing Dumbbell Curl	2–3	10–12
Close Grip Push-Up	2–3	10–12*
Ab Crunch	2–3	15–20

Day 2- Lower Body		
Exercise	Sets	Reps
Banded Good Morning	2–3	15–20
Kettlebell Swings	2–3	15–20
Dumbbell Goblet Squat	2–3	15–20
Curtsy Lunge	2–3	10–12 Each Leg
Glute Bridge	2–3	15–20
Standing Calf Raise	2–3	10–12
Lateral Band Walk	2–3	10–12 Each Leg

Day 3 – Upper Body		
Exercise	Sets	Reps
Dumbbell Shoulder Press	2–3	10–12
One Arm Dumbbell Row	2–3	10–12 Each Arm
Arnold Press	2–3	10–12 Each Arm
OH Triceps Extension	2–3	10–12
Rear Delt Fly	2–3	10–12 Each Arm
Hammer Curl	2–3	10–12
Lying Leg Raise	2–3	15–20

Day 4 – Lower Body		
Exercise	Sets	Reps
Dumbbell Glute Bridge	2–3	15–20
Dumbbell Split Squat	2–3	15–20
Plie Squat	2–3	15–20
Stiff Leg Deadlift	2–3	15–20
KB Romanian Deadlift	2–3	15–20
Banded Glute Bridge	2–3	15–20*

Basic Nutrition Guidelines	
Topic	Recommendation
Meals	3–5 balanced meals/day
Protein	20–30 g each meal
Protein Sources	Chicken, eggs, fish, paneer, tofu, yogurt, lentils, beans
Carbs	Oats, rice, whole grains, potatoes, fruits, vegetables
Healthy Fats	Nuts, seeds, olive oil, avocado
Water	2.5–3.5 L/day
Sleep	7–9 hours
Daily Protein	1.6–2.2 g/kg body weight
Supplements	Whey, Creatine, Omega-3, Vitamin D3, Multivitamin (optional)