



SUPER-GLUTES



*All exercises below are to be performed with max intent for strength & hypertrophy adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises & Rest 2-3 minutes b/w rounds

No.	Movement Type	Exercise Options	Intensity (Percent)	Volume (reps)
1	Heavy LB Push	BB Hip Thrust (Shoulder Elev), BB Hip Thrust (Feet Elev), BB Sumo DL, Rack Pull, BB Sumo Back Squat, BB Glute Bridge	80-100%	4-6
2	Medium Unilateral	DB SL Hip Thrust (Feet Elev), DB SL Hip Thrust (Shoulder Elev), DB Sumo DL, DT Sumo Squat, DB SL Glute Bridge	55-75%	8-12
3	Light Single Joint	Cable Kick Back (toe down), Kick Back (toe out), Clamshells, Banded Walk, Fire Hydrants, Sidelying Straight Leg Raise	35-55%	15-25

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