

BUILD MY STRONG BODY & MIND

**BENTLEIGH  
FITNESS CENTRE**

# 7 Day Glutes & Thighs Program

DESIGNED BY OUR PT MICHAEL

This 7 day glutes & thigh program consists of a variety of workouts to ensure you are targeting all your muscles.

## PT TIPS:

1. Always warm up prior to beginning your workout.
2. Be flexible - adjust repetitions as necessary to maintain proper form
3. Feel free to add weights if you have them
4. Aim to progress repetitions where possible



BEGIN EACH DAY WITH  
THIS WARM UP

20 X glute bridges  
12 secs X wall standing glute kick back  
40 secs X plank





# DAY #1

Repeat 3 X

12 - 15 X pause squat

10 - 12 X single leg glute bridge (each side)

10 - 12 X side lunges (each side)

10 - 12 X single calf raise (each side)

8 - 10 secs X arabesque (each side)





A close-up photograph of a person's lower body performing a squat on a wooden dock. The person is wearing black shorts and light blue sneakers. A yellow resistance band is looped around both thighs, just above the knees, to provide resistance during the movement. The background shows a body of water with sunlight reflecting off the surface.

# DAY #2

Repeat 3 X

12 - 15 X sumo squats

6 - 8 X towel hamstring curl

8 - 10 X single leg box squat (each side)

12 - 15 X mule kick (each side)

12 - 15 X side lying leg raises (each side)







REPEAT 3 X

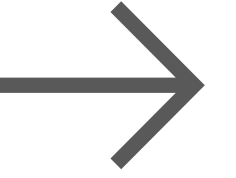
8 - 10 X squat jumps

10 - 12 X reverse lunges (each side)

30 - 45 secs X wall sit

10 - 12 X bent knee single leg calf raises  
(each side)

12 - 15 X side lunges (each side)



# DAY #3

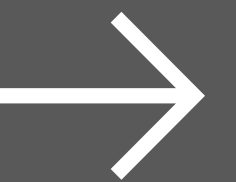




# DAY #4

## Regeneration Day

30 - 60 minute walk  
30 - 40 seconds (each) stretches;  
glutei, hip flexors, quads,  
hamstrings & back



# DAY #5

REPEAT 3 X

15 - 20 X pause squat

10 - 12 X arabesque (each side)

10 - 12 X bulgarian split squats (each side)

12 - 12 X fire hydrant (each side)

12 - 15 X single leg calf raises (each side)





# DAY #6

REPEAT 3 X

15 - 20 X sumo squats

10 - 12 X walking lunges (each side)

45 - 60 secs X wall sit

15 - 20 X side lying leg raises (each side)

12 - 15 X bent knee single leg calf raises  
(each side)





# DAY #7

REPEAT 3 X

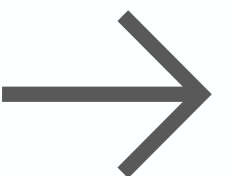
10 - 12 X squat jumps

10 - 12 X single leg box squat (each side)

8 - 10 X towel hamstring curl

12 - 15 X single leg glute bridge (each side)

12 - 15 X adductor leg raise (each side)





# Benefits of Strong Glutes & Thighs

## Direct Benefits:

Run faster & jump higher



## Secondary Benefits:

Improves posture & prevents injury



### STRONG GLUTES & THIGHS

Supports the lower back during lifting motions



### STRONG GLUTES & THIGHS

Allows athletes to move faster and more explosive



### STRONG GLUTES & THIGHS

Prevents knee injuries during running and lifting exercises

WE'D LOVE TO HEAR HOW YOU GO!  
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