

INTRODUCTION

Welcome to the Booty Manual! If you're here, that means you're ready to look better in your jeans.

Here's the problem: everyone wants a sculpted strong behind, but **not everyone has the genetics or motivation to put in the work to make it a reality**. I know that if you stick with this program, you'll see your booty transform over the next eight weeks and feel like a new person.

Lastly, in order to maximize your progress, you will have to focus on the quality of repetitions. That means you're to **squeeze your glutes with each rep**. Your glutes should be sweating and screaming for help when you're done.

Oh yeah, and being consistent and actually following the program that's laid out for you helps.

If you have any questions please contact me here: Thiago@tsantosfit.com



3 TIPS FOR GUARANTEED SUCCESS

Chances are you're excited to take on this transformation. You can envision how strong and sculpted your booty will look in only eight weeks.

However, motivation is fleeting, once the excitement and newness of the program wears off, you'll be tempted to miss workouts. I recommend that you do the following three things:

- ✓ **Get a training buddy**

- If you have someone holding you accountable, you are more likely to succeed.
- You wouldn't want to stand your buddy up at the gym because you're a good friend.

✓ **Prioritize your workout**

- Schedule your workouts ahead of time on your calendar, set reminder alarms, and you'll be less likely to book something in that time slot
- When was the last time you cancelled your colonoscopy to grab a coffee with a friend? As much as you dreaded the procedure, you followed through with it because you value your health.

✓ **Create a habit**

- Sticking to a regular training day and time will help you get into a groove. Eventually, you will workout on those days without any doubt.

THREE FUNDAMENTAL MOVEMENTS



SQUAT



RDL (hip hinge)



GLUTE BRIDGE

The meat and potatoes of this program will revolve around three fundamental movements:

1. **Squat**
2. **RDL (hip hinge)**
3. **Glute Bridge**

WHY

- Squats and Romanian Deadlifts (hip hinge) are movements that we use daily.
 - *EXAMPLE:* Bending over to pick up a small child from the ground is a form of deadlifting.
 - *EXAMPLE:* Getting up and down from a chair resembles a squat.
- It's important that we are proficient in these movements in order to spare the spine from unnecessary everyday stress.
 - *Back pain is one of the most common reasons to visit the emergency room.*
- Most individuals have a weak & dormant backside (glutes & hamstrings)
- Squats and Romanian Deadlifts train several muscles at a time and torches calories

3 PART WARM-UP

- Warm-up before every workout, it should take approximately 5-10 minutes

WHY

- Increase body temperature
- Improve mobility/flexibility
- Increase focus and body awareness
- Improve muscle activation potential

1. Mobility/Flexibility

Cat cow X 60 seconds

Spiderman with reach x60 seconds

High plank to downward dog x60 seconds

2. Activation

Glute bridges x20 reps

Clam shells x10 each

Donkey Kicks x10 each

3. Stationary

Jumping jacks x10

Seal jacks x10

Cross jacks x10

PHASE



FEEL THE BURN

| | <i>EXERCISE</i> | <i>SETS & REPS</i> |
|-----------------------------|---|----------------------------|
| Mobility/Flexibility | <ul style="list-style-type: none">• Cat cow• Spiderman with reach• High plank to downward dog | 60 seconds each |
| Stationary | <ul style="list-style-type: none">• Jumping jacks• Seal jacks• Cross jacks | 2X10 Reps |
| Activation | <ul style="list-style-type: none">• Glute bridges• Clam shells• Donkey Kicks | 2X20 2x10 ea 2x10 ea |



Phase One's Goal

- Learn to activate and feel your glutes work
- Complete this workout twice a week for two weeks

How To Complete The Workout

- Start with the *mobility* section and work your way down the list
 - ✓ *Mobility drills*
 - ✓ *Stationary drills*

✓ *Activation drills*

- *2x10reps = 2 Rounds x 10 repetitions*
 - *Complete each move for 10 reps and repeat for a second round*

 **Training Tips For Maximum Results**

- Focus on using a smooth, slow, and controlled **tempo** with each rep.
 - *EXAMPLE:* When performing a *glute bridge* take 2 seconds to go up, pause/squeeze for 1 second at the top, and slowly return to the floor in 2 seconds.
 - One *glute bridge* should take a total of 5 seconds to perform

PHASE  MASTER YOUR BODY WEIGHT

| | <i>EXERCISE</i> | <i>SETS & REPS</i> |
|-----------------------------|---|----------------------------|
| Mobility/Flexibility | <ul style="list-style-type: none"> ● Cat cow ● Spiderman with reach ● High plank to downward dog | 60 seconds each |
| Stationary | <ul style="list-style-type: none"> ● Jumping jacks ● Seal jacks ● Cross jacks | 2X10 Reps |
| Activation | <ul style="list-style-type: none"> ● Glute bridges ● Clam shells ● Donkey Kicks | 2X20 2x10 ea 2x10 ea |
| Strength Workout | A.1 Body Weight squat A.2 bird dog B.1 RDL(body weight) | 3x8 3x8 3x8 |

| | | |
|-------------------------------------|---|--|
| | B.2 Lat squat | 3x8ea |
| Finisher | | |
| Band glute finisher | A.1 ALT side steps A.2 wide outs A.3 ALT kick backs A.4 Running man A.5 squats A.6 in & out squat hops | X30 X30 X30 X30 X15 X15 <i>Rest for 90 seconds & repeat 1-3 Round</i> |



Phase Two's Goal

- Introduce fundamental moves (squats, RDL, glute bridges)
- Complete this workout twice a week for three weeks
- * *I recommend that you try a different finisher each week*
- Each week increase the reps in the strength workout by 2***
 - *Week 1 3x8*
 - *Week 2 3x10*
 - *Week 3x12*

How To Start The Workout

- Start with the ***mobility*** section and work your way down the list
 - ✓ *Mobility drills*
 - ✓ *Stationary drills*
 - ✓ *Activation drills*
 - ✓ *Strength Workout*
- * *3x8 = 3 Sets/Rounds x 8 Repetitions*
- Strength Workout
 - A.1 Body Weight squat **3x8**
 - A.2 bird dog **3x8**
 - B.1 RDL(body weight) **3x8**

- B.2 Lat squat 3x8ea
- **Complete A1-A2 exercises back to back then rest for 30 seconds if needed and repeat for a total of 3 rounds (3x8 before moving on to the next (B) group of exercises.**
 - A.1 Squats set #1 x8
 - A.2 Bird dog set #1 x8
 - A.1 Squats set #2 x8
 - A.2 Bird dog set #2 x8
 - A.1 Squats set #3 x8
 - A.2 Bird dog set #3 x8
- The **finisher** is a way to give your muscles an extra push to stimulate growth and to burn off some extra calories (it's the icing on the cake).
 - In the end of this menu I've added a few extra BONUS finishers for you to circulate into your workouts.

 **Training Tips For Maximum Results**

- Focus on using a smooth, slow, and controlled **tempo** with each rep.
 - **SQUATS/RDL:** Take 2 seconds to go down, pause at the bottom for 1 second, and return to the starting position in 2 seconds.
 - One squat should take a total of 5 seconds to perform.
 - 8 reps= 40 seconds
- Focus on keeping your core (stomach muscles engaged) and treat each rep like a masterpiece. Don't take any reps off.

PHASE  **SHAPE & LIFT**

| | <i>EXERCISE</i> | <i>SETS & REPS</i> |
|-----------------------------|---|------------------------|
| Mobility/Flexibility | <ul style="list-style-type: none"> ● Cat cow ● Spiderman with reach ● High plank to downward dog | 60 seconds each |

| | | |
|--|--|---|
| Stationary | <ul style="list-style-type: none"> • Jumping jacks • Seal jacks • Cross jacks | 2X10 Reps |
| Activation | <ul style="list-style-type: none"> • Glute bridges • Clam shells • Donkey Kicks | 2X20 2x10 ea 2x10 ea |
| Strength Workout | A.1 Goblet squat A.2 bird dog B.1 RDL B.2 Lat squat | 3x10 3x10 3x10 3x20 |
| Finisher | | |
| Ground hip glute circuit | A.1 Glute bridge A.2 Single leg glute bridge A.3 Fire hydrant A.4 Straight leg fire hydrant A.5 Donkey kick A.6 Hip circles | 30 seconds each <i>With minimal to no rest</i> 1-3 Rounds |



Phase Three's Goal

- Increase the intensity by adding weights (dumbbells, kettlebell etc..)
- Complete this workout twice a week
- * *Only add weight if you were able to perform each exercise for 3x12 with PERFECT FORM*
- *Each week increase the weight in the strength workout by 5lbs-10lbs*
- *Week 1 3x12*
- *Week 2 3x10*
- *Week 3x8*

How Much Weight Should I Use?



- Select a weight that feels between 7-8 on the RPE scale above
- Say you choose 10lbs to perform 8 reps of squats and after you complete 8 reps, you feel like you can complete 8 more reps
- ➔ **GUESS WHAT?**
- That weight is too light and you're not being challenged, you should feel like you're able to complete 2-3 more reps
- ➔ **NEXT SET** go up by 5lbs and if it's still too easy, go up by another 5lbs on the next set.
- ➔ **THE KEY**
 - Train in that sweet spot where you rate 7-8 on the Rate of Perceived Exertion scale

Training Tips For Maximum Results

- Focus on using a smooth, slow, and controlled tempo with each rep.
 - **SQUATS/RDL:** Take 2 seconds to go down, pause for 0 second at the bottom, and return to the starting position in 1 second.

FINISHER

| <i>FINISHERS</i> | <i>EXERCISE</i> | <i>SETS & REPS</i> |
|--|---|---|
| Ground hip glute circuit | A.1 Glute bridge A.2 Single leg glute bridge A.3 Fire hydrant | 30 seconds each <i>With minimal to no rest</i> 1-3 Rounds |

| | | |
|--|---|---|
| | A.4 Straight leg fire hydrant A.5 Donkey kick A.6 Hip circles | |
| <u>Band glute finisher</u> | A.1 ALT side steps A.2 wide outs A.3 ALT kick backs A.4 Running man A.5 squats A.6 in & out squat hops | X30 X30 X30 X30 X15 X15 <i>Rest for 90 seconds & repeat 1-3 Round</i> |
| <u>Lower body weight circuit</u> | A.1 Squats A.2 Reverse luge A.3 Single leg RDL reach A.4 Glute Bridge A.5 Single leg bridge | x10 5xea x5ea x10 x5ea <i>Rest for 90 seconds & repeat 1-3 Round</i> |
| <u>Squat hinge pop</u> ** advanced | A.1 Sumo squat A.2 Single leg RDL A.3 KB swing | 5x10 reps |
| <u>Ground hip glute circuit 2</u> | A.1 Single leg bridge A.2 Clam shell A.3 Side lying hip abduction A.4 Fire hydrant A.5 Straight leg fire hydrant A.6 Quadruped hip circles | x10ea x10ea x10ea x10ea x10ea x10ea |
| <u>100 rep glute burner</u> | A.1 Glute bridge A.2 Bridge hold w/ abduction A.3 Marching glute bridge A.4 Bridge hold A.5 Glute bridge | x20 x20 x20 x20 x20 sec x20 |

| | | |
|---|--|---|
| <u>Hip thrust tabata</u> **advanced | A.1 Single leg hip thrust (R) A.2 Hip thrust A.3 Single leg hip thrust (L) A.4 Hip thrust | 20 seconds of work followed by 10 seconds of rest for a total of 8 rounds (4 minutes) |
| <u>Glute bridge tabata</u> | A.1 Single leg bridge (R) A.2 bridge A.3 Single leg bridge (L) A.4 bridge | 20 seconds of work followed by 10 seconds of rest for a total of 8 rounds (4 minutes) |
| <u>Squat & KB swing tabata</u> **advanced | A.1 Gob squats A.2 KB swings | 20 seconds of work followed by 10 seconds of rest for a total of 8 rounds (4 minutes) |
| <u>KB swings & reverse lunges tabata</u> **advanced | A.1 alternating reverse lunges A.2 KB swings | 20 seconds of work followed by 10 seconds of rest for a total of 8 rounds (4 minutes) |



Exercise Tutorial Videos

1. [Glute bridges](#)
2. [Squats \(body weight\)](#)
3. [RDL](#)

“What happens after the 8 weeks?”

If you want to continue working with me and get a new perfectly designed training routine, meal and recipe plan email me at thiago@tsantosfit.com