



The Lab PT - BootyBuilding Guide 🍑

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Strength. Conditioning. Nutrition.

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Please be advised all material included in this guide is intended to be of a general nature only. Although based off research it is not an Individualised and Personalized program but rather general information. The recommendations are for Healthy individuals and may not meet the specific requirements of all individuals. Individuals should always seek advice and clearance from Industry qualified Professionals before embarking on any Exercise based regime and/or healthy eating recommendations.

Thank you for downloading my Guide. 😊



So you want to build a **Bigger** and **Stronger** Booty? 🍑

If rocking your dream bod with strong peaches is a must for you, this quick guide will inspire you and help you get the results you're after!

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We all know that compound exercises i.e. [Squats/Deadlifts](#) are a great exercise to help promote lower body growth and peach gains. We also know Iso-lateral exercises i.e. Glute bridges/Hip hinges/Thrusters help aid with further sculpting.

But are these Exercises alone enough to help us grow a Bigger and Stronger Booty?

The truth is yes compound and isolation exercises do help recruit more muscle fibres and help promote further growth. However we may also be lacking some important key areas to further enhance the glutes from both an aesthetic and functional point of view. We also need to constantly 'use' and 'feed' the glutes for them to take shape.

This quick guide will cover some basic areas to help those looking to shape, tighten, tone, strengthen, grow or re-sculpt their own set of peaches. 😊

Butt Aesthetics aside did you know there are other added Physiological and Psychological benefits from incorporating Regular Exercise into your weekly regime?

These include:

1. Improved Respiratory, Oxygen Supply and Circulation
2. Improved Endurance and Speed
3. Increased Strength and Power
4. Improved Flexibility and Stabilization
5. Hormone production and release
6. Further Muscle Growth Recruitment
7. Improved Body Composition (Lean Muscle Gain)
8. Expedite Fat Loss
9. More Glycogen storage capacity (Carbohydrates)
10. Improved Self-Confidence and Self-Esteem
11. Burn the most amount of Calories possible!

Cardio Vs Weights?

Ok. Ever wondered what's the best possible way to build the glutes? 🍑 If you love lifting weights and results are still mixed, you've come to the right place. If you're someone who spends countless hours on Cardio, hopefully the below will inspire you. ☺

Did you know according to current research too much cardio has the ability to affect your booty-building gains? That's right, the body is only capable of doing 1 thing either really well or half-assed (no pun intended). A recent meta-analysis study showed individuals whom focus solely on weight training reap the maximum amount of their muscle building potential. [1] Nutritionally speaking, this is also provided an individual's protein intake is in the 1-1.3g or 1.3-1.8g per lb of bodyweight to maximize muscular hypertrophy and prevent adaptation to weight training. [2]

Second to this group, those whom perform concurrent training (both weight training and cardio) alongside still reap some muscle building benefits along with improved cardiovascular and aerobic fitness. [3] However the attributed increase of LBM (Lean Body Mass) wasn't significant. Lastly the cardio focused group experienced little to no muscle gain. In most cases a larger magnitude of interference effects were recorded. [4]

Verdict?

If you're looking for optimal booty-building gains, shift your focus from Cardio overload to weight training instead.

If you're looking for the best of both worlds, consider leaving cardio intact and incorporating some weight training alongside.

If you're a marathon runner or Cardio bunny and want to build muscle, you may want to re-consider your current position!



Weights Vs Cardio

References:

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2. Phillips SM, Van Loon LJ. Dietary protein for athletes: from requirements to optimum adaptation. *J Sports Sci.* 2011;29 Suppl 1:S29-38. doi: 10.1080/02640414.2011.619204.
3. Jones TW, Howatson G, Russell M, French DN. Performance and Endocrine Responses to Differing Ratios of Concurrent Strength and Endurance Training. *J Strength Cond Res.* 2016 Mar;30(3):693-702. doi: 10.1519/JSC.0000000000001135.
4. Baar K. Using Molecular Biology to Maximize Concurrent Training. *Sports Medicine (Auckland, N.z).* 2014;44(Suppl 2):117-125. doi:10.1007/s40279-014-0252-0.

Booty-Building Tips 🍑

Now that we've covered some of the basics, here's a few glute sculpting tips for you to incorporate into your Daily Protocol both in and outside of the Gym:

- **Foot placement** – did you know where you plant your feet can determine whether or not we're using our glutes? Try to imagine where you are naturally shifting your bodyweight to? If you naturally stand with the majority of your weight towards the front, you may naturally have bigger quads. However, if you move the majority of your weight towards the heel, you will start to target more of the back muscles (Poster chain). This simple tip will help you be more rear-focused even when you're not in the gym!
- **ROM** –Range of motion is also a determining factor whether we're going to successfully build a great set of glutes. Focusing on ROM can help place further emphasis on the Glutes as opposed to our Legs. Aim to achieve at least parallel (90 degrees) with your compound exercises as this will further increase glute development. *Going past parallel is also recommended to help further develop and activate the Glutes.
- **Glute Activation/ Mind to Muscle connection** – one of the most important things aside from foot placement and ROM is remembering to 'squeeze' your Glutes whilst exercising. It's not uncommon when performing exercises that we sometimes forget or become lazy to activate our Glutes. This is also commonly known as 'Lazy Glute' activation. A lot of people fail right here as they simply don't remember to activate the Glutes. Ensuring our Glutes are constantly flexed through each repetition will allow greater Muscle Fibre Activation and encourage further Growth. Think 'Mind to Muscle' connection, and you will always squeeze.
- **Feed the booty** – Remembering to 'feed' the booty can be just as important as training it. How do we do this? Meet your prescribed Macronutrient and Calorie requirements. This will not only help you recover quicker but aid with muscle repair and allow for further growth.
- **Recovery** – today's society has taught us to demand results today. Because of this we may sometimes find ourselves not getting enough rest? One simple and effective way to ensure we get results is simply being consistent with our approach. It's important also not to overdo your Training program for sake of chasing more 'booty gains' as this can be a deterrent for further growth and repair. Ensuring you're getting adequate rest and following through your Weekly Exercise and Food Targets will ensure you are always actively working towards those 'Booty-building' goals! ☺

Training Split 🍑

Ready to finally build some Glutes? Here's a sample 'Booty-building' split to get you started!

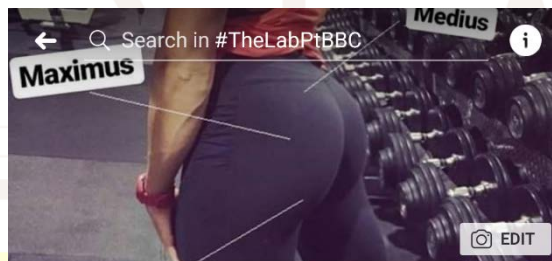
Exercise	Sets	Reps	Tempo	Rest
BB Squats	4	20	2:1	60s
Glute bridges	4	20	3:1	30s
Sumo Deadlifts	5	5	2:1	60s
Hip hinge/Thrusters	4	20	3:1	30s
Goblet Squat/Lunges	4	20	3:1	30s

Click [here](#) to also see some tips in action.

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So there you have it, a few easy and simple steps for you to get started on. Remember to always keep it simple and not get too heavily invested in things. The most important thing here is you don't have to get it right, you just have to get it going! 😊

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'Set yourself up for Success by actively working towards your goals.' – Franz (S&C Coach)

