

A woman with long brown hair, wearing a grey halter-neck crop top and grey leggings with a perforated texture, is performing a glute exercise. She is sitting on a pink resistance band that is looped around her feet and under her thighs. She is leaning forward with her right leg bent and her left leg extended. The background is a plain white wall. The text 'TRAIN WITH ARENA 7 DAY GLUTE PROGRAM' is overlaid on the left side of the image in a pink, sans-serif font. The 'ARENA STRENGTH' logo is in the bottom right corner.

**TRAIN WITH
ARENA
7 DAY
GLUTE
PROGRAM**

**ARENA
STRENGTH**

Community Support = Rocket-Powered Results

"I stick to it because of all the members motivational words and results... it pushes me to keep going 🥰😭💪💪"

Eden built her booty by following the free daily workouts and challenges in our Arena Strength group - membership is free with every band purchase!



DAY 1



DAY 22



The Power of Consistency

"I totally mean to workout other parts of my body (that mom pooch) but the booty results are just too addicting!"

We love to see women falling in love with the way they look! Stephanie combines Arena Strength bands routines with cardio 4-5 days a week, occasionally combining them with free weights for a little extra boost.



MONTH 1

MONTH 4



7-DAY GLUTE ACTIVATION TRAINING PROGRAM

IMPORTANT: Complete exercise descriptions are at the back of this guide, so please take a look through the whole book before you start!

All exercises can be completed without resistance bands, however adding resistance bands will give you a better workout and faster results.



DAY 1

TARGET: 3 Rounds
Beginner: 1 Round
Advanced: 4 Rounds

STANDING KICK BACK

10 Reps per Side

Keep a tight core and maintain stable hips. Lean forward slightly to better engage the glutes.



STANDING SIDE KICK

10 Reps per Side

Keep a tight core and maintain stable hips. Lean forward slightly to better engage the glutes.



SIDE LYING ABDUCTION

10 Reps per Side

Keep a tight core. Focus on the glutes throughout the whole movement.



GLUTE BRIDGE

15 Reps

Squeeze the glutes then lift your hips, squeeze at the top and lower down. Focus on pushing your knees against the band.



DAY 2

TARGET: 3 Rounds
Beginner: 1 Round
Advanced: 4 Rounds

DONKEY KICK

10 Reps per Side

Try to keep your hips straight throughout the movement. Focus on squeezing your glutes at the top of the movement.



FIRE HYDRANT

10 Reps per Side

Focus on controlling the movement from your glutes, rather than twisting your core. Keep your core tight throughout.



GLUTE BRIDGE

15 Reps

Drive your hips to the sky and squeeze your glutes at the top of the movement.



GLUTE BRIDGE OPEN

15 Reps

At the top of the glute bridge open and close the legs. Ensure your hips don't drop.



DAY 3

TARGET: 3 Rounds
Beginner: 1 Round
Advanced: 4 Rounds

HIP THRUST

15 Reps

Keep your feet flat on the ground throughout the movement to keep your glutes engaged.



SIDE LYING ABDUCTION

12 Reps per Side

Try to keep stable during this exercise (don't lean forwards or backwards). This will help keep the movement in your glutes rather than your hamstrings or quads.



SIDE LYING KNEE PULL

12 Reps per Side

Drive your knee as close to your chest as possible during this movement for a better burn!



CLAM

10 Reps per Side

Focus on squeezing your glutes when the clam is open.



DAY 4

TARGET: 3 Rounds
Beginner: 1 Round
Advanced: 4 Rounds

MONSTER WALK

10 Steps Forward & Backward

Take BIG, slow steps to engage your glutes most effectively.



DONKEY KICK + PULSE

10 Reps per Side

After each set of 10 reps hold your leg high and pulse up and down for 5 quick pulses.



FIRE HYDRANT + PULSE

10 Reps per Side

After each set of 10 reps hold your leg high and pulse up and down for 5 quick pulses.



SEATED ABDUCTIONS

30 Reps

Focus on your glutes throughout this movement.



DAY 5

TARGET: 3 Rounds
Beginner: 1 Round
Advanced: 4 Rounds

STANDING KICK BACK + PULSE

10 Reps per Side

After each set of 10 reps hold your leg back and pulse up and down for 5 quick pulses.



STANDING SIDE KICK + PULSE

10 Reps per Side

After each set of 10 reps hold your leg back and pulse up and down for 5 quick pulses.



GLUTE BRIDGE + PULSE

15 Reps

After each set of 15 reps hold your glutes and the top and pulse up and down for 5 quick pulses.



SIDE LYING ABDUCTION CIRCLES

10 Reps per Side

For this movement, hold your leg high and complete small forward circles. Each circle is 1 rep.



DAY 6

TARGET: 3 Rounds
Beginner: 1 Round
Advanced: 4 Rounds

HIP THRUST & PULSE

15 Reps + 5 Pulses

After each set of 15 reps hold your glutes at the top and pulse up and down for 5 reps.



CLAM 90 DEGREES

10 Reps per Side

Focus on controlling this movement with your glutes. Keep them squeezed throughout the opening movement.



DONKEY KICK + PULSE

10 Reps per Side

After each set of 10 reps hold your leg back and pulse up and down for 10 quick pulses.



FIRE HYDRANT + PULSE

10 Reps per Side

After each set of 10 reps hold your leg high and pulse up and down for 10 quick pulses.



DAY 7- REST

Rest days are important as they allow your glute muscles to recover, rebuild and grow. Why not take the time to stretch!



CONGRATULATIONS! YOU MADE IT!

You've just nailed 7 Days of SERIOUS glute activation!!!

Feel free to add bands and repeat for a better workout. Or, if you loved your 7 day program, this is the first module in our new Train With Arena App! Grab your free trial below...

Shop online

Click here or
scan the QR
Code



JOIN OUR COMMUNITY

It's so much easier to accomplish goals when you are surrounded by inspiration and like-minded people. This is why we have built an awesome online community of women. We regularly run challenges, share results and provide workout tips and tricks.



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EXERCISE OVERVIEW

DEFINITIONS

SLOW

In this program you will often see 'slow' after the exercise title. This means you are adding 'tempo' to the movement to keep your glutes under tension for longer.

For example; DONKEY KICKS SLOW means you take 2 seconds raising your leg, you hold it for 2 seconds at the top and then lower your leg slowly over 2 seconds to finish the movement.

HOLD

A hold is simple a static pause in a movement. We always 'hold' the movement at the hardest part i.e. at full extension. So that's the top of the glute bridge, the bottom of a lunge and the outer point of a side kick. Try to focus on squeezing your glutes during the hold to get the maximum benefit.

PULSES

The program might ask you to "pulse" at the end of a set or rep. A "pulse" is when you make a small movement at the hardest part of the exercise for the number of pulses specified. It's designed to really drive the muscle burn into the hardest part of an exercise. As a result it's a great way to further challenge yourself and see gains as you get stronger.

STANDING KICK BACKS

1. Stand straight with your feet hip-width apart. Place the band just above your knees and ensure you have a wall to balance against.
2. Controlling the movement from your glute, kick one leg back, keeping it straight at all times.
3. Squeeze your glutes at the top of the movement and return your leg to start position to finish the rep.



EXPERT TIP: If you want to increase glute activation, lean forward during this movement.

STANDING SIDE KICK

1. Stand straight with your feet hip-width apart. Place the band just above your knees and ensure you have a wall to balance against.
2. Controlling the movement from your glute, abduct one leg to the side. Keep your leg straight throughout the movement.
3. Squeeze your glutes at the top of the movement and return your leg to start position to finish the rep.



SIDE LYING ABDUCTION

1. Place the band just above your knees.
2. Lie on your side with your lower knee bent. Lean your upper body on your elbow, brace your abs and keep a straight spine.
3. Extend your upper leg in front. Turn your extended foot inward.
4. Raise your leg as high as you can and slowly lower again.



SIDE LYING ABDUCTION EXTENDED: This is the same movement except you lower your top leg as far as you can below the bench to deliver an extended range of motion during the movement

SEATED ABDUCTION

1. Place the band just above your knees.
2. Sit on a chair, back straight, feet slightly wider than shoulder width apart, feet pointed forward.
3. Push your knees out, squeeze your glutes and hold for 4 seconds. Bring your knees in ensuring your feet stay firmly on the floor.



DONKEY KICK

1. Place the band just above your knees.
2. Go on your hands and knees, back neutral, abs braced.
3. Keep your face down so your neck is in line with your spine. Do not arch your back.
4. Take one leg and drive it up, maintaining the 90 degree angle and the foot should end with the sole facing the ceiling.
5. Lower slowly.



EXPERT TIP: These are excellent glute activators. To increase the intensity you can hold the extended position longer and do the exercises slower.

FIRE HYDRANT

1. Place the band just above your knees.
2. Go on your hands and knees, back neutral, abs braced.
3. Keep your face down so your neck is in line with your spine. Do not arch your back.
4. Drive your knee out to the side maintaining the 90 degree angle.
5. Lower slowly.



LARGE SIDE STEP

1. Place the band just above your knees.
2. Stand chest proud, head and feet facing forward, abs braced, knees slightly bent.
3. Point your feet forward, slightly wider than hip distance apart.
4. Move one foot directly to the side (leading with your knee not ankle).
5. Follow with the other foot and repeat for 10 steps.
6. Facing the same direction, move sideways 10 steps to the starting position.



MONSTER WALK

1. Place the band just above your knees.
2. Stand chest proud, head and feet facing forward, abs braced, knees slightly bent.
3. Point your feet forward, slightly wider than hip distance apart.
4. Move one foot forward (leading with your knee not ankle) and diagonally out to the side in one step.
5. Repeat this with the other foot for 10 steps.
6. Facing the same direction, move back 10 steps to the starting position.



90 DEGREE CLAMS

1. Place the band just above your knees
2. Lie on your side, rest your head on your arm, bend your hips to 45 degrees and bend your knees to 90 degrees.
3. Ensure your hips are straight, your knees are stacked perfectly and your feet are aligned with your back.
4. Lift your upper leg as high as you can. Squeeze your glutes. Return to the bottom position. Your feet and knees should not touch between reps (this will help to keep your glutes under tension for longer!)



EXPERT TIP: If you want to increase glute activation while you are lunging then elevate the toes of your standing foot on a weight plate or wedge. This will help you keep the weight in your heels so you can better engage your glutes.

SIDE LYING CLAM



1. Place the band just above your knees
2. Lie on your side, rest your head on your arm, bend your hips to 45 degrees and bend your knees to 90 degrees.
3. Ensure your hips are straight, your knees are stacked perfectly and your feet are aligned with your back.
4. Open the upper leg as wide as you can while keeping the feet in contact. Squeeze your glutes. Return to closed.



HIP THRUST

1. Place the band above your knees.
2. Position your upper body on a bench, brace your abs.
3. Point your feet forward and hip width apart.
4. Keeping your back straight for the entire movement, dip your hips down and thrust up while driving your knees out. Ensure you squeeze your glutes and go as high as you can. Hold for 4 seconds.
5. Lower your hips to the ground.



B STANCE HIP THRUST/ GLUTE BRIDGE

By staggering your feet (as pictured: right), you place more weight on to one glute. The rest of the movement remains the same.

This is a great way to reduce glute imbalances and build strength before achieving single leg hip thrusts.



SINGLE LEG HIP THRUST

1. Place the band just above your knees.
2. Position your upper back on a bench with abs braced and a dumbbell situated in the crease of your hip.
3. Hold one leg at a 90 degree angle at the hip and drive the other foot into the floor to bridge your hips up while squeezing your glute. Hold for 4 seconds.
4. Lower your hips back to the starting position.



SIDE LYING KNEE PULL

1. Place the band just above your knees.
2. Lie on your side with your lower knee bent. Lean your upper body on your elbow, brace your abs and keep a straight spine.
3. Extend your upper leg in front. Turn your extended foot inward.
4. Raise your leg as high as you can.
5. Once at the top, bend your leg and pull your knee towards your chest and then fully extend your leg again.
6. Lower your leg to the start position to finish the rep.



EXPERT TIP: To increase your core and glute activation during this exercise, keep your hips stacked on top of each other at 90 degrees to the ground. This will prevent your quads and hamstrings from taking over!

ELEVATED GLUTE BRIDGE

1. Place the band above your knees.
2. Position your legs on a bench at a 90 degree angle, feet hip width apart.
3. Brace your abs.
4. Thrust your hips up while driving your knees out. Ensure you squeeze your glutes and go as high as you can. Hold for 4 seconds.
5. Lower your hips to the ground.



NOTE: For a normal Glute Bridge place feet on floor



GLUTE BRIDGE PYRAMID

This is an exercise combining a Glute Bridge and Abduction movement.

1. Raise your hips like a normal glute bridge
2. Pause at the top, squeeze your glutes and drive your knees open as far as you can. Hold for 2 seconds.
3. Bring your knees back to the centre and lower to the floor.

NORMAL



FEET ELEVATED



WALL ELEVATED



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You understand your body best so please consult your health care professional to determine if this program is right for you.

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WANT TO SAY HI?**

Please contact us directly so we can help!

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