

BABY GOT BACK

Build those glutes with smart strength work and a repeatable four-week plan.

HOME OR GYM | DUMBBELLS, MACHINES OR BODYWEIGHT

YOUR PLAN AT A GLANCE

Glutes get stronger through consistent resistance training, sound technique and gradual progression. You do not need marathon workouts. Train twice weekly on nonconsecutive days; choose loads that keep reps controlled.

Schedule Two sessions weekly: A, then B 2-3 days later.	Rest Rest 60-90 seconds; take longer if form needs it.
Effort Choose a load that leaves about 2 good reps in reserve.	Warm-up 5 minutes easy movement plus one light practice set.

FOUR-WEEK PROGRESSION

Week 1 Learn patterns. Do 2 sets per move.	Week 2 Add 1-2 reps per set with clean form.
Week 3 Move to 3 sets if recovery feels good.	Week 4 When all sets hit the top of the range easily, add a small amount of resistance.

No exercise can choose where body fat changes, and results vary. Aim for strength, function and consistency rather than a promised shape.

THE WORKOUTS

Perform A and B once each week. Start with bodyweight or a light load; use a stable chair or machine setup.

MOVEMENT	SETS x REPS	FORM CUE / OPTION
A1 Hip thrust / glute bridge	2-3 x 8-12	Ribs down; pause without arching back.
A2 Romanian deadlift	2-3 x 8-10	Soft knees; hips back, weight close.
A3 Step-up / supported split squat	2-3 x 8 / leg	Use a low step; hold support if needed.
A4 Hip abduction machine / band walk	2 x 12-15	Keep torso still; choose light resistance.
B1 Goblet squat / sit-to-stand	2-3 x 8-12	Comfortable depth; feet planted.
B2 Leg press / glute bridge	2-3 x 8-12	Pain-free depth; do not lock knees.
B3 Cable / quadruped kickback	2-3 x 10 / leg	Keep pelvis level; use small range.
B4 Side-lying raise / clamshell	2 x 12 / side	Keep hips stacked; avoid trunk rolling.

WORKOUT LOG

WEEK	A: LOAD / REPS	B: LOAD / REPS
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____

FORM + RECOVERY

Breathe through reps, move in a comfortable range and end the set when technique slips. Stop for sharp pain, dizziness or unusual symptoms. If pregnant, recently postpartum, managing pelvic-floor symptoms or returning after injury, get individualized guidance before changing your training.

Guidance: CDC Adult Activity Overview (cdc.gov/physical-activity-basics/guidelines/adults.html); ACOG Exercise After Pregnancy (acog.org/womens-health/faqs/exercise-after-pregnancy).