

# BUILD YOUR GLUTES

---



---

**GLUTES are so fun to grow!**

## Introduction

If you can give me everything you got for 45 minutes, I will give you a workout that will fire up your metabolism for 48 hours, help you defy age, build strength, increase definition, and improve your heart health. I have successfully used the exercises and routines in my daily routine with in person clients and I assure you its effective! I know it can empower you to meet your fitness goals, too.

*As with most saying says "You get out what you put in" is absolutely true for HIIT. Your body will thank you later for this.*

*This information will challenge you mentally and physically but remember: RESULTS require ACTIONS.*

Welcome...

To BUILDING YOUR GLUTES challenge! Remember to reread all instructions and watch demonstration videos of workouts before performing any exercise. If you have any health-related issues such as (heart disease, heart burn, trouble breathing, complication with bone and muscle tissue., etc.) PLEASE SPEAK TO A PHYSICIAN FIRST BEFORE PERFORMING ANY ONE OF THESE WORKOUTS. Here at AnimaBFitness safety is important and we wouldn't want you to get injured. BUILDING YOU GLUTES is an intense full body routine that consist of 21 Days commitment. AnimaBFitness included a meal plan that has a balance of whole grain food, vegetable's and protein to help replenish your muscle repair and speed up your fat loss process. Remember to stay hydrated and stretch! Stretch video can be found in your [membership login](#)

**BUILDING YOUR GLUTES Level 1 and Level 2** is AN INTENSE HIIT workout routine that will leave your metabolism burning even when your workout is finish! AnimaBFitness wants you to be super pumped about it because you're taking on the challenge of *Discipline*, *Dedication* and *Determination* to change NOT only your physic but also some unhealthy habits for 21DAYS! AnimaBFitness appreciate your hard work and effort and we would love to hear from you.

CHECK OUT #BYBG CALANDER BELOW FOR YOU TO SCREEN SHOT AND PUT A 🏆 TO KEEP TRACK OF WORKOUTS. Last page

Summit a review or share your fitness journey using #AnimaBFitness please summit before and after pictures here before starting the challenge [pictures are used for process and are kept confidential .] <mailto:AnimaBFitness@gmail.com?subject=AnimaBYBC Summits>

COMMITMENT - EFFORT AND FOCUS

## **Nutrition for GLUTES**

### **BEFORE YOUR WORKOUT**

As you go through a routine, your body uses stored glycogen (sugar) along with carbohydrates ingested before the workout for fuel. A typical pre-meal should be light and provide a good balance of carbs and protein that will help fuel your workout. Don't eat anything too heavy or large.

Good options include

4 egg whites

Cereal with low-fat milk

Smoothie with low-fat milk

1 cup oatmeal cooked or dried

### **AFTER YOUR WORKOUT**

Post workout, it is important to replenish your body with protein and carbohydrates to aid in the repair and recovery process. Within 30 minutes of completing a workout, try to eat a meal that includes complex carbohydrates and a high protein content such as sweet potatoes, 1/3 cup cooked brown rice or quinoa. 1 cup of cooked vegetables (2 cups if raw), and 3 to 5 ounces of protein like chicken breast, tuna or cod fish. It all aids in the repair of building your muscles.

### **DURING THE DAY**

You will get the most out of your workout if you eat simple, balanced meals in reasonable portions. I suggest eating lean meat, nuts, fruits, whole grains, seafood, low-fat dairy products, avocados, are highly recommended so you can stay away from sugar and processed foods.

## FOR WEIGHT LOSS

If weight loss is your goal, then you need to be aware of your caloric intake. Weight loss comes down to a very simple equation: calories in verses calories out. The quality of those calories is a personal decision.

## HYDRATION

Proper hydration is vital to your athletic performance and health. To perform your best, you need to take in an adequate amount of fluid before, during and after your workouts.



MEAL PLAN GUIDE IS AVAILABLE IN [MEMBERSHIP login](#)



## What You'll Need

### FOOTWEAR

During your workout, it's important to consider the placement of feet on the floor. You need to keep the ball of your foot and your heel on nailed to the floor. If the weight is heavy, you'll notice because you will roll your weight outside (over supination). If your toes lift, you roll inward (over pronation). BOTH of these positions will lead to an unstable base of support and could cause injury.

### YOGA MAT

You can purchase a Yoga mat on Amazon, or any of your retailer's store.

### TOWEL/TIMER

It's good to keep a towel on hand during your routines. I expect you to be sweaty. A watch or timer is essential for keeping track of the work and rest intervals during your routines.

### FOAM ROLLER

An inexpensive toll that you will learn to love, foam rollers provide myofascial release in much the same way as static stretching and massage. Use of foam roller can prevent injury and speed recovery post-workout.

### OPTIONAL EXTRAS:

Weights; it's okay to challenge yourself by incorporating added weight. You can add resistance to exercises like Russian Twist, V-Ups, Squats, Sit-Ups, and much more by using a dumbbell, kettlebell or medicine ball. (10pds-up) one or two of each is fine.



IF you have an IPHONE you can download this EBOOK to your IBOOKS  
Where you will gain access straight from your IPhone. IF you have an Android you can  
download this EBOOK and save it to Google -Drive to gain access way from Login into  
your membership account 😊.

# Anatomy of the Glutes

The gluteals are made up of three layers of muscles:

## Gluteus medius

This muscle sits partway under the gluteus maximus and connects the ilium (hip bone) to the side of the upper femur. It helps you externally rotate your leg when it's extended behind you, and internally rotate your hip when your leg is flexed in front of you. Together with the gluteus minimus, this muscle abducts the hip (moves it outward). This is your chief "side stepping" muscle.

## Gluteus maximus

This is the biggest of the gluteals, and it attaches to the side of the sacrum and femur. It's responsible for extending and externally rotating the hip joint. The maximus creates forward thrust as you walk, run, and rise from a squat.

## Gluteus minimus

A smaller muscle located under the gluteus medius, the minimus helps you abduct, flex, and internally rotate the hip. You'll use this muscle when you make circular movements with your thigh.



**Gluteus Maximus**



**Gluteus Medius**



**Gluteus Minimus**



**PLEASE WATCH THIS VIDEO**

## **Common Words Used In Fitness!**

**Super Set-** A set which includes another set or sets

**Compound Workout-** A compound exercise is any exercise that involves the use of more than one major muscle group at a time. Typically, there is one larger muscle group that ends up doing the majority of the work, and then one or more smaller muscle groups that are recruited secondarily.

**Sets-** Sets refers to how many times you will repeat that exercise for the set number of repetitions. For example, you do 12 squats and rest. Then you do another 12 squats, rest, and then another 12. You have now completed three sets of 12 reps.

**Reps-** Reps and sets are terms used by exercise professionals, athletes and individuals in the gym.

Get familiar with these words.

### *Trainer Tip*

*Focus on quality, not quantity. As you get tired, pay close attention to your form to prevent injury.*

## LEVEL 1 ROUTINE

These introductory routines are designed to get you started with BUILDING YOUR GLUTES by introducing base exercises and common routine formats in a way that is varied and challenging without being overwhelming. **Level 1** will get things rolling with lower impact exercises, shorter routines: form first and speed second.

You will have Six different exercises

Each Exercise get 4Set of 15Reps

Ex; Jumping Jacks- First Set You are going to be Jumping Jack to the number 15. Set One is Done!  
Repeat for Set 2/3/4. How many Jacks are you doing in each set? 15!

### DAY 1

**Gluteus Maximus | Gluteus Minimus**

5SETS | 15REPS

- 1.Kettlebell Swing
- 2.Deadlifts
- 3.Deep Squat
- 4.Dumbbell Squat To Press
- 5.Standing Leg Circle
- 6.Single Leg Glute Bridge

## DAY 2

### Gluteus Maximus

5SETS | 15REPS

1. Dolphin Kicks
2. Lunges
3. Knee to Stand
4. Body- Cross Over
5. Standing Forward Kick
6. Frog Pumps

*Introductory routine* will familiarize you with the longer cardiovascular and muscular endurance- oriented routines. These are especially beneficial if you play sports that require sustained activity for long periods of time.

Set the timer for **1 minutes each** exercise.  
Complete the entire row and then start from  
The top again.

So, it will go

Jumping Jacks.. High. Jumps,.. all the way to Windmill 1 minute each exercise  
3 set and repeat.

### Day 3 HIIT Workout Only Day

- 1.Jumping Jacks
- 2.High Jumps
- 3.Curtsy Lunges
- 4.Star Jumps
- 5.Windmill

How Do You Feel?

If you move slowly you are contracting your glutes muscles forcing it to grow and activate with each exercise. Remember form is better than just doing anything to get a rep complete. That's Great!

### Day 4 THREE -PEAT

This is when the Build Your Glutes Challenge gets intense! Its DAY 4 Tomorrow is your rest day and were turning up the heat a notch! **Superset and Compound Workout** time.

Today you will be doing 3 Sets each workout 1 minute each! With a 10 second rest period All Sets are listed below! Video has no sound, please look carefully on demonstration video for proper form. When performing a super set you would like to finish everything in set one before going to the second set and so on. Also, When performing a superset cut your rest time SHORT you want to feel that intense burn for the duration of your workout.

Total 3Sets  
Repeat 3x  
Set 1,2,3  
Repeat  
Set 1,2,3  
Repeat..

<u>Set One</u>	<u>Set Two</u>	<u>Set Three</u>
Kettle Bell Swing	Frog Pump	Side/Side Kick
Dead Lift	Swimmers	Calves Raises
Step Up	Kick Back	Lunges

**Day 5**  
Rest Day

**Day 6**  
**ABS/Cardio**

Follow these fast- paced total body Workout and you will be bikini ready in no time.

### **Exercises**

1. In and Out Crunches
2. Plank Jacks
3. Oblique Twist
4. Single Leg Crunches
5. Flutter Kicks
6. Plank

Perform each workout **1 minute each**  
**Rest for :30 seconds.**

After you completed each workout  
Its Cardio time!

### **CARDIO TIME**

Find a tune that will get you in the groove for 30 minutes  
Enjoy your cardio time!

## **DROP IT LIKE ITS SQUAT DAY!**

This workout pushes your legs to. The limit with a series of exercises Targeting your calves, hamstrings and glutes. Your legs will never be Stronger, tighter, or more defined it won't be easy, but it will be worth it.

### **DAY 7**

**Gluteus Maximus | Gluteus Minimus | Gluteus Medius**

**5SETS | 15REPS**

1. Curtsy Lunges
2. Reverse Lunges
3. Split Lunges
4. Step Up
5. Step Up / Kick Back
6. Side Shuffles

### **DAY 8**

**Gluteus Maximus | Gluteus Minimus**

**5SETS | 15REPS**

1. Kettlebell Swing
2. Deadlifts
3. Deep Squat
4. Dumbbell Squat To Press
5. Standing Leg Circle
6. Single Leg Glute Bridge

## LEVEL 2 ROUTINE

### DAY 9

Gluteus Maximus  
5SETS | 25REPS

1. Dolphin Kicks
2. Lunges
3. Knee to Stand
4. Body- Cross Over
5. Standing Forward Kick
6. Frog Pumps

*Introductory routine* will familiarize you with the longer cardiovascular and muscular endurance- oriented routines. These are especially beneficial if you play sports that require sustained activity for long periods of time.



Set the timer for **1 minutes each** exercise.  
Complete the entire row and then start from  
The top again.

So, it will go

Jumping Jacks.. High. Jumps,.. all the way to Windmill 1 minute each exercise  
3 set and repeat.

## Day 10 HIIT Workout Only Day

- 1.Jumping Jacks
- 2.High Jumps
- 3.Curtsy Lunges
- 4.Star Jumps
- 5.Windmill

### How Do You Feel?

If you move slowly you are contracting your glutes muscles forcing it to grow and activate with each exercise. Remember form is better than just doing anything to get a rep complete. That's Great!

## Day 11

### THREE -PEAT

This is when the Build Your Glutes Challenge gets intense! Its DAY 4 Tomorrow is your rest day and were turning up the heat a notch! **Superset and Compound Workout** time.

Today you will be doing 3 Sets each workout **1 minute** each! With a **10 second rest** period All Sets are listed below! Video has no sound, please look carefully on demonstration video for proper form. When performing a super set you would like to finish everything in set one before going to the second set and so on. Also, When performing a superset cut your rest time SHORT you want to feel that intense burn for the duration of your workout.

#### Total 3Sets

#### Repeat 3x

Set 1,2,3

Repeat

Set 1,2,3

Repeat..

<u>Set One</u>	<u>Set Two</u>	<u>Set Three</u>
Kettle Bell Swing	Frog Pump	Side/Side Kick
Dead Lift	Swimmers	Calves Raises
Step Up	Kick Back	Lunges

**Day 12**  
Rest Day



**Day 13**  
**BIKINI BLAST DAY**

Follow these fast- paced total body Workout and you will be bikini ready in no time.

**ABS/Cardio**

1. In and Out Crunches
2. Plank Jacks
3. Oblique Twist
4. Single Leg Crunches
5. Shuffle
6. Plank

Perform each workout **1 minute each**  
**Rest for :30 seconds.**

After you completed each workout  
Its Cardio time!

**CARDIO TIME**

Find a tune that will get you in the groove for 30 minutes  
Enjoy your cardio time!

## **DROP IT LIKE ITS SQUAT DAY!**

This workout pushes your legs to the limit with a series of exercises Targeting your calves, hamstrings and glutes. Your legs will never be Stronger, tighter, or more defined it won't be easy, but it will be worth it.

### **DAY 14**


**Gluteus Maximus | Gluteus Minimus | Gluteus Medius**

**5SETS | 15REPS**

1. Curtsy Lunges
2. Reverse Lunges
3. Split Lunges
4. Step Up
5. Step Up / Kick Back
6. Side Shuffles

**AS THE DAYS ARE COUNTING DOWN REMEMBER YOU GOT THIS!  
KEEP A DAILY JOURNAL AND STICK WITH IT! DON'T GET DISCOURAGED AND IF YOU  
DO CONTACT ME VIA SOCIAL MEDIA OR BY EMAIL:**

**<mailto:CEO.ANIMABONA@GMAIL.COM?subject=MOTIVATION>**



Remember this isn't a temporary gig, it's a lifestyle and you are an important person here on this Universe. You cannot seek results from cheating yourself or making up excuses as to why this isn't for YOU. It's a process you have to stick with and be patient to understanding as to why something so beautiful takes time to grow. " Mind -Over- Matter." You will love your results by Day 21 if you're eating the proper caloric intake listed and following proper form, exercises routine and guides.

Hashtag #Anima for a feature on @Anima Fitness.

## Day 15

### Rest Day

Go ahead and unwind, let your muscle repair itself, fuel yourself with nutritional whole grain food, stay hydrated and stretch! If you need assistant with stretching check out [Anima Fitness Stretch](#) demonstration video for a Total Body stretch. Take care of yourself, you are Important.

*As you know...*

**BUILDING YOUR BODY Level 1 and Level 2** is coming to an end and Anima Bona want you to be super pumped about it because you've taking on the challenge of Discipline, Dedication and Determination to change NOT only your physic but also some bad habits for 21DAYS! Anima Fitness appreciate your hard work and effort and we would love to hear from you!

**AS THE DAYS ARE COUNTING DOWN REMEMBER YOU GOT THIS!  
KEEP A DAILY JOURNAL AND STICK WITH IT! DON'T GET DISCOURAGED AND IF YOU  
DO CONTACT ME VIA SOCIAL MEDIA OR BY EMAIL:**

**<mailto:CEO.ANIMABONA@GMAIL.COM?subject=MOTIVATION>**

Please submit a review or share your fitness journey using #Anima or by submitting before and after pictures here [mailto:AnimaBFitness@gmail.com?subject=AnimaBYBC Summits](mailto:AnimaBFitness@gmail.com?subject=AnimaBYBC%20Summits)

## **DAY 16**

**Gluteus Minimus | Gluteus Medimus  
5SETS | 25REPS**

1. Curtsy Lunges
2. Reverse Lunges
3. Split Lunges
4. Step Up
5. Step Up / Kick Back
6. Side Shuffles

## **DAY 17**

**HIIT ONLY DAY**

1. Jumping Jacks
2. High Jumps
3. Curtsy Lunges
4. Star Jumps
5. Windmill

## How Do You Feel?

If you move slowly you are contracting your glutes muscles forcing it to grow and activate with each exercise. Remember form is better than just doing anything to get a rep complete. That's Great!

## DAY 18

### Gluteus Maximus

5SETS | 25REPS

1. Dolphin Kicks
2. Lunges
3. Knee to Stand
4. Body- Cross Over
5. Standing Forward Kick
6. Frog Pumps

Set the timer for **1 minutes each** exercise.  
Complete the entire row and then start from  
The top again.  
So, it will go  
Jumping Jacks.. Push-Up, 1 set and repeat.  
Complete all three rounds in order.  
**Rest one minute** after each round.

## DAY 19

### HIIT ONLY DAY

1. Jumping Jacks
2. High Jumps
3. Curtsy Lunges
4. Star Jumps
5. Windmill

## Day 20

### THREE -PEAT

This is when the Build Your Glutes Challenge gets intense! Its DAY 4 Tomorrow is your rest day and were turning up the heat a notch! **Superset and Compound Workout** time.

Today you will be doing 3 Sets each workout **1 minute** each! With a **10 second rest** period All Sets are listed below! Video has no sound, please look carefully on demonstration video for proper form. When performing a super set you would like to finish everything in set one before going to the second set and so on. Also, When performing a superset cut your rest time **SHORT** you want to feel that intense burn for the duration of your workout.

<u>Set One</u>	<u>Set Two</u>	<u>Set Three</u>
Kettle Bell Swing	Frog Pump	Side/Side Kick
Dead Lift	Swimmers	Calves Raises
Step Up	Kick Back	Lunges





Remember this isn't a temporary gig, it's a lifestyle and you are an important person here on this Universe. You cannot seek results from cheating yourself or making up excuses as to why this isn't for YOU. It's a process you have to stick with and be patient to understanding as to why something so beautiful takes time to grow. "Mind -Over- Matter." You will love your results by Day 21 if you're eating the proper caloric intake listed and following proper form, exercises routine and guides. Hashtag #Anima for a feature on @Anima Fitness. Thank you for choosing AnimaBFitness (If you would like to subscribe to our newsletter for discount codes and AnBFit news!)

**DAY 21**  
**CONGRATULATIONS DAY!!**

**TELL US ABOUT YOUR BYG EXPERIENCE!!**

## BUILD YOUR GLUTES CALANDER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

### BYG CALANDER

Instructions:

1. Whatever Month you are doing the challenge you would put in black space above!
2. Days of the week are on this CALANDER so be careful when writing the dates.
3. Whatever DATE you started of that MONTH you would give it a 🏆
4. Rest Days 🧘
5. Instagram is perfect for creating your Calendar in Instagram Story

# EXAMPLE OF #BYG CALANDER

FIRST STEP: Adding the Month

SECOND STEP: Keeping track by screen shooting daily.

