



## Glutes Don't Retire

A 3-Week Hip-Focused Strength & Stability Program for Women

### Program Overview

This three-week training guide is designed to help women maintain strong, resilient, and functional glutes through intentional movement. The focus is on hip-dominant strength, balance, and control using thoughtful, non-conventional exercises that respect the joints while building lasting strength.

### Week 1 – Reconnect & Restore

- Long-Lever Bridges – 3x12
- Hip Hinge with Support – 3x10
- Staggered-Stance Deadlifts – 3x10 per side
- Supported Step-Backs – 3x8 per side
- Band-Resisted Hip Extensions – 3x15 per side

### Week 2 – Strengthen & Stabilize

- Bridge Marches – 3x10 total
- Offset Hip Hinges – 3x8 per side
- Rear-Foot Assisted Deadlifts – 3x8 per side
- Lateral Step-Outs with Pause – 3x6 per side
- Standing Band Hip Extensions – 3x12 per side

### Week 3 – Integrate & Build Confidence

- Single-Leg Long-Lever Bridges – 3x8 per side
- Slow Eccentric Hip Hinges – 3x6
- Contralateral Load Deadlifts – 4x6 per side

- Step-Back to Knee Drive – 3x6 per side
- Banded Kick-Back Pulses – 2x20 per side

## Nutrition Support (Flavorful & Calorie-Friendly)

Instead of relying on processed supplements, this program encourages satisfying, whole-food meals that support recovery, energy, and enjoyment. Balanced plates with herbs, spices, and texture help sustain consistency without excess calories.

- Savory bowls with roasted vegetables, legumes, and grains.
- Hearty protein-based meals with spices and fiber-rich sides.
- Hydration with infused water using citrus and fresh herbs.

Created by InnateFit1.com