

The background of the entire image is a black and white photograph of two female bodybuilders. They are in a classic bodybuilding pose, with their arms flexed and legs spread wide. They are wearing dark, patterned bikinis. The image is high-contrast, with the subjects appearing as dark shapes against a lighter background. The overall aesthetic is gritty and professional.

GROWING GLUTES

BIKINI DIVISION





CURRENT BIKINI DIVISION PHYSIQUE STANDARDS

The Bikini Division is one of the most popular and competitive categories in physique sports, celebrated for its balance of athleticism and femininity. To be successful in this class, competitors must achieve a very specific physique balance that aligns with IFBB and NPC guidelines:

- **Muscle Foundation:** A small but well-developed foundation of muscle to give the female body shape and balance.
- **Glutes:** Full, round, and lifted glutes with slight separation between the glutes and hamstrings — no deep cuts, striations, or overbearing mass.
- **Shoulders:** A subtle, rounded appearance to the delts that complements the overall frame without overpowering the physique.
- **Core:** Tight, conditioned midsection with visible lines but not overly lean.
- **Overall Look:** Presentation matters. Judges assess hair, makeup, suit choice, skin tone, and stage confidence as part of the total package.

In essence, the glutes are the main feature of a Bikini competitor's physique, providing shape, symmetry, and flow from both the front and rear poses.

WHY ARE LAGGING GLUTES A COMPETITIVE PROBLEM?

In Bikini, your glutes are the defining feature of your stage presence. While the division calls for overall shape and balance, it's the glutes that create the curves, lines, and silhouette judges are searching for when scanning the lineup.

A physique with lagging glutes will create an imbalanced and underwhelming look, noticeable in each pose. Underdeveloped glutes will impact overall stage symmetry and lower body shape, making your overall physique less impressive.



Without well-developed glutes, even the best suit, tan, and presentation can't fully compensate. Judges can quickly spot a lower-body imbalance, and lagging glutes often result in lower placings, regardless of conditioning or upper body shape.

If your glutes are behind, it makes it harder to showcase the shape required to be competitive in this division.



HERE'S THE SOLUTION

The good news? **This is a fixable problem** — and at J3U Coaching, we've designed specialized, evidence-based training systems tailored for Bikini competitors dealing with this exact issue. The perfect program for you will do the following:

- Prioritize glute hypertrophy while maintaining a balanced, feminine silhouette.
- Incorporate strategic volume and exercise selection to develop your physique in the right areas.
- Address common problem areas like poor glute activation or imbalanced loading patterns.

On the following page you'll find a sample glute-dominant session designed to take your physique to the next level, as well as a sample weekly split design to maximize glute growth. This isn't a cookie-cutter workout — it's the exact kind of targeted approach we use at J3U to bring up lagging glutes and bring an athlete's Bikini physique to the next level.

Let's build the physique the judges are looking for.



THE GLUTE-FOCUSED BIKINI PROGRAM

This split has you training four days per week, following a seven day schedule. This allows for the perfect blend of frequency and recovery to maximize glute growth.

Week Day	Training Session
Monday	Glute-Focused Lower
Tuesday	Upper
Wednesday	Off
Thursday	Mixed Lower with Glute Isolation
Friday	Off
Saturday	Glute-Biased Posterior Chain
Sunday	Off

Finally, a sample session for you to take into the gym this week:

Order	Glute-Focused Lower	Sets	Reps
A1	Glute Bridge Machine	2,2	10-15, 15-20
B1	Rear Foot Elevated Split Squat (cue sitting back)	3	12-20
C1	Abductor Machine	3	12-20
D1	45 Degree Back Extension	3	12-20
D2	Hamstring Curl of Choice	2	10-15
E1	Standing Calf Raise	3	12-15

*It's important to note that all sets listed are work sets, meaning they should be performed close to failure while maintaining proper form. **We also recommend rest periods of 2 to 3 minutes between sets.** Feel free to take as many warm-up sets as needed, but follow a reverse pyramid progression: increase the weight and decrease the reps as you approach your work sets.*



At J3U Coaching, we understand that developing a competitive physique isn't always a straightforward path. Lagging muscle groups, plateaus, and bringing your best physique to stage can be challenging — especially when you're working hard and not seeing the stage-ready results you want.

At J3U Coaching, we understand the challenges and concerns that can arise on the journey towards successful physique development. Our commitment to resolving these challenges is ingrained in everything we do, ensuring that each of our clients receives not just a plan — but a roadmap to their best possible physique.

If you're serious about maximizing your potential, refining your shape, and stepping on stage with confidence, we'd love to help you get there. Book your free consultation below and let's start building your next level together.



BOOK A CONSULTATION TODAY

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