



J3U Glute Training Blueprint

**A Simple, Effective Structure
to Build Round, Full Glutes**



Introduction

If your goal is to build glutes that actually show—round from the side, full from the back, and balanced into the waist—your training needs more than just “glute exercises.”

It needs structure.

This guide gives you a simple framework you can apply right away, plus a sample workout you can run this week. Whether you're training for physique goals or just want noticeable development, this is how you make your glute training actually work.

The 4 Movement Patterns You Need

Every effective glute workout is built around these four patterns. Miss one, and you're leaving development on the table.

1. Thrust / Bridge (Horizontal Loading)

Primary focus: Total balance of upper lower glute max

Examples:

- Hip Thrust (Barbell or Smith)
- Glute Drive
- Cable or Machine Kickback

Execution Focus:

Drive hips through, keep ribs down, and fully shorten the glutes at the top squeeze position.

2. Squat / Lunge (Vertical Loading)

Primary focus: Total Glute Max (lower glute bias)



Examples:

- Split Squat variations
- Smith Squat
- Machine Squat

Execution Focus:

Sit back into the hips, control the descent, and keep pressure through the mid foot.

3. Hinge / Pull (Hip Hinge Pattern)

Primary focus: Total Glute Max (lower glute bias)

Examples:

- RDL / SLDL
- Back Extension
- Good Morning

Execution Focus:

Push hips back, maintain tension in the glutes, and stop where the stretch is maximized—not where the weight touches the floor.

4. Abduction (Lateral / Rotary)

Primary focus: Upper glute (glute medius)

Examples:

- Seated Abduction
- Cable Abduction
- Band Walks

Execution Focus:

Stay controlled, no momentum, and keep constant tension on the glutes, full range of motion.



How to Structure Your Workout

Keep it simple and repeatable:

- **2-4 sets** from a thrust/bridge movement
- **2-4 sets** from a squat/lunge or hinge movement
- **2-4 sets** from an abduction movement

(Optional: Add a hinge movement depending on recovery and total volume tolerance)

You can use 1-2 exercises per pattern. Focus on execution and progression, not variety for the sake of it.

Sample Glute Workout

Run this exactly as written:

A. Hip Thrust (Barbell or Smith)

2-4 sets × 6-10 reps

Rest: 2-3 minutes

Focus: Full lockout, controlled lowering

B. Bulgarian Split Squat

2-4 sets × 8-12 reps (each leg)

Rest: 2-3 minutes

Focus: Hips back, stable base, controlled depth

C. Seated or Cable Abduction

2-4 sets × 15-20 reps

Rest: 60-90 seconds

Focus: Constant tension, no swinging

***These are only hard working sets at muscular failure, this does not include warm up sets.*



Session Customization Tips

Rep ranges are guides and can be lower or higher depending on lift and exercise order. Need to address specific areas? Use the following add-ons:

- **Need more quad focus?** Add leg extension and/or substitute 2 sets of vertical pattern work for a hack squat or leg press.
- **Need more hamstring focus?** Add in a lying or seated leg curl.
- **Short on time?** Pair your isolation exercises together at the end for supersets.

What to Focus on Moving Forward

The goal isn't just doing these exercises—**it's getting better at them over time.**

- Improve execution
- Add load or reps progressively
- Stay consistent with this structure

That's what drives actual glute growth.



If you want to go deeper into how to adjust volume, exercise selection, and progression based on your physique and recovery, that's where the full training program that we offer at J3U called the [Hourglass Program](#).



Explore the Hourglass Program