

## **Muscle Mommy - Glute/Lower/Hourglass focus 3-4X per week**

This was originally written for and inspired by my wife. Her goals are to prioritize her lower body over upper body. In her words, she wants to have: "HUGE glutes, quads and hams like an Olympic Sprinter". For upper body she wants big delts, and a defined/strong looking back emphasizing a "v-taper" with, much less focus on chest, upper traps, and arms. If your goals are similar, this program is for you!

This program is great for those that can train 3-4 days per week. If you can only train 3 days, just skip the whatever 3rd day is the least important (skip upper if you want more lower focus, lower if you want more upper focus)

For this program, you may want to likely train 1-2RIR, based on how much frequency the program has, but same as for every program, feel free to adjust variables slightly as needed. The base metric of "1 REP" is not well established in "research", and can vary largely from individual to individual. So feel free to make slight adjustments to the program's prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively "the best", has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as "outside the gym" variables: nutrition, sleep, stress, etc. So while I'm confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly. Lastly, exercise selection is based on what I feel has the most evidence for being effective long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

RIR: 0-2

### **Suggested split structure**

Monday - Total body A

Tuesday - Off

Wednesday - Total body B

Thursday - Off

Friday - Lower body

Saturday - Upper body

Sunday - Off

\*This is still just a suggestion. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session.

Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

The exercises are recommended to be supersetted with the goal of saving time. You can absolutely do them as straight sets, as I know super-sets can be impossible at times in busy gyms.

### **Total body A**

A1 Barbell to a Box Squats

Set 1 - 6-8 reps

Set 2 - 8-12 reps

A2 lying cuff laterals

Set 1 - 6-8 reps

Set 2 - 8-12 reps

B1 barbell Thrusts

Set 1 - 6-8 reps

Set 2 - 8-12 reps

Set 3 - 8-12 reps

B2 military press standing

Set 1 - 6-8 reps

Set 2 - 8-12 reps

C1 walking lunges

Set 1 - 20 steps total

Set 2 - 20 steps total

Set 3 - 20 steps total

C2 push-ups

Set 1 - 10-12 reps

Set 2 - 10-12 reps

D1 hanging leg raises

Set 1 - BW AMRAP

Set 2 - BW AMRAP

### **Total body B**

A1 front squats

Set 1 - 6-8 reps

Set 2 - 6-8 reps

A2 neutral grip pull ups

Set 1 - 6-8 reps

Set 2 - 8-12 reps

B1 step-ups

Set 1 - 6-8 reps

Set 2 - 8-12 reps

B2 chest supported DB rows (upper back focused)

Set 1 - 6-8 reps

Set 2 - 8-12 reps

C1 rear foot elevated split squats

Set 1 - 6-8 reps

Set 2 - 8-12 reps

C2 rack chins - 10-12 reps

Set 1 - 6-8 reps

Set 2 - 8-12 reps

D1 Hip loaded calf raises

Set 1 - 6-8 reps

Set 2 - 8-12 reps

### **Lower body**

A1 Banded RDL

Set 1 - 6-8 reps

Set 2 - 8-12 reps

B1 Glute cable kickback

Set 1 - 6-8 reps  
Set 2 - 8-12 reps

C1 barbell thrusts  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

D1 lying leg curls  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

D2 leg extensions  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

### **Upper body**

A1 lying cuff lateral raises  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

A2 neutral grip pull ups  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

B1 cable rear delts  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

B2 single-arm DB rows - 10-12 reps (per arm)  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

C1 incline DB curls  
Set 1 - 6-8 reps  
Set 2 - 8-12 reps

C2 lying triceps extensions

D1 Ab mat crunches  
Set 1 - BW AMRAP  
Set 2 - BW AMRAP

D2 hip loaded calf raises

Set 1 - 6-8 reps

Set 2 - 8-12 reps