

Wellness Competitor Template - Glute/lower body specialization

This program is designed for those that compete in the Wellness category. But can be followed by anyone that wants a glute and lower body focused program. It is inspired by the program I designed for IFBB Wellness pro Tiffany Sam Razhi. It's designed to match the look of the Wellness division. Meaning: disproportionately large lower body (compared to upper body). Particularly huge glutes, quads, hams and calves (in that order), with a still tone/muscular upper body.

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 - Glutes/Hamstrings

Tuesday - OFF

Wednesday - Hamstrings/Glutes

Thursday - Delts/Calves

Friday - Glutes/Quads

Saturday - OFF

Sunday - OFF

*These are still just suggestions. 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.

Glutes/Hamstrings

Thrust

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

Back squats

Set 1: 6-8 reps

Set 2: 6-8 reps

Step ups

Set 1: 6-8 reps

Set 2: 6-8 reps

seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

split squats

Set 1: 6-8 reps

Set 2: 6-8 reps

Smith Reverse Frogs

Set 1: 6-8 reps

Set 2: 6-8 reps

Hamstrings/Glutes

Seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Glute cable kickback

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

C1 Lying leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

D1 leg press (hip dominant/feet high)

Set 1: 6-8 reps

Set 2: 6-8 reps

E1 RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

Delts/Back/Calves

Lying cuff laterals

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

wide pull ups

Set 1: 6-8 reps

Set 2: 6-8 reps

cable rear delts

Set 1: 6-8 reps

Set 2: 8-12 reps

machine shoulder press

Lying cuff laterals

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

chest supported machine row

Set 1: 6-8 reps

Set 2: 8-12 reps

hip loaded calf raise

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

Glutes/Quads

Hacks

Set 1: 6-8 reps

Set 2: 6-8 reps

Cable single-leg RDL rotation

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

thrust

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

leg extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

lying leg curls

Set 1: 6-8 reps

Set 2: 8-12 reps

leg press (quad dominant)

Set 1: 6-8 reps

Set 2: 8-12 reps