



BC PYRAMID: 4 WEEKS TO STRONGER & BIGGER GLUTES

SET 1: Select a load that you can perform for around **15 reps.**

SET 2: Select a load that you can perform for around **10 reps.**

SET 3: Select a load that you can perform for around **5 reps.**

SET 4: Select a load you can perform for around **20 reps** (know that you're fatigued by this point, so you'll have to go lighter than normal) and add a miniband around your knees.

*Do this for 4 straight weeks. Keep the weights the same but go up in reps.

Aim for around 50 reps the first week, 60 reps the second week, 65 reps the third week, and 70 reps the fourth week

EXAMPLE FROM A GLUTE LAB MEMBER:

	SET 1 225 lbs	SET 2 275 lbs	SET 3 315 lbs	SET 4 185 lbs	Total Reps
Week 1	15	10	5	20	50
Week 2	17	12	5	20	54
Week 3	18	13	7	20	58
Week 4	20	14	8	22	64

Full Explanation Video:

<https://youtu.be/azyMaEKpSuw>

To join my flagship glute building program Booty by Bret, click here: <https://bootybybret.com>

To buy my BC Strength glute building products, click here: <https://gtly.to/6KdjKajDT>

To buy my best selling booty bible "Glute Lab," click here: <http://bit.ly/glutelab>

To view all of my products and services, including customized programs and a link to subscribe to my newsletter, click here: <https://linktr.ee/bretcontreras>

BC PYRAMID

	SET 1 (3 min rest)	SET 2 (3 min rest)	SET 3 (2 min rest)	SET 4	Total Reps
Week 1	Load:	Load:	Load:	Load:	
Week 2					
Week 3					
Week 4					

