

Build Stronger Glutes: A Simple 2-Day Workout Plan

Strong glutes are not just about looks

Your glutes are some of the most important muscles in your body. They help you walk, climb stairs, lift, squat, run, balance, and protect your hips, knees, and lower back.

If your goal is to build a stronger, rounder, more athletic lower body, you need more than random squats or a few quick kickbacks. You need a simple plan that trains the glutes from multiple angles and gets a little harder over time.

This handout gives you a complete glute-building plan you can follow twice per week.

Meet the glutes

Your glutes are made up of three main muscles:

Gluteus maximus

This is the largest glute muscle. It gives your glutes most of their size and power. It works hard during hip thrusts, deadlifts, step-ups, squats, and lunges.

Gluteus medius

This muscle sits on the outside of your hip. It helps with balance, hip stability, and that rounded side-glute shape.

Gluteus minimus

This smaller muscle sits underneath the glute medius. It helps stabilize your hips and control your leg position.

A good glute workout should train all three.

How often should you train glutes?

For best results, train glutes **2 times per week**.

Give yourself **2–3 days between workouts** so your muscles can recover and grow.

Good weekly options:

Monday and Thursday

Tuesday and Friday

Wednesday and Saturday

What you need

Dumbbells

A bench, box, or sturdy step

A mini-band or resistance band

About 45–60 minutes

Before you start: quick warm-up

Do this before both workouts.

1. Bodyweight Glute Bridge

2 sets of 12–15 reps

Lie on your back, knees bent, feet flat. Drive through your heels and squeeze your glutes at the top.

2. Bodyweight Hip Hinge

1–2 sets of 10 reps

Stand tall, soften your knees, push your hips back, and feel a stretch in your hamstrings. This teaches the motion you will use in Romanian deadlifts.

3. Lateral Band Walk or Side-Lying Hip Raise

1–2 sets of 12–20 reps per side

This wakes up the side glutes and helps your hips feel more stable.

The warm-up should not exhaust you. It should prepare you.

Workout A: Stretch, Strength, and Stability

1. Dumbbell Romanian Deadlift

4 sets of 8–12 reps

Rest: 2 minutes

This is one of the best exercises for training the glutes in a deep stretched position.

How to do it:

Hold dumbbells in front of your thighs.

Stand with feet about hip-width apart.

Push your hips back like you are trying to close a car door with your butt.

Keep the dumbbells close to your legs.

Lower until you feel a deep stretch in your hamstrings and glutes.

Keep your back flat and core tight.

Drive your hips forward to stand tall.

Common mistake: turning it into a lower-back exercise.

If you feel it mostly in your lower back, lighten the weight and focus on pushing the hips back.

2. Bulgarian Split Squat

3 sets of 8–12 reps per leg

Rest: 90–120 seconds

This is a tough but powerful exercise for building single-leg strength, glute shape, and hip stability.

How to do it:

Place your back foot on a bench or sturdy surface.

Move your front foot far enough forward that you can lower under control.

Lean slightly forward.

Lower your back knee toward the floor.

Drive through the front foot to stand back up.

Glute tip: A slightly longer stance usually helps you feel this more in the glute and less in the quad.

3. Dumbbell Hip Thrust

3 sets of 10–15 reps

Rest: 90 seconds

This exercise trains the glutes hardest at the top of the movement.

How to do it:

Sit with your upper back against a bench.

Place a dumbbell across your hips.

Keep your feet flat on the floor.

Drive your hips up until your body forms a straight line from knees to shoulders.

Squeeze your glutes hard at the top.

Lower with control.

Key cue: At the top, tuck your hips slightly and keep your ribs down. Do not overarch your lower back.

4. Side-Lying Hip Raise or Banded Hip Abduction

2–3 sets of 15–25 reps per side

Rest: 45–60 seconds

This targets the side glutes.

How to do it:

Move slowly.

Do not swing the leg.

Pause briefly at the top.

Keep the tension on the outside of the hip.

Workout B: Power, Shape, and Burn

1. Dumbbell Hip Thrust

4 sets of 8–12 reps

Rest: 2 minutes

Go heavier than you did in Workout A if your form is strong.

Focus on:

Full range of motion

Strong squeeze at the top

Controlled lowering

No lower-back arching

This is your main strength movement for the day.

2. Dumbbell Step-Up

3 sets of 8–12 reps per leg

Rest: 90–120 seconds

Step-ups are excellent for building the glutes when done correctly.

How to do it:

Place one foot fully on a bench, box, or step.

Lean slightly forward.

Drive through the working leg.

Step up under control.

Lower slowly.

Try not to push off hard from the back foot.

Glute tip: The leg on the box should do the work. If the bottom leg is launching you up, the box may be too high or the weight may be too heavy.

3. Dumbbell Romanian Deadlift

3 sets of 10–15 reps

Rest: 90–120 seconds

Use a slightly lighter weight than Workout A.

Focus on a slow lowering phase and a strong stretch.

4. Frog Pump, Banded Glute Bridge, or Hip Abduction Finisher

2 sets of 20–30 reps

Rest: 45–60 seconds

This is your burnout finisher.

Pick one:

Frog pumps

Banded glute bridges

Seated band abductions

Standing band abductions

The goal is not heavy weight. The goal is a strong glute squeeze and constant tension.

The complete weekly plan

Day 1: Workout A

Glute bridge: 2 x 12–15

Bodyweight hip hinge: 1–2 x 10

Lateral band walk or side-lying hip raise: 1–2 x 12–20 per side

Dumbbell Romanian deadlift: 4 x 8–12

Bulgarian split squat: 3 x 8–12 per leg

Dumbbell hip thrust: 3 x 10–15

Side-lying hip raise or banded hip abduction: 2–3 x 15–25 per side

Day 2: Workout B

Glute bridge: 2 x 12–15

Bodyweight hip hinge: 1–2 x 10

Lateral band walk or side-lying hip raise: 1–2 x 12–20 per side

Dumbbell hip thrust: 4 x 8–12

Dumbbell step-up: 3 x 8–12 per leg

Dumbbell Romanian deadlift: 3 x 10–15

Frog pump, banded bridge, or abduction finisher: 2 x 20–30

How hard should each set feel?

Most sets should feel challenging but controlled.

Use this simple rule:

When you finish a set, you should feel like you could have done **1–3 more good reps**.

That means the weight is hard enough to work, but not so heavy that your form falls apart.

For safer finishing exercises like band abductions or frog pumps, you can push closer to failure.

For Romanian deadlifts, do not chase failure. Stop when your form starts to break.

How to make progress

Your glutes need a reason to grow. That reason is progression.

Use this simple method:

Start with a weight you can control.

Try to add reps over time.

Once you can hit the top of the rep range on every set, increase the weight.

Then build back up again.

Example:

Week 1: 30 lb dumbbells for 10, 9, 8, 8 reps

Week 2: 30 lb dumbbells for 11, 10, 9, 8 reps

Week 3: 30 lb dumbbells for 12, 11, 10, 9 reps

Week 4: 30 lb dumbbells for 12, 12, 12, 12 reps

Week 5: increase the weight and start again

Small improvements add up. One extra rep is progress.

Run this plan for 8–12 weeks

Do not change exercises every week.

Give your body time to adapt.

A good progression looks like this:

Weeks 1–2: Learn the movements and build control

Weeks 3–4: Add reps and increase effort

Weeks 5–6: Push heavier while keeping good form

Week 7: Strongest training week

Week 8: Reduce volume slightly or test your progress

After 8 weeks, you can repeat the plan with slightly heavier weights or harder variations.

Nutrition matters

Training creates the signal for growth. Food gives your body the material.

For best results:

Eat protein at each meal.

Aim for roughly **0.7–1.0 grams of protein per pound of body weight per day.**

Drink water throughout the day.

Avoid extreme dieting if your main goal is muscle growth.

Eat enough total calories to support training.

You do not need a perfect diet. But you do need enough protein and consistency.

Form checklist

Before adding weight, make sure your reps look clean.

Romanian Deadlift

Back stays flat

Hips move back

Dumbbells stay close

You feel a stretch in hamstrings and glutes

No bouncing

Bulgarian Split Squat

Front foot stays planted

Torso leans slightly forward

Knee tracks in line with toes

You drive through the front leg

You control the lowering

Hip Thrust

Full squeeze at the top

Ribs stay down

Hips tuck slightly

No lower-back arch

Controlled reps

Step-Up

Full foot on the box

Working leg does the work

Slow lower

No jumping off the back foot

Knee stays controlled

Final coaching tips

Be consistent.

Track your workouts.

Use good form.

Do not rush your reps.

Do not skip the warm-up.

Add weight only when you earn it.

Train hard, but train smart.

Strong glutes are built through repeated, focused effort. Two well-planned workouts per week, done consistently for 8–12 weeks, can make a real difference in strength, shape, balance, and confidence.