

The Best 3 Day Glute Workout for Women to Build Burliest Butt

Created by: [Murshid Akram](#)

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If you are looking for an effective and easy-to-follow glute workout program to build solid, rounded, and symmetrical glutes, you've come to the right place.

In this article, I've designed a dedicated 3-day glute workout plan for women who want to develop a curvy backside and improve their lower body appearance.

This program involves performing 4-5 glute exercises per day and will take around 45-60 minutes of your time.

It will be a high-volume and challenging workout, so I recommend it only to women who have been training for a while, not beginners. This workout can easily fit into almost any schedule but avoid glute-strengthening exercises on the off day.

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I recommend following this split if you want to train your glutes three times weekly.

- **Monday:** Glute and Quad Workout
- **Tuesday:** Chest and Shoulder
- **Wednesday:** Glute and Hamstrings
- **Thursday:** Back and Arms
- **Friday:** Glutes and Calves
- **Saturday:** Abs
- **Sunday:** OFF

Day 1 – Glute and Quad Workout

Exercise	Sets	Reps
Leg Extension	3	20, 15, 12
Dumbbell Pop Squat	3	15, 12, 10
Barbell Hip Thrust	4	15, 12, 10, 8
Kettlebell Deadlift	3	12, 10, 8
45-Degree Hyperextension	3	15, 12, 10
Banded Fire Hydrant	3	10 on each side

Dumbbell Pop Squat

The pop squat targets the quads and glutes and quickly activates the lower body, allowing you to perform other exercises effectively.

To perform, grab one dumbbell in each hand and stand upright with your feet together. Jump your feet out and land into a squat, then jump back to return to the start. That's one rep.

Barbell Hip Thrust



The barbell hip thrust is a compound exercise that **engages all three gluteal muscles** – glutes maximus, glutes medius, and gluteus minimus, and helps stimulate strength and size.

To perform this, lie down on the bench with your feet shoulder-width apart and knees bent at 90 degrees. Place a balance pad on your hip for safety and position the bar on your hips. Thrust the bar upward quickly, hold it for a couple of seconds, and then lower it deliberately.

Kettlebell Deadlift

The kettlebell deadlift targets the glutes and hamstrings and helps build a sturdy lower half.

To perform this exercise, grab a kettlebell and stand upright with your feet shoulder-width apart. Bend your hips forward with your knees slightly bent and your back straight until the bell touches the floor (between your legs). Lift the bell slowly by pushing your feet down and using your lower body until your hips are extended. That's one rep.

45-Degree Hyperextension

The hyperextension reinforces many posterior chain muscles, including the lower back, hamstrings, and glutes, and makes a strong and flexible lower body.

To perform the hyperextension exercise, begin by setting up on a hyperextension machine with your feet anchored and your torso at a 45-degree angle to your legs. Place your arms crossed in front of you and hinge forward at the hips. Contracting your glutes, return to the torso to the start until your hips are extended.

Banded Fire Hydrant

The fire hydrant involves sitting on all fours and lifting one leg out to your side (abduction). It strengthens adductors and gluteal muscles, helping you build a toned and sculpted backside.

To perform this exercise, wrap a mini band around your thighs and sit on your hands and knees, ensuring your wrists are below your shoulders while your hips are positioned above your knees. Hold your abs tight and lift your left leg away from your body at a 45-degree angle while

maintaining a 90-degree angle at the knee. Return to the start and repeat.

DAY 2 – Glute and Hamstrings

Exercise	Sets	Reps
Leg Curl	3	20, 15, 12
Bulgarian Split Squat	3	10 reps per leg
Single-leg Deadlift	3	5 reps per side
One-leg Glute Bridge (135-degree)	3	10 reps on each side
Standing Cable Hip Abduction	3	5 reps per side
Frog Pump	3	10-15

Bulgarian Split Squat

The Bulgarian split squat is a unilateral exercise, allowing you to work on each leg individually and helping you improve balance, hip mobility, and lower body strength and shape.

To perform this exercise, grab one dumbbell in each hand and stand against a flat bench. Position the top of your rear foot on a bench behind you and keep your arms straight at your sides. Maintain an upright torso and lower it into a squat until your rear knee comes close to the ground. Now, pushing through your feet, return to the standing position.

Single-leg Deadlift

The single-leg deadlift is a strength and mobility exercise that targets [bolster the lower back](#), hamstrings, and glutes simultaneously, and helps enhance balance and lower body strength.

To perform this exercise, grab one dumbbell in each hand and stand upright with your feet together. Keep your arms straight with your palms facing in. Hinge forward at your hips and lift one leg behind until your torso and that leg are parallel to the floor. Pause for a second, then return to the start and repeat on the opposite side.

Modified Single-leg Glute Bridge



The single-leg bridge is a **unilateral glute exercise** that primarily isolates the gluteal muscles and helps build strong and symmetrical buttocks without equipment.

I recommend keeping your knees at 135 degrees to activate more glutes and fewer hamstring muscles.

To perform modified one-leg bridge, lie on the floor with your face up and knees bent at 135 degrees and feet flat. Brace your abs and buttocks, straighten your right leg, and lift your hips off the floor until your glutes

are entirely engaged. Feel the contraction for two seconds, then return to the start. Perform more on the weaker side.

Standing Cable Hip Abduction

The standing cable hip abduction targets the glutes and inner thighs and helps in making the booty sturdy and round.

To perform this exercise – position the rack in the lower section and attach an ankle cuff to the machine. Stand beside it with your feet together and wrap the cuff around the shin of your one leg. Lift your cuffed leg out to the side while keeping your knee straight. Pause for a moment, feel the contraction, then return to the start. Repeat the same on the other side.

Frog Pump

The frog pump is another glute bridge variation that targets the gluteal muscles differently and helps build the burliest backside.

To perform this movement, lie on the floor with your face up. Bend your knees outward with your feet touching each other and keep your arms straight at your sides. Now, tighten your abdominal muscles and lift your hips off the floor until your glutes are fully engaged.

DAY 3

Exercise	Sets	Reps
Cable Pull Through	3	12, 10, 8

Dumbbell Step-up	3	10 per leg
Glute Kickback	3	10 on each side
Prone Frog Lifts	3	12, 10, 10
Seated Calf Raises	4	25, 20, 15, 12

Cable Pull Through

The cable pull through is an excellent resistance exercise for those who want to hammer their gluteal muscles without putting much load on knees and lower back. It also enhances your hips functionality and prepares you for advanced exercises.

To perform this movement, set the cable pulley in the lower section and attach the rope to it. Grab the rope between your legs and stand in a shoulder-width stance, facing away from the machine. Keep your arms extended and your torso slightly leaning forward. Hinge at your hips, lowering your torso until it's almost parallel to the floor. You'll feel the contraction in your backside. Now, squeezing your glutes, push through your heels and extend your hips to stand back up.

Dumbbell Step-up

The step-up is a compound exercise that bolsters every muscle throughout the lower body, including the glutes.

To perform a step-up, grab one dumbbell in each hand and keep your arms straight with your palms facing in. Slightly lean your torso forward and step your right foot on the box, followed by the left one, until you stand on it. Return to the start and repeat on the opposite side.

Glute Kickback

The glute kickback involves sitting on your knees and kicking your one foot upward. It is a bodyweight isolation exercise for strengthening and toning your buttocks. It also reinforces the abdominals and lower back and makes the lower body more functional.

To perform this exercise, sit on all fours with your knees above your hips and hands below your shoulders. Brace your core, maintain a neutral spine, and kick your one foot upward until your glutes are engaged. Pause for a moment, then return to the start.

Prone Frog Lifts

Frog lifts, also known as glute curls, are an advanced lower-body exercise that activates all three gluteal muscles and helps enhance booty shape and size.

To perform this movement, lie on the floor with your face down. Bend your knees with your heels pointing up, and place your arms bent underneath your chin. Tighten your upper legs and lift your thigh off the floor until your glutes are entirely engaged. Pause for a second, then return to the start.

Helpful Resources:

- [5 Best Glute Strengthening Dumbbell Exercises](#)
- [8 Best Unilateral Glute Exercises for Strength and Size](#)
- [5 Best Calisthenics Glute Exercises for A-Shaped Butt](#)
- [16 Best Compound Glute Exercises for Bigger Glutes](#)

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