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THE GTS GLUTE HYPERTROPHY

GUIDE

TABLE OF CONTENTS

1

The Training Guide Introduction

2

Warm up and Priming session

3

The Programme

4

Understanding The GTS Programming

5

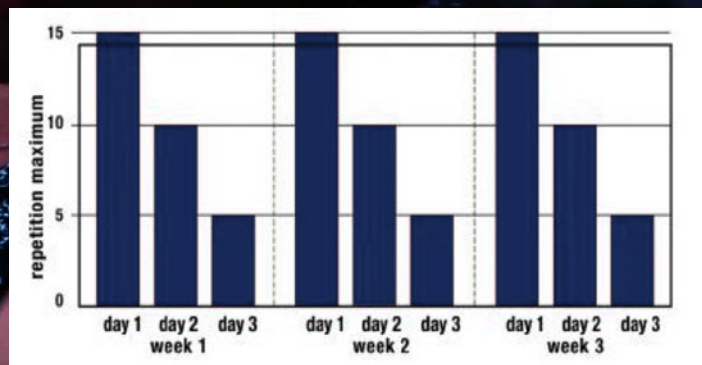
The Glute Anatomy Explained

THE TRAINING GUIDE

This programme has been designed by the GTS experts, and uses their 20 years of combined experience and the best evidence based research to maximize your glute building potential.

In order for a programme to be effective, you must phase your training to progressively overload the body. Our programmes use a mixture of undulating and linear periodisation. It uses 4 progressively harder phases with 1 de-load phase in the 12 weeks.

UNDULATING PERIODISATION MODEL



Each phase has a different focus to optimize growth. We've also carefully selected exercises that research shows to be the most effective.

We have also included 2 upper body days. Whilst we understand that this may not be a priority for you, at GTS we believe it's vital to include upperbody to further help the aesthetic appearance of the glutes. Our upperbody workouts focus on sculpting the Shoulders and back. This will help further accentuate the development of the glutes.



THE WARM UP AND PRIMING SESSION

Before each session begin with a 2 part warm up.

Before each one of your big lifts, such as Squats, Hip Thrusts, Deadlifts, Shoulder press, we recommend performing at least 2-3 warm up sets before you hit your first working set.

PART 1

5-10 mins CV to help increase blood flow and increase body temperature.

If training glutes, we recommend the Stair climber or X-trainer.

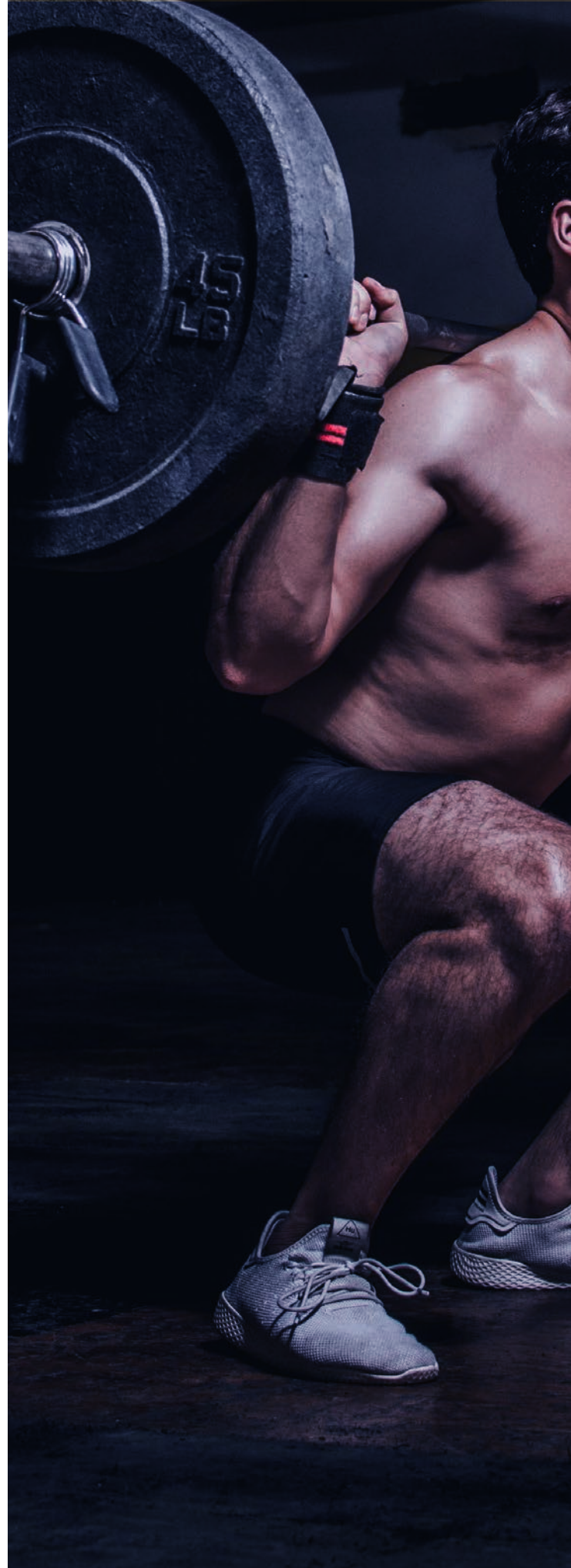
PART 2

MOBILITY AND GLUTE PRIMING SESSION BEFORE LOWERBODY

- E1** Bird Dogs - 2 sets 12-15
- E2** Glute Bridges - 2 sets 12
- E3** Frog Pumps - 2 sets 12
- E4** Clams - 2 sets 12 each side
- E5** Hamstring Stretch to Squat - 2 sets 12
- E6** Crescent Lunge - 2 sets 12 each side

MOBILITY AND PRIMING SESSION BEFORE UPPERBODY

- E1** Shoulder Dislocates - 2 sets 12
- E2** Reach Through
- E3** Front Facing Wrist exts - 1 set 12
- E4** Rear facing wrist exts - 1 set 12
- E5** Resistance Band Pull Apart - 2 sets 15





THE PROGRAMME

PHASE 1 – STRENGTH

WEEK 1, 2 & 3

This phase uses a lower rep range and is all about building strength, maximizing myofibrillar hypertrophy, building a foundation, and improving your mind to muscle connection.

DAY1

LOWERBODY STRENGTH

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Squats	3	5-6	8	80-85%					2-3 mins	Increase to 6 reps in WEEK 3
B1 - Deadlifts (Sumo)	3	5-6	8	80-85%					2-3 mins	Increase to 6 reps in WEEK 3
C1 - Bulgarian Split Squats	3	6-8	8						1-2 mins	
D1 - Lying Leg Curls	2	8-10	8						1 min	
D1 - Hip Abductions	2	10-12	8						1 min	

DAY2

UPPERBODY HYPERTROPHY

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Seated DB Shoulder Press	3	6-8	8							Superset with A2
A2 - Lat Pulldown	3	8-10	8						1-2 mins	
B1 - Close grip seated Row	3	8-10	8						1-2 mins	
C1 - DB Lat Raises	3	10-12	8						1 min	
D1 - DB Rear Flyes	4	12-15	8						1 min	
E1 - BB Bicep Curls	4	10-12	8						1 min	

DAY3**LOWERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - BB Hip Thrusts	3	6-8	8						1-2 mins	
B1 - Cable Pull throughs	3	10-12	8						1-2 mins	
C1 - DB Single Leg Deadlifts	2	8-10	8						1 min	
D1 - Leg Exts	3	10-12	8						1 min	
E1 - Cable Glute Kick Backs	2	12-15	8						1 min	

DAY4**UPPERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Close Grip Pulldowns	3	8-10	8							Superset with A2
A2 - Incline DB Chest Press	3	8-10	8						1-2 mins	
B1 - Single Arm DB Row	3	10-12	8						1-2 mins	
C1 - Cable Lat raises	3	12-15	8						1 min	
D1 - Cable Flyes	3	12-15	8						1 min	
E1 - Tricep Dips	4	10-12	8						1 min	

DAY5**LOWERBODY METABOLIC**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Frog Pumps	2	30	8							Superset with A2
A2 - DB Sumo Squats	2	12-15	8						1-2 mins	
B1 - Hyper Exts	2	12-15	8						1 min	
C1 - Single Leg Hip Thrusts	2	12-15	8						30-45 sec	
D1 - DB Walking lunges/ Rear Lunges	2	30	8						1 min	

PHASE 2 – HYPERTROPHY

WEEK 4, 5 & 6

In This phase, having developed your strength in phase 1, we now increase training volume, and increase to a higher rep range, focusing on rapid sarcoplasmic growth.

DAY1

LOWEROBODY STRENGTH

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Squats	4	6-7	8	80-85%					2-3 mins	Increase to 7 Reps in WEEK 6
B1 - Romanian Deadlifts	4	6-8	9						1-2 mins	
C1 - Bulgarian Split Squats	4	8-10	9						1-2 mins	
D1 - Lying Leg Curls	4	10-12	9						1 min	
D1 - Hip Abductions	4	10-12	9						1 min	

DAY2

UPPERBODY HYPERTROPHY

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Seated DB Shoulder Press	4	10-12	9						1-2 mins	Superset with A2
A2 - Lat Pulldown	4	10-12	9						1-2 mins	
B1 - Close grip seated Row	4	10-12	9						1-2 mins	
C1 - DB Lat Raises	4	10-12	9						1 min	
D1 - DB Rear Flyes	4	12-15	9						1 min	
E1 - BB Bicep Curls	4	10-12	9						1 min	
F1 - Cable Abductions	3	15-20	9						1 min	15-20 each side

DAY3**LOWERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - BB Hip Thrusts	4	10-12	9						1-2 mins	
B1 - Cable Pull throughs	3	10-12	9						1 min	
C1 - DB Single Leg Deadlifts	3	10-12	9						1 min	
D1 - Leg Exts	3	10-12	9						1 min	
E1 - Cable Glute Kick Backs	3	12-15	9						1 min	

DAY4**UPPERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Close Grip Pulldowns	4	10-12	9						1-2 mins	Superset with A2
A2 - Incline DB Chest Press	4	10-12	9						1-2 mins	
B1 - Single Arm DB Row	4	10-12	9						1-2 mins	
C1 - Cable Lat raises	4	10-12	9						1 min	Superset with C2
D1 - Cable Flyes	4	12-15	9						1 min	
E1 - Tricep Dips	4	10-12	9						1 min	
F1 - Cable Side Kicks	3	20	8						1 min	20 each way

DAY5**LOWERBODY METABOLIC**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Frog Pumps	3	30	9							Superset with A2
A2 - DB Sumo Squats	3	12-15	9						1-2 mins	
B1 - Hyper Exts	3	12-15	9						1 min	
C1 - Single Leg Hip Thrusts	3	12-15	9						30-45 sec	
D1 - DB Walking lunges/ Rear Lunges	3	30	9						1 min	

PHASE 3 – DELOAD

WEEK 7

In most of our programmes, we normally recommend a week where you reduce overall training volume and intensity in order to allow the body time to rest. We usually recommend this every 6-12 weeks. Research consistently shows that integrating DE-LOADS accelerates results, and will reinvigorate your energy and motivation for the final phases.

DAY1

LOWERBODY STRENGTH

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Squats	2	5	5-6	50-60%					2-3 mins	
B1 - Romanian Deadlifts	2	5	5-6	50-60%					1-2 mins	
C1 - BB Rear Lunges	2	10-12	5-6						1 min	
D1 - Lying Leg Curls	2	10-12	5-6						1 min	
D1 - Hip Abductions	2	10-12	5-6						1 min	

DAY2

UPPERBODY HYPERTROPHY

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Seated DB Shoulder Press	2	10-12	5-6						1-2 mins	Superset with A2
A2 - Lat Pulldown	2	10-12	5-6						1-2 mins	
B1 - Close grip seated Row	2	10-12	5-6						1-2 mins	
C1 - DB Lat Raises	2	10-12	5-6						1 min	
D1 - DB Rear Flyes	2	10-12	5-6						1 min	
E1 - BB Bicep Curls	2	10-12	5-6						1 min	
F1 - Cable Abductions	3	15-20	9						1 min	

DAY3**LOWERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - BB Hip Thrusts	2	10-12	5-6						1-2 mins	
B1 - Cable Pull throughs	2	10-12	5-6						1 min	
C1 - DB Single Leg Deadlifts	2	10-12	5-6						1 min	
D1 - Leg Exts	2	10-12	5-6						1 min	
E1 - Cable Glute Kick Backs	2	10-12	5-6						1 min	

DAY4**UPPERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Close Grip Pulldowns	2	10-12	5-6						1-2 mins	Superset with A2
A2 - Incline DB Chest Press	2	10-12	5-6						1-2 mins	
B1 - Single Arm DB Row	2	10-12	5-6						1-2 mins	
C1 - Cable Lat raises	2	10-12	5-6						1 min	Superset with C2
D1 - Cable Flyes	2	10-12	5-6						1 min	
E1 - Tricep Dips	2	10-12	5-6						1 min	
F1 - Cable Side Kicks	3	20	8						1 min	

DAY5**LOWERBODY METABOLIC**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Frog Pumps	2	10-12	5-6							Superset with A2
A2 - DB Sumo Squats	2	10-12	5-6						1-2 mins	
B1 - Hyper Exts	2	10-12	5-6						1-2 mins	
C1 - Single Leg Hip Thrusts	2	10-12	5-6						1-2 mins	
D1 - DB Walking lunges/ Rear Lunges	2	10-12	5-6						1-3 mins	

PHASE 4 – HYPERTROPHY

WEEKS 8, 9 & 10

This phase uses lower rep ranges with a heavy focus on the eccentric portion of the rep, which increases Time Under Tension (TUT) to maximise hypertrophy. Using extreme muscle stretching and eccentric loading is a technique we use at GTS to stimulate muscle hyperplasia.

DAY1

LOWERBODY STRENGTH

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Squats	4	4-5	9-10	80-85%					2-3 mins	Perform each rep with a 4-5 sec eccentric and explosive concentric
B1- Coventional deadlifts	4	6-7	9-10	80-85%					1-2 mins	
C1 - Leg Curls	4	6-7	9-10						1 min	Perform each rep with a 4-5 sec eccentric and explosive concentric
C2 - Swiss Ball Hip Thrusts to Leg Curl	4	10-12	9-10						1 min	
D1 - Hip Abductions	4	10-12	9						1 min	

DAY2

UPPERBODY HYPERTROPHY

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Seated DB Shoulder Press	4	8-10	9-10						1-2 mins	Superset with A2
A2 - Lat Pulldown	4	8-10	9-10						1-2 mins	Dropset last set
B1 - Close grip seated Row	4	8-10	9-10						1-2 mins	
C1 - DB Lat Raises	4	12-15	9-10						1 min	Dropset last set
D1 - DB Rear Flyes	4	15-20	9-10						1 min	
E1 - BB Bicep Curls	4	12-15	9-10						1 min	
F1 - Cable Abductions	3	15-20	8						1 min	15-20 each side

DAY3**LOWERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - BB Hip Thrusts	4	6-8	9-10						1-2 mins	Perform Each rep with a 4 sec isometric contraction at the top
B1 - DB Bench Step Ups	4	8-10	9-10						1 min	
C1 - Cable Pull Through	4	10-12	9-10						1 min	Triple dropset last set
C2 - Leg Exts	4	15-20	9-10						1 min	Dropset last set
D1 - Cable Glute Kick Backs	4	12-15	9-10						1 min	

DAY4**UPPERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Close Grip Pulldowns	4	8-10	9-10						1-2 mins	Superset with A2
A2 - Incline DB Chest Press	4	8-10	9-10						1-2 mins	Dropset last set
B1 - Single Arm DB Row	4	8-10	9-10						1-2 mins	
C1 - Cable Lat raises	4	12-15	9-10						1 min	Superset with C2
D1 - Cable Flyes	4	15-20	9-10						1 min	
E1 - Tricep Dips	4	12-15	9-10						1 min	
F1 - Cable Side Kicks	3	20	8							20 each way

DAY5**LOWERBODY METABOLIC**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Stiff Leg Deadlifts	3	7	9-10							Perform each rep with a 4-5 sec eccentric and explosive concentric
B1 - DB Sumo Squats	3	12	9-10							Superset with B2
B2 - Elevated Bench Hip Thrusts	3	12	9-10						1-2 mins	
C1 - DB Walking Lunges	3	10	9-10							
C2 - Frog Pumps	3	10	9-10						1-3 mins	

PHASE 4 – METABOLIC

WEEKS 11 & 12

The final 2 weeks uses higher rep ranges, tri-sets and supersets to stimulate extreme fatigue in the muscle which can accelerate key muscle building, metabolic pathways. It will also increase exercise intensity, leading to a higher calorie burn to help further reveal a defined sculpted physique.

DAY1

LOWERBODY STRENGTH

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Squats	4	5-6	9-10	80-85%						Superset with A2
A2 - DB Stiff Leg Deadlifts	4	8-10	9-10	80-85%						Superset with A3
A3 - DB Goblet Squats	4	12-15	9-10						1-3 mins	
B1 - Lying Leg Curls	4	15-20	9-10							Superset with B2
B2 - Hip Abductions	4	10-12	9						1-2 mins	

DAY2

UPPERBODY HYPERTROPHY

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - DB Rear Flyes	4	8-10	9-10							Superset with A2
A2 - DB Shoulder press	4	8-10	9-10							Superset with A3
A3 - DB Lat raises	4	8-10	9-10						1-3 mins	
B1 - Straight Arm Pushdown	4	12-15	9-10							Superset with B2
B2 - Lat Pulldown	4	15-20	9-10						1-3 mins	
E1 - BB Bicep Curls	4	12-15	9-10						1 min	
F1 - Cable Abductions	3	15-20	9						1 min	15-20 each side

DAY3**LOWERBODY HYPERTROPHY**

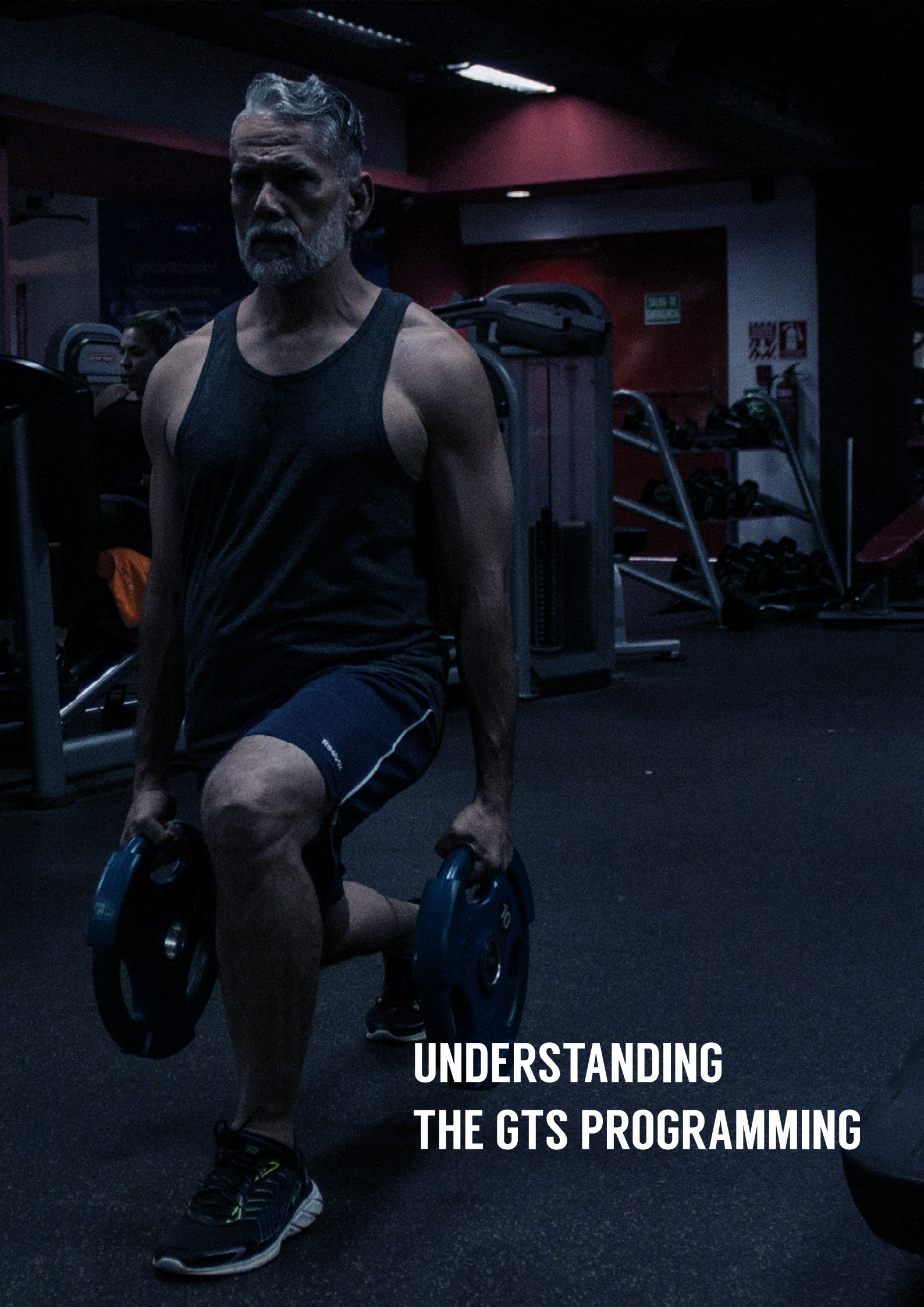
Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - BB Hip Thrusts	4	6-8	9-10							Superset with A2
A2 - Cable Pull Throughs	4	6-7	9-10							Superset with A3
A3 - Reverse Hyper Exts	4	6-7	9-10						1-3 mins	
B1 - Walking Lunges	4	15-20	9-10							Superset with B2
B2 - Leg Exts	4	12-15	9-10						1-3 mins	

DAY4**UPPERBODY HYPERTROPHY**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Close Grip Pulldowns	4	8-10	9-10							Superset with A2
A2 - Bent over DB Rows	4	8-10	9-10						1-2 mins	
B1 - Incline Chest Press	4	8-10	9-10							Superset with B2
B2 - Cable Flyes	4	12-15	9-10						1-2 mins	
C1 - Cable Lat raises	4	15-20	9-10						1 min	
D1 - OH Tricep Exts	4	12-15	9-10						1 min	
F1 - Cable Side Kicks	3	20	8							20 each way

DAY5**LOWERBODY METABOLIC**

Exercise	Sets	Reps	RPE	% 1RM	1	2	3	4	Rest	Notes
A1 - Frog Pump	4	20	9-10							TRISSET - Superset with A2
A2 - BB Hyper Exts	4	12	9-10							TRISSET - Superset with A3
A3 - Sumo Squats	4	8	9-10	60%					1-3 mins	
B1 - Elevated Hip Thrusts	4	10	9-10							Superset with B2
B2- DB Walking lunges/ Rear Lunges	4	10	9-10						1-3 mins	



**UNDERSTANDING
THE GTS PROGRAMMING**

FREQUENCY

If your goal is to grow, its vital that you send a muscle building signal (muscle protein synthesis) as frequently and as optimally as possible- In the GTS programme we begin by training glutes with 3 focus sessions per week. In phase 2 we increase the frequency to 5 times per week with 2 additional exercises added on the upper body days to keep the muscle building signal high throughout the week.



VOLUME

The total load lifted by the muscle is one of the most important data points to track and ensure that you progressively increase. Bret Contreras states that 15-30 sets is optimal for hypertrophy. In the GTS programme we ultimately aim for the upper end of this to maximise the hypertrophic response. Therefore, Its important that you also track the weights you lift for each exercise, to ensure that you appropriately increase the weight progressively over time, to continually stimulate growth in the muscle.

PROGRESSIVE OVERLOAD

This is the gradual increase of stress upon the body in order to change and grow. To do this we manipulate and increase weight, reps, volume, Frequency and training intensity using variables such as RPE & % of 1 REP MAX

RPE

This is your Rate of Perceived Exertion. It basically refers to how hard you should be working- For example, if it says 3 sets of 10 reps at an RPE of 8, then you should get to rep 10 and still have 2-3 reps left in the tank.

% OF 1 REP MAX

This is the amount of load you should lift in relation to your 1 rep max of that lift. E.g if your 1 REP MAX for Squats is 100kg and your programmed to lift 75% of your 1 rep max for 5 reps, then you should lift 75kgs for 5 reps.

$(100 \times .075 = 75\text{kgs})$

DROPSETS

To perform a drop set, on the final set of the exercise that has dropsets programmed, you must perform the final set with a weight that challenges you at an RPE of 8-10, but as soon as you've finished that set, immediately reduce the weight 10-20% and perform an AMRAP- as many reps as possible. Only reduce the weight enough that only allows you to perform less than or the same number of reps as the final working set.

Our programmes also ensure to focus on the 3 key drivers of Hypertrophy.

THE 3 MECHANISMS OF HYPERTROPHY EXPLAINED

MECHANICAL TENSION

This is the application of load to the muscle, Concentric - Eccentric - Isometric which can lead to a hypertrophic response. Applied correctly, this can stimulate a hypertrophic response.

MUSCLE DAMAGE

This is micro trauma to the muscle fibre which leads to a hypertrophic response.

METABOLIC STRESS

This is extreme fatigue in the muscle which accelerates to key metabolic, muscle building pathways.

MTOR

This is vital for Muscle Protein Synthesis

AMPK

This is for fatty acid oxidation and glucose uptake into the muscle.

Throughout the programme you'll notice we use specific training methods and specific rep ranges to take advantage of the 3 types of Hypertrophy

3 TYPES OF HYPERTROPHY EXPLAINED

SARCOPLASMIC

An increase in sarcoplasmic fluid of the muscle cell. This is the most rapid form of muscle growth and best brought about using higher reps between 8-20 reps.

MYOFIBRILLAR

This is an increase in the size and number of myofibrils which make up the muscle fibre. This is best brought about by lower reps of 3-6 reps

HYPERPLASIA

This is an increase in the number of muscle fibres. This is still a fairly new discovery. At the Glute Station we use techniques which are believed to be most effective at stimulating Muscle Hyperplasia. Using eccentric loading and muscle stretching.



**THE ANATOMY OF
THE GLUTES**

GLUTEUS MAXIMUS



ORIGIN

Posterior aspect of dorsal ilium, posterior superior iliac crest, posterior inferior aspect of sacrum and coccyx.

INSERTION

Iliotibial band & the gluteal tuberosity on posterior femoral surface

ACTION

Hip Extension

GLUTEUS MEDIUS



ORIGIN

Dorsal ilium inferior to iliac crest.

INSERTION

Lateral and superior surfaces of greater trochanter

ACTION

Hip Abduction (primary)

GLUTEUS MINIMUS



ORIGIN

Dorsal ilium between inferior and anterior gluteal line.

INSERTION

Anterior Surface of greater trochanter.

ACTION

Hip Abduction

As you can see above, the glutes are made up of 3 muscles. The biggest and most powerful is the Gluteus maximus, responsible for Hip Extension. To focus on this muscle you must use Hip extension exercises, such as Squats, Hip Thrusts and Deadlifts. Being the power muscle of the 3, its best to use a lower rep range between 4-8 to maximize growth. Being the biggest part of the gluteals, means this is also the muscle you should prioritise your attention on.

The Glute Medius and Minimus are responsible for Hip Abduction, in exercises such as, cable abductions and funnily enough Hip abductions. These muscles will respond best to isolation exercises with a higher rep range between 8-20.