

SYSTEM

GLUTE DEVELOPMENT

4-WEEK GLUTE SPECIALISATION PROGRAM

Targeted. Scientific. Built to build.

| DURATION | FREQUENCY | EQUIPMENT | LEVEL |
|----------|-----------------|-----------|-------------|
| 4 WEEKS | 4-5 DAYS / WEEK | Full Gym | SEE PROGRAM |

FREE DOWNLOAD

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AETHON SYSTEM: GLUTE DEVELOPMENT

AETHON SYSTEM: GLUTE DEVELOPMENT is a targeted 4-week specialisation program for maximum glute growth, shape and strength.

The program is built around the three drivers of glute development: hip thrust variations (mechanical tension), cable kickbacks and abductor work (isolation pump) and squat/deadlift patterns (progressive overload on the whole posterior chain).

Every session begins with a glute activation protocol. Do not skip it — this is the difference between growing your glutes and growing your quads. Upper body sessions are included to maintain full body balance.

PROGRAM OVERVIEW

| WEEKS | DAYS/WEEK | SESSION | EQUIPMENT | LEVEL |
|-------|-----------|-----------|-----------|------------|
| 4 | 4-5 | 55-70 min | Full Gym | All Levels |

THE AETHON PRINCIPLES

- 01 ACTIVATE BEFORE EVERY SESSION — 5-8 min glute activation before loading. Always. Non-negotiable.
- 02 SQUEEZE AT THE TOP — Pause and contract for 1-2 seconds at peak of every thrust and kickback.
- 03 MIND-MUSCLE CONNECTION — Feel the glute working. If you feel your quad, adjust foot position.
- 04 PROGRESSIVE OVERLOAD — Add weight to hip thrust every single week. This is the key lift.
- 05 TRAIN UNILATERAL — Single leg work reveals and corrects imbalances between sides.

WEEK 1 · ACTIVATE & PRIME

GOAL: Establish mind-muscle connection. Light load, high quality. Feel every single rep in the glute.

DAY 1 · GLUTE FOCUS — LOWER A

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------------|------|---------|------|----------------------------------|
| Activation: Clamshell | 3 | 20/side | 45s | Band above knees |
| Hip Thrust (bodyweight) | 4 | 20 | 60s | Pause 2 sec at top — squeeze |
| Barbell Hip Thrust | 4 | 12 | 90s | Start light, perfect form only |
| Romanian Deadlift | 4 | 12 | 90s | Feel the glute stretch at bottom |
| Cable Kickback | 3 | 20/leg | 60s | Squeeze fully at extension |
| Abductor Machine | 4 | 20 | 60s | Slow reps, full range |
| Lying Leg Curl | 4 | 15 | 75s | Hamstring and glute tie-in |

DAY 2 · QUAD / GLUTE — LOWER B

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|----------------------------|------|--------|------|---------------------------------|
| Banded Squat Activation | 3 | 20 | 45s | Band above knees |
| Barbell Back Squat | 4 | 10 | 90s | Sit back and down — glute focus |
| Bulgarian Split Squat | 4 | 12/leg | 90s | Glute emphasis — lean forward |
| Leg Press (high/wide feet) | 4 | 15 | 75s | High foot = more glute |
| Walking Lunge | 3 | 12/leg | 75s | Long stride for glute stretch |
| Step-Up with Knee Drive | 3 | 12/leg | 60s | Drive knee up at top |
| Banded Kickback | 3 | 20/leg | 60s | Finish with pump |

DAY 3 · UPPER BODY + CARDIO

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|------------------------|------|---------|------|----------------------------|
| Incline Treadmill Walk | 1 | 20 min | — | Heel strikes, feel glutes |
| Dumbbell Bench Press | 3 | 12 | 75s | Maintain upper body push |
| Seated Cable Row | 3 | 12 | 75s | Back maintenance |
| Lat Pulldown | 3 | 12 | 75s | Width building |
| DB Shoulder Press | 3 | 12 | 75s | Shoulder maintenance |
| Face Pull | 3 | 15 | 60s | Rear delt and posture |
| Dead Bug | 3 | 10/side | 60s | Core — protects lower back |

DAY 4 · GLUTE PUMP DAY

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|--------------------------|------|---------|------|--------------------------------|
| Fire Hydrant Activation | 3 | 20/side | 30s | Band above knee |
| Smith Machine Hip Thrust | 5 | 15 | 75s | Higher reps — squeeze each one |
| Cable Pull-Through | 4 | 20 | 60s | Hip hinge — not a squat |
| Sumo Deadlift | 4 | 10 | 90s | Wide stance, glute drive |
| Sumo Squat (pause) | 4 | 12 | 75s | 2-sec pause at bottom |
| Lying Leg Curl | 3 | 15 | 60s | Hamstring glute tie-in |
| Cable Kickback | 3 | 20/leg | 45s | Pump finish — feel it |

DAY 5 · ACTIVE RECOVERY

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-----------------------------|------|------------|------|---------------------------------|
| 30 min Walk | 1 | 30 min | — | Outside preferred, heel strikes |
| Pigeon Pose | 1 | 2 min/side | — | Deep glute stretch |
| Lizard Pose | 1 | 90s/side | — | Hip flexor stretch |
| Glute Bridge Hold | 3 | 30s | 30s | Light activation |
| Foam Roll: Glutes + IT Band | 1 | 10 min | — | Pressure, not pain |

WEEK 2 · BUILD THE SHAPE

GOAL: Progress all weights 5–10%. Add resistance bands to all squat and thrust patterns.

DAY 1 · GLUTE FOCUS — LOWER A

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|------------------------|------|---------|------|-------------------------|
| Clamshell (heavy band) | 3 | 20/side | 40s | Heavier band this week |
| Hip Thrust (banded BW) | 3 | 20 | 50s | Band above knees added |
| Barbell Hip Thrust | 4 | 12 | 90s | +5–10kg from Week 1 |
| Romanian Deadlift | 4 | 12 | 90s | +5kg — feel the stretch |
| Cable Kickback | 4 | 20/leg | 55s | Add a 4th set |
| Abductor Machine | 4 | 20 | 55s | Heavier weight |
| Lying Leg Curl | 4 | 15 | 70s | Heavier |

DAY 2 · QUAD / GLUTE — LOWER B

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------------|------|--------|------|------------------|
| Banded Squat Activation | 3 | 20 | 40s | Heavier band |
| Barbell Back Squat | 4 | 10 | 90s | +5kg |
| Bulgarian Split Squat | 4 | 12/leg | 85s | +2.5kg each side |
| Leg Press (high wide) | 4 | 15 | 70s | +10kg |
| Walking Lunge | 4 | 12/leg | 70s | Add dumbbells |
| Step-Up + Knee Drive | 3 | 14/leg | 55s | More reps |
| Banded Kickback | 3 | 20/leg | 55s | Heavier band |

DAY 3 · UPPER BODY + GLUTE WALK

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|----------------------|------|---------|------|-----------------------------|
| Incline Walk | 1 | 25 min | — | 5 more minutes, heel strike |
| Dumbbell Bench Press | 3 | 12 | 70s | Progress weight |
| Barbell Row | 3 | 10 | 80s | Heavier |
| Lat Pulldown | 3 | 12 | 70s | Heavier |
| DB Shoulder Press | 3 | 12 | 70s | Heavier |
| Band Pull-Apart | 3 | 20 | 45s | Posture work |
| Dead Bug | 3 | 12/side | 55s | Core stability |

DAY 4 · GLUTE PUMP DAY

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|---------------------------|------|---------|------|--------------------|
| Fire Hydrant Activation | 3 | 20/side | 25s | Faster activation |
| Smith Machine Hip Thrust | 5 | 15 | 70s | Heavier this week |
| Cable Pull-Through | 4 | 20 | 55s | Heavier |
| Sumo Deadlift | 4 | 10 | 85s | +5kg from Week 1 |
| Sumo Squat (banded pause) | 4 | 12 | 70s | Add band this week |
| Lying Leg Curl | 3 | 15 | 55s | Heavier |
| Cable Kickback Heavy | 4 | 20/leg | 40s | Heavier cable |

DAY 5 · ACTIVE RECOVERY

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|--------------------------|------|------------|------|---------------------|
| 35 min Walk | 1 | 35 min | — | Uphill if possible |
| Pigeon Pose | 1 | 2 min/side | — | Same as W1 |
| Figure-4 Stretch | 1 | 90s/side | — | Deep glute stretch |
| Foam Roll: Glutes + Hams | 1 | 12 min | — | More time this week |

WEEK 3 · LOAD & SHAPE

GOAL: Significant weight increase on hip thrust and deadlifts. Add pause reps and peak contractions every set.

DAY 1 · GLUTE FOCUS — LOWER A

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|------------------------|------|---------|------|--------------------------------|
| Activation: Clamshell | 3 | 20/side | 35s | Fast activation |
| Barbell Hip Thrust | 5 | 10 | 90s | Heaviest yet — pause 1s at top |
| Stiff-Leg Deadlift | 4 | 10 | 90s | More stretch than RDL |
| Cable Kickback (heavy) | 4 | 15/leg | 60s | Heavier, slow reps |
| Abductor Machine | 5 | 15 | 60s | 5 sets this week |
| Lying Leg Curl | 4 | 12 | 75s | Heavier |
| Hip Thrust Drop Set | 1 | 10+8+6 | — | Triple drop to finish |

DAY 2 · QUAD / GLUTE — LOWER B

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|--------------------------|------|--------|------|--------------------------|
| Banded Squat | 3 | 20 | 35s | Fast activation |
| Barbell Back Squat | 5 | 8 | 90s | 5 sets — heavy |
| Bulgarian Split Squat | 4 | 10/leg | 90s | Heaviest weight yet |
| Leg Press (high wide) | 4 | 12 | 80s | Heavier, 3-sec eccentric |
| Reverse Lunge (weighted) | 4 | 12/leg | 75s | Replaces walking lunge |
| Step-Up (heavy DB) | 3 | 12/leg | 70s | Heaviest step-up yet |
| Banded Kickback | 4 | 20/leg | 45s | Pump finish |

DAY 3 · UPPER BODY + CARDIO

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|---------------------|------|--------|------|------------------------------|
| Stairmaster | 1 | 20 min | — | High step — feel the glutes |
| Barbell Bench Press | 4 | 8 | 80s | Heavier |
| Cable Row | 4 | 10 | 75s | Heavier |
| Weighted Pull-Up | 3 | 8 | 80s | Add weight |
| DB Shoulder Press | 3 | 10 | 75s | Heavier |
| Rear Delt Fly | 3 | 15 | 60s | Superset with shoulder press |
| Plank | 4 | 60s | 60s | Strong core |

DAY 4 · GLUTE PEAK PUMP

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|---------------------------|------|--------|------|---|
| Activation Circuit | 3 | — | 30s | Clamshell 15 + hydrant 15 + kickback 15 |
| Smith Machine Hip Thrust | 6 | 12 | 80s | 6 heavy sets — pause |
| Cable Pull-Through | 4 | 15 | 60s | Heavier |
| Sumo Deadlift | 4 | 8 | 100s | Heavy hinge movement |
| Squat Pulse (banded) | 3 | 30 | 45s | Hold and pulse — burn |
| Seated Leg Curl | 3 | 12 | 75s | Dorsiflex the foot |
| Single Leg Cable Kickback | 4 | 15/leg | 40s | Unilateral isolation finish |

DAY 5 · RECOVERY

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-----------------------|------|--------|------|--------------------------------|
| 40 min Walk (outdoor) | 1 | 40 min | — | Fresh air recovery |
| Deep Glute Stretching | 1 | 20 min | — | Pigeon, figure-4, supine twist |
| Foam Roll Full Body | 1 | 12 min | — | Extra on hamstrings |

WEEK 4 · PEAK & GROW

GOAL: Max load on all glute compounds. Track Week 1 vs Week 4 hip thrust — the difference will motivate your next phase.

DAY 1 · GLUTE PEAK — LOWER A

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|---------------------|------|----------|------|------------------------------|
| Activation Circuit | 2 | — | — | Quick 5 min — all 3 moves |
| Barbell Hip Thrust | 5 | 8 | 120s | Heaviest of the program |
| Stiff-Leg Deadlift | 4 | 8 | 100s | Heavy |
| Cable Kickback | 4 | 15/leg | 55s | Heavy |
| Abductor Machine | 5 | 15 | 55s | Heavy |
| Lying Leg Curl | 4 | 10 | 80s | Heavy |
| Hip Thrust Drop Set | 1 | 10+8+6+4 | — | 4-stage drop — total burnout |

DAY 2 · QUAD / GLUTE PEAK — LOWER B

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------------|------|--------|------|------------------------------------|
| Banded Squat Activation | 2 | 20 | 40s | Fast |
| Barbell Back Squat | 5 | 6 | 120s | Heaviest of program |
| Bulgarian Split Squat | 4 | 8/leg | 90s | Heaviest ever |
| Leg Press (high wide) | 4 | 10 | 80s | Heavy |
| Reverse Lunge | 3 | 10/leg | 75s | Heavy |
| Glute Superset Finisher | 3 | — | 60s | Cable kickback 20 + banded walk 20 |

DAY 3 · UPPER + CARDIO

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|----------------|------|--------|------|----------------------------|
| Stairmaster | 1 | 25 min | — | Max glute activation |
| Barbell Bench | 3 | 8 | 80s | Maintain strength |
| Pull-Up | 3 | 8 | 80s | Max reps per set |
| Shoulder Press | 3 | 10 | 75s | Maintain |
| Face Pull | 3 | 15 | 60s | Posture and health |
| Core: 10 min | 1 | 10 min | — | Planks, hollows, dead bugs |

DAY 4 · GLUTE FINAL SHOWCASE

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|--------------------------|------|--------|------|---------------------------|
| Full Activation Circuit | 3 | — | 30s | All 3 activation moves |
| Smith Machine Hip Thrust | 6 | 10 | 90s | Heaviest ever — celebrate |
| Sumo Deadlift | 4 | 6 | 110s | Heavy and strong |
| Cable Pull-Through | 4 | 12 | 65s | Heavy |
| Squat Pulse (banded) | 4 | 30 | 45s | Burnout — feel it |
| Single Leg Hip Thrust | 3 | 15/leg | 75s | Unilateral finish |
| Calf Raise | 4 | 20 | 45s | Maintenance |

DAY 5 · FINAL RECOVERY + REFLECT

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|--------------------------|------|--------|------|---------------------------------------|
| 45 min Walk | 1 | 45 min | — | Celebrate your 4 weeks |
| Compare W1 vs W4 weights | — | — | — | Log everything in your tracker |
| Full Body Stretch 20 min | 1 | 20 min | — | You earned this |
| Plan next phase | — | — | — | Hypertrophy or repeat Glute +15% load |

PROGRESS TRACKER

Log your working weights, reps or times every session. Progress only happens when it is tracked. Fill this in after every workout.

BODY MEASUREMENTS

| WEEK | DAY 1 | DAY 7 | CHANGE | WAIST (cm) | HIP (cm) | CHEST (cm) | NOTES |
|--------|-------|-------|--------|------------|----------|------------|-------|
| WEEK 1 | | | | | | | |
| WEEK 2 | | | | | | | |
| WEEK 3 | | | | | | | |
| WEEK 4 | | | | | | | |

STRENGTH / PERFORMANCE LOG

Record the weight used (kg) or reps completed for each key exercise each week.

| EXERCISE / METRIC | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | NOTES |
|---------------------------------|--------|--------|--------|--------|-------|
| Barbell Hip Thrust (kg) | | | | | |
| Smith Machine Hip Thrust (kg) | | | | | |
| Barbell Back Squat (kg) | | | | | |
| Romanian / Stiff-Leg DL (kg) | | | | | |
| Sumo Deadlift (kg) | | | | | |
| Bulgarian Split Squat (kg each) | | | | | |
| Cable Kickback (kg setting) | | | | | |
| Abductor Machine (kg) | | | | | |
| Bodyweight (kg) | | | | | |
| Hip Measurement (cm) | | | | | |
| Waist Measurement (cm) | | | | | |

SESSION LOG

Use this to track how each session felt. RPE = Rate of Perceived Exertion (1-10).

| SESSION | DATE | ENERGY (1-10) | RPE | HIGHLIGHT / NOTE |
|---------|------|---------------|-----|------------------|
| W1 D1 | | | | |

| SESSION | DATE | ENERGY (1-10) | RPE | HIGHLIGHT / NOTE |
|---------|------|---------------|-----|------------------|
| W1 D2 | | | | |
| W1 D3 | | | | |
| W1 D4 | | | | |
| W1 D5 | | | | |
| W2 D1 | | | | |
| W2 D2 | | | | |
| W2 D3 | | | | |
| W2 D4 | | | | |
| W2 D5 | | | | |
| W3 D1 | | | | |
| W3 D2 | | | | |
| W3 D3 | | | | |
| W3 D4 | | | | |
| W3 D5 | | | | |
| W4 D1 | | | | |
| W4 D2 | | | | |
| W4 D3 | | | | |
| W4 D4 | | | | |
| W4 D5 | | | | |

Glute Tracker: Hip thrust weight is your primary progress metric. If it goes up every week, your glutes are growing. Hip and waist measurements are your visual progress markers.

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This is a FREE program. When Aethon Performance launches — premium programs, coaching, gear and the full performance platform — you will be first to know.

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BUILT FOR THE BODY. ENGINEERED FOR THE MIND.