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## Preface

Thank you for purchasing the 12 Week Glute Builder! This program is for anyone but especially, for busy females struggling to find time to make it to the gym... only 4 efficient workout sessions per week.

Before beginning your 12 Week Glute Builder, you may read the following key points in order to fully understand how your program works:

- Warm up exercises are never done until failure, so choose a light weight that you can complete for the given rep range, with full stretches of the muscle(s). We are only trying to dynamically stretch the muscle(s) and increase blood flow when warming up.
- Do not static stretch before beginning workouts. Studies show that static stretching before a hypertrophy-intended workout hinders muscle growth.
- Working sets (every exercise that is not a warm up exercise) should be performed until failure, within the given rep range. If you perform less repetitions than assigned, lower the weight respectively. If you are able to perform more repetitions than assigned, increase the weight respectively.
- Cardio intensities range between Low Intensity, Moderate Intensity, and High Intensity.  
Low Intensity: This is what we use to warm up and does not burn many calories.  
Moderate Intensity: This burns more calories, causes you to sweat, but you are still able to hold a verbal conversation with someone, if need be.  
High Intensity: This burns the most amount of calories, increases your heart rate the most, and you should not be able to physically have a verbal conversation with someone at this intensity level.
- In the case in which an exercise is not available at your training facility, you may replace the exercise with one of a similar movement and/or targeted muscle.

Below is an example of how you can follow your 12 Week Glute Builder. However, the days in which you choose to assign each workout to is up to you:

Monday: Day 1 - Legs (Glutes and Hamstrings Focused)

Tuesday: Day 2 - Back, Biceps, and Core

Wednesday: Day 3 - Chest, Shoulders, and Triceps

Thursday: Day 4 - Legs (Quads Focused)

Friday: Rest Day

Saturday: Rest Day

Sunday: Rest Day

Repeat for one more week and then move onto your next phase.



## Contact

For all questions regarding your 12 Week Glute Builder or any other New Jersey Training Group product or service, you may contact Coach Matt at [mattcmariano@gmail.com](mailto:mattcmariano@gmail.com). Responses are usually given within minutes, although please allow 24 hours before reaching out again.

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Published on [www.newjerseytraininggroup.com](http://www.newjerseytraininggroup.com)

First Edition, 2025

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Contact Email: [mattcmariano@gmail.com](mailto:mattcmariano@gmail.com)



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This digital product is strictly informational and educational.



# 12 WEEK GLUTE BUILDER

By:  
Matt Mariano

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## Important Notes:

- Warm up exercises are never done until failure, so choose a light weight that you can complete for the given rep range, with full stretches of the muscle(s). We are only trying to dynamically stretch the muscle(s) and increase blood flow when warming up.
  - Do not static stretch before beginning workouts. Studies show that static stretching before a hypertrophy-intended workout hinders muscle growth.
  - Working sets (every exercise that is not a warm up exercise) should be performed until failure, within the given rep range. If you perform less repetitions than assigned, lower the weight respectively. If you are able to perform more repetitions than assigned, increase the weight respectively.
  - Cardio intensities range between Low Intensity, Moderate Intensity, and High Intensity.  
Low Intensity: This is what we use to warm up and does not burn many calories.  
Moderate Intensity: This burns more calories, causes you to sweat, but you are still able to hold a verbal conversation with someone, if need be.  
High Intensity: This burns the most amount of calories, increases your heart rate the most, and you should not be able to physically have a verbal conversation with someone at this intensity level.
  - In the case in which an exercise is not available at your training facility, you may replace the exercise with one of a similar movement and/or targeted muscle.
-



Welcome to Phase 1 of your 12 Week Glute Builder!

Phase Duration: 2 weeks

Number of Workouts Per Week: 4

Total Number Of Workouts To Be Completed This Phase: 8

Length of Each Workout: 45-60 minutes

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## Day 1 - Legs (Glutes and Hamstrings Focused)

### Workout Description:

This Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a gradual and scientific way. While first isolating Quads, we secondarily target and warm up our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors. Then, we focus most of our time and attention on our Glutes and Hamstrings. We finish off this workout with calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Roman Chair Back Extension	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Smith Machine Back Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Lateral Kick		8-12 reps each side	30 seconds	<a href="#">Watch Video</a>
Barbell Romanian Deadlift	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Dumbbell Romanian Deadlift	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>



Machine Hip Thrust	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
GHD Reverse Hyperextension	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Machine Seated Leg Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Lying Leg Curl		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Lying Leg Curl		6-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Machine Seated Calf Raise	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 2 - Back, Biceps, and Core

### Workout Description:

Structured in a way in which every muscle/muscle group of your Back is targeted with optimal efficacy, this workout incorporates both vertical and horizontal exercise movements, allowing no muscle of the Back and Biceps to be neglected. While the Abdominal/Core muscles are naturally being activated through Back exercises, we finish off this workout with isolated Abdominal/Core training and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Normal Grip Lat Pulldown	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Dual Pulley Seated Cable Row	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Plate Loaded Wide Grip Lat Pulldown	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Machine Assisted Close Grip Pull Up	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Hammer Strength Seated Wide Grip Row		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Rope Pullover		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Seated Single Arm Cable Row	2	10-12 reps each side	60 seconds	<a href="#">Watch Video</a>
Dual Cable Bicep Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>



Superset:	2			
Machine Bicep Curl		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Bicep Curl		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Seated Machine Ab Crunch	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Dip Machine Straight Leg Raise	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Torso Rotation Machine	2	8-10 reps each side	45 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 3 - Chest, Shoulders, and Triceps

### Workout Description:

This upper body workout targets all areas of the Chest, Shoulders, and Triceps in a gradual and scientific way, through regular sets, supersets, and/or drop sets. We finish off this workout with cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Incline Push Up	1	20 reps. Warm up exercise. Place your knees on the ground if a regular Incline Push Up is too difficult	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Cable Chest Press	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Plate Loaded Chest Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Machine Seated Chest Fly		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Chest Fly		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Plate Loaded Incline Chest Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Dumbbell Seated Shoulder Press	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Seated Dumbbell Lateral Raise	3	10-14 reps	45 seconds	<a href="#">Watch Video</a>
Machine Seated Reverse Fly	3	8-12 reps	45 seconds	<a href="#">Watch Video</a>

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Dumbbell Shrug	2	10-12 reps	45 seconds	<a href="#">Watch Video</a>
Cable Rope Tricep Extension	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Dumbbell Overhead Tricep Extension		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Dumbbell Overhead Tricep Extension		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 4 - Legs (Quads Focused)

### Workout Description:

This Quads focused Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a progressive and scientific way. Our focus is on Quads, but we secondarily target our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors and then some minor Glutes and Hamstrings training, followed by Calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Bodyweight Squat	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Hack Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Dumbbell Rear Foot Elevated Split Squat	3	8-12 reps each side	90 seconds	<a href="#">Watch Video</a>
Superset:	2			
Seated Leg Extension		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Seated Leg Extension		8-10 reps. Decreased weight (dropset).	90 seconds	<a href="#">Watch Video</a>



Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Hip Abduction		8-12 reps	30 seconds	<a href="#">Watch Video</a>
Machine Glute Kickback	3	10-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Machine Standing Leg Curl	3	10-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Machine Standing Calf Raise	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



Congratulations on completing Phase 1 of your 12 Week Glute Builder! Now, welcome to Phase 2, consisting of all new exercises.

Phase Duration: 2 weeks

Number of Workouts Per Week: 4

Total Number Of Workouts To Be Completed This Phase: 8

Length of Each Workout: 45-60 minutes

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## Day 1 - Legs (Glutes and Hamstrings Focused)

### Workout Description:

This Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a gradual and scientific way. While first isolating Quads, we secondarily target and warm up our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors. Then, we focus most of our time and attention on our Glutes and Hamstrings. We finish off this workout with calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Roman Chair Back Extension	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Reverse V Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Lateral Kick		8-12 reps each side	30 seconds	<a href="#">Watch Video</a>
Barbell Romanian Deadlift	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Cable Romanian Deadlift	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Barbell Hip Thrust	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>

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Butt Blaster	3	8-12 reps each side	90 seconds	<a href="#">Watch Video</a>
Dumbbell Leg Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Lying Leg Curl		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Lying Leg Curl		6-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Leg Press Calf Extension	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 2 - Back, Biceps, and Core

### Workout Description:

Structured in a way in which every muscle/muscle group of your Back is targeted with optimal efficacy, this workout incorporates both vertical and horizontal exercise movements, allowing no muscle of the Back and Biceps to be neglected. While the Abdominal/Core muscles are naturally being activated through Back exercises, we finish off this workout with isolated Abdominal/Core training and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Normal Grip Lat Pulldown	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Dual Pulley Seated Cable Row	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Parallel Grip Lat Pulldown	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Close Grip V Bar Lat Pulldown	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Parallel Grip Seated Cable Row		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Rope Pullover		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Machine Seated Neutral Grip Row	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Cable Bicep Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>



Superset:	2			
Cable Standing High Curl		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Dumbbell Bicep Curl		8-10 reps	60 seconds	<a href="#">Watch Video</a>
Lying Machine Abdominal Crunch	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Bench Leg Raise	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Cross Crunch	2	8-10 reps each side	45 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 3 - Chest, Shoulders, and Triceps

### Workout Description:

This upper body workout targets all areas of the Chest, Shoulders, and Triceps in a gradual and scientific way, through regular sets, supersets, and/or drop sets. We finish off this workout with cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Incline Push Up	1	20 reps. Warm up exercise. Place your knees on the ground if a regular Incline Push Up is too difficult	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Cable Chest Press	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Hoist Machine Chest Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Seated Cable Chest Press		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Seated Cable Chest Press		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Dumbbell Incline Bench Chest Fly	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Kneeling Cable Parallel Grip Shoulder Press	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Machine Lateral Raise	3	10-14 reps	45 seconds	<a href="#">Watch Video</a>
Face Pull	3	8-12 reps	45 seconds	<a href="#">Watch Video</a>
Cable Shrug	2	10-12 reps	45 seconds	<a href="#">Watch Video</a>

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Dumbbell Single Arm Overhead Tricep Extension	3	8-12 reps each side	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Cable V Bar Standing Tricep Extension		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable V Bar Standing Tricep Extension		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 4 - Legs (Quads Focused)

### Workout Description:

This Quads focused Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a progressive and scientific way. Our focus is on Quads, but we secondarily target our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors and then some minor Glutes and Hamstrings training, followed by Calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Bodyweight Squat	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Hammer Strength V Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Barbell Back Squat	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	2			
Seated Leg Extension		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Dumbbell Sumo Squat		8-10 reps	90 seconds	<a href="#">Watch Video</a>



Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Hip Abduction		8-12 reps	30 seconds	<a href="#">Watch Video</a>
Cable Hip Thrust	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Single Leg Lying Leg Curl	3	10-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Calf Extension Machine	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	10 minutes total, consisting of: 2 minutes of low intensity (warm up); 8 minutes of moderate intensity	None	<a href="#">View Image</a>



Congratulations on completing Phase 2 of your 12 Week Glute Builder! Now, welcome to Phase 3, consisting of all new exercises and increased cardio.

Phase Duration: 2 weeks

Number of Workouts Per Week: 4

Total Number Of Workouts To Be Completed This Phase: 8

Length of Each Workout: 45-60 minutes

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## Day 1 - Legs (Glutes and Hamstrings Focused)

### Workout Description:

This Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a gradual and scientific way. While first isolating Quads, we secondarily target and warm up our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors. Then, we focus most of our time and attention on our Glutes and Hamstrings. We finish off this workout with calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Roman Chair Back Extension	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Angled Machine Leg Press	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Lateral Kick		8-12 reps each side	30 seconds	<a href="#">Watch Video</a>
Barbell Romanian Deadlift	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Pit Shark Romanian Deadlift	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>



Cable Hip Thrust	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Smith Machine Reverse Glute Kickback	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Machine Standing Leg Curl	3	8-12 reps each side	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Leg Curl		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Lying Leg Curl		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Donkey Calf Raise Machine	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 2 - Back, Biceps, and Core

### Workout Description:

Structured in a way in which every muscle/muscle group of your Back is targeted with optimal efficacy, this workout incorporates both vertical and horizontal exercise movements, allowing no muscle of the Back and Biceps to be neglected. While the Abdominal/Core muscles are naturally being activated through Back exercises, we finish off this workout with isolated Abdominal/Core training and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Normal Grip Lat Pulldown	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Dual Pulley Seated Cable Row	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Hoist Machine Lat Pulldown	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Hammer Strength Front Lat Pulldown Machine	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Lying T Bar Row		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Rope Pullover		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Hoist Machine Neutral Grip Row	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
EZ Bar Preacher Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>



Superset:	2			
Cable Rope Lying Down Curl		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Dumbbell Hammer Bicep Curl		8-10 reps	60 seconds	<a href="#">Watch Video</a>
Cable Kneeling Crunch	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Decline Bench Sit Up	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Bicycle Crunch	2	8-10 reps each side	45 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity.	None	<a href="#">View Image</a>



## Day 3 - Chest, Shoulders, and Triceps

### Workout Description:

This upper body workout targets all areas of the Chest, Shoulders, and Triceps in a gradual and scientific way, through regular sets, supersets, and/or drop sets. We finish off this workout with cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Incline Push Up	1	20 reps. Warm up exercise. Place your knees on the ground if a regular Incline Push Up is too difficult	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Cable Chest Press	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Flat Dumbbell Bench Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Machine Seated Chest Press		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Chest Press		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Cable Incline Chest Fly	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Plate Loaded Shoulder Press	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Machine Lateral Raise	3	10-14 reps	45 seconds	<a href="#">Watch Video</a>
Standing Cable Rear Delt Fly	3	8-12 reps	45 seconds	<a href="#">Watch Video</a>



Plate Loaded Shrug Machine	2	10-12 reps	45 seconds	<a href="#">Watch Video</a>
Dumbbell Lying Tricep Extension	3	8-12 reps each side	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Cable Standing Overhead Tricep Extension		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Standing Overhead Tricep Extension		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 4 - Legs (Quads Focused)

### Workout Description:

This Quads focused Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a progressive and scientific way. Our focus is on Quads, but we secondarily target our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors and then some minor Glutes and Hamstrings training, followed by Calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Bodyweight Squat	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Smith Machine Front Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Hack Squat	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	2			
Reverse V Squat		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Reverse V Squat		8-10 reps. Decreased weight (dropset)	90 seconds	<a href="#">Watch Video</a>



Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Hip Abduction		8-12 reps	30 seconds	<a href="#">Watch Video</a>
Machine Glute Kickback	3	10-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Machine Seated Single Leg Curl	3	10-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Leg Press Machine Calf Raise	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity.	None	<a href="#">View Image</a>



Congratulations on completing Phase 3 of your 12 Week Glute Builder! Now, welcome to Phase 4, consisting of all new exercises.

Phase Duration: 2 weeks

Number of Workouts Per Week: 4

Total Number Of Workouts To Be Completed This Phase: 8

Length of Each Workout: 45-60 minutes

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## Day 1 - Legs (Glutes and Hamstrings Focused)

### Workout Description:

This Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a gradual and scientific way. While first isolating Quads, we secondarily target and warm up our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors. Then, we focus most of our time and attention on our Glutes and Hamstrings. We finish off this workout with calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Roman Chair Back Extension	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Seated Leg Extension	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Lateral Kick		8-12 reps each side	30 seconds	<a href="#">Watch Video</a>
Barbell Romanian Deadlift	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Smith Machine Romanian Deadlift	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>



Standing Hip Thrust Machine	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Cable Glute Kickback with Bench	3	8-12 reps each side	90 seconds	<a href="#">Watch Video</a>
Machine Lying Leg Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Standing Leg Curl		8-12 reps each side	10 seconds	<a href="#">Watch Video</a>
Machine Standing Leg Curl		6-10 reps each side	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Smith Machine Calf Raise	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 2 - Back, Biceps, and Core

### Workout Description:

Structured in a way in which every muscle/muscle group of your Back is targeted with optimal efficacy, this workout incorporates both vertical and horizontal exercise movements, allowing no muscle of the Back and Biceps to be neglected. While the Abdominal/Core muscles are naturally being activated through Back exercises, we finish off this workout with isolated Abdominal/Core training and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Normal Grip Lat Pulldown	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Dual Pulley Seated Cable Row	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
MAG Grip Lat Pulldown	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Dual Pulley Lat Pulldown	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Straight Bar Seated Cable Low Row		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Rope Pullover		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Standing Close Grip T Bar Row	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Barbell Bicep Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Cable Preacher Curl		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Preacher Curl		8-10 reps	60 seconds	<a href="#">Watch Video</a>



Smith Machine Sit Up	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Dip Machine Straight Leg Raise	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Oblique Crunch	2	8-10 reps each side	45 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity.	None	<a href="#">View Image</a>



## Day 3 - Chest, Shoulders, and Triceps

### Workout Description:

This upper body workout targets all areas of the Chest, Shoulders, and Triceps in a gradual and scientific way, through regular sets, supersets, and/or drop sets. We finish off this workout with cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Incline Push Up	1	20 reps. Warm up exercise. Place your knees on the ground if a regular Incline Push Up is too difficult	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Cable Chest Press	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Barbell Bench Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Dumbbell Flat Bench Chest Fly		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Incline Push Up		Until failure	60 seconds	<a href="#">Watch Video</a>
Dumbbell Incline Bench Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Smith Machine Seated Shoulder Press	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Dual Cable Behind Lateral Raise	3	10-14 reps	45 seconds	<a href="#">Watch Video</a>
Dumbbell Lying Rear	3	8-12 reps	45 seconds	<a href="#">Watch Video</a>



Lateral Raise				
Barbell Shrug	2	10-12 reps	45 seconds	<a href="#">Watch Video</a>
Incline EZ Bar Skullcrusher	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Dual Cable Tricep Extension		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Dual Cable Tricep Extension		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity	None	<a href="#">View Image</a>

## Day 4 - Legs (Quads Focused)

### Workout Description:

This Quads focused Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a progressive and scientific way. Our focus is on Quads, but we secondarily target our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors and then some minor Glutes and Hamstrings training, followed by Calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Bodyweight Squat	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Smith Machine Back Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Reverse V Squat	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	2			
Angled Machine Leg Press		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Dumbbell Walking Lunge		8-10 reps each side	90 seconds	<a href="#">Watch Video</a>

Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Hip Abduction		8-12 reps	30 seconds	<a href="#">Watch Video</a>
Butt Blaster	3	10-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Machine Seated Leg Curl	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Machine Seated Calf Raise	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	14 minutes total, consisting of: 2 minutes of low intensity (warm up); 12 minutes of moderate intensity.	None	<a href="#">View Image</a>



Congratulations on completing Phase 4 of your 12 Week Glute Builder! Now, welcome to Phase 5, consisting of all new exercises and increased cardio.

Phase Duration: 2 weeks

Number of Workouts Per Week: 4

Total Number Of Workouts To Be Completed This Phase: 8

Length of Each Workout: 45-60 minutes

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## Day 1 - Legs (Glutes and Hamstrings Focused)

### Workout Description:

This Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a gradual and scientific way. While first isolating Quads, we secondarily target and warm up our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors. Then, we focus most of our time and attention on our Glutes and Hamstrings. We finish off this workout with calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Roman Chair Back Extension	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Dumbbell Sumo Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Lateral Kick		8-12 reps each side	30 seconds	<a href="#">Watch Video</a>
Barbell Romanian Deadlift	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 90 seconds				



Stiff Legged Romanian Deadlift	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Smith Machine Hip Thrust	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
GHD Reverse Hyperextension	3	8-12	90 seconds	<a href="#">Watch Video</a>
Single Leg Lying Leg Curl	3	8-12 reps each side	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Leg Curl		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Leg Curl		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Calf Extension Machine	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 2 - Back, Biceps, and Core

### Workout Description:

Structured in a way in which every muscle/muscle group of your Back is targeted with optimal efficacy, this workout incorporates both vertical and horizontal exercise movements, allowing no muscle of the Back and Biceps to be neglected. While the Abdominal/Core muscles are naturally being activated through Back exercises, we finish off this workout with isolated Abdominal/Core training and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Normal Grip Lat Pulldown	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Dual Pulley Seated Cable Row	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
D Handle Lat Pulldown	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Dual Handle Rotating Lat Pulldown	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Bent Over Barbell Row		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Rope Pullover		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Dual Pulley Seated Cable Row	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Dumbbell Concentration Curl	3	8-12 reps each side	60 seconds	<a href="#">Watch Video</a>

Superset:	2			
Dumbbell Incline Bicep Curl		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Dumbbell Incline Bicep Curl		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Plate Weighted Crunch	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Hanging Leg Raise	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Kneeling Cable Oblique Crunch	2	8-10 reps each side	45 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>

## Day 3 - Chest, Shoulders, and Triceps

### Workout Description:

This upper body workout targets all areas of the Chest, Shoulders, and Triceps in a gradual and scientific way, through regular sets, supersets, and/or drop sets. We finish off this workout with cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Incline Push Up	1	20 reps. Warm up exercise. Place your knees on the ground if a regular Incline Push Up is too difficult	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Cable Chest Press	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Machine Seated Parallel Grip Chest Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Cable Seated Chest Fly		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Assisted Dip		Until failure	60 seconds	<a href="#">Watch Video</a>
Smith Machine Incline Bench Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Barbell Overhead Press	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Leaning Cable Lateral Raise	3	10-14 reps each side	45 seconds	<a href="#">Watch Video</a>
Cable Single Arm Rear Delt Raise	3	8-12 reps each side	45 seconds	<a href="#">Watch Video</a>



Hex Bar Shrug	2	10-12 reps	45 seconds	<a href="#">Watch Video</a>
Smith Machine Tricep Extension	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Standing Overhead Barbell Tricep Extension		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Straight Bar Tricep Pushdown		8-10 reps	60 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>

## Day 4 - Legs (Quads Focused)

### Workout Description:

This Quads focused Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a progressive and scientific way. Our focus is on Quads, but we secondarily target our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors and then some minor Glutes and Hamstrings training, followed by Calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Bodyweight Squat	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Leg Press Machine Single Leg	3	10-14 reps each side	90 seconds	<a href="#">Watch Video</a>
Heels Elevated Cable Goblet Squat	3	8-12 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	2			
Barbell Back Squat		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Sissy Squat		8-10 reps. If body weight is too easy, hold a 25-45lb weight	90 seconds	<a href="#">Watch Video</a>



Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Hip Abduction		8-12 reps	30 seconds	<a href="#">Watch Video</a>
Barbell Hip Thrust	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Dumbbell Leg Curl	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Leg Press Calf Extension	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>



Congratulations on completing Phase 5 of your 12 Week Glute Builder! Now, welcome to Phase 6, our final phase consisting of all new exercises.

Phase Duration: 2 weeks

Number of Workouts Per Week: 4

Total Number Of Workouts To Be Completed This Phase: 8

Length of Each Workout: 45-60 minutes

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## Day 1 - Legs (Glutes and Hamstrings Focused)

### Workout Description:

This Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a gradual and scientific way. While first isolating Quads, we secondarily target and warm up our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors. Then, we focus most of our time and attention on our Glutes and Hamstrings. We finish off this workout with calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Roman Chair Back Extension	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Hack Squat	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Cable Lateral Kick		8-12 reps each side	30 seconds	<a href="#">Watch Video</a>
Barbell Romanian Deadlift	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Smith Machine Single Leg Romanian Deadlift	3	8-12 reps each side	90 seconds	<a href="#">Watch Video</a>



Smith Machine Single Leg Hip Thrust	3	8-12 reps each side	90 seconds	<a href="#">Watch Video</a>
Cable Glute Kickback	3	8-12 reps each side	90 seconds	<a href="#">Watch Video</a>
Single Leg Curl with Bench Support	3	8-12 reps each side	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Lying Leg Curl		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Lying Leg Curl		6-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Leg Press Machine Single Leg Calf Raise	4	8-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Cycling	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 2 - Back, Biceps, and Core

### Workout Description:

Structured in a way in which every muscle/muscle group of your Back is targeted with optimal efficacy, this workout incorporates both vertical and horizontal exercise movements, allowing no muscle of the Back and Biceps to be neglected. While the Abdominal/Core muscles are naturally being activated through Back exercises, we finish off this workout with isolated Abdominal/Core training and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Normal Grip Lat Pulldown	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Dual Pulley Seated Cable Row	1	30 reps. Warm up exercise (light weight).	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Fixed Machine Lat Pulldown	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Close Grip MAG Lat Pulldown	2	10-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	3			
Machine Chest Supported Wide Grip Row		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Rope Pullover		6-10 reps	60 seconds	<a href="#">Watch Video</a>
Single Arm Close Grip Machine Row	2	10-12 reps each side	60 seconds	<a href="#">Watch Video</a>
Machine Preacher Curl	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>



Superset:	2			
Smith Machine Bicep Curl		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Barbell Narrow Grip Bicep Curl		8-10 reps	60 seconds	<a href="#">Watch Video</a>
Knee Up Crunch	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Dip Machine Straight Leg Raise	3	16-20 reps	45 seconds	<a href="#">Watch Video</a>
Crunch Heel Tap	2	8-10 reps each side	45 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 3 - Chest, Shoulders, and Triceps

### Workout Description:

This upper body workout targets all areas of the Chest, Shoulders, and Triceps in a gradual and scientific way, through regular sets, supersets, and/or drop sets. We finish off this workout with cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Incline Push Up	1	20 reps. Warm up exercise. Place your knees on the ground if a regular Incline Push Up is too difficult	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Seated Cable Chest Press	1	20 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Arm Hug	1	30 seconds	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Machine Lying Chest Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Plate Loaded Chest Fly Machine		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Plate Loaded Chest Fly Machine		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Machine Incline Chest Press	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Standing Shoulder Press Machine	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Kneeling Dumbbell Lateral Raise	3	10-14 reps	45 seconds	<a href="#">Watch Video</a>
Seated Rear Delt Fly	3	8-12 reps	45 seconds	<a href="#">Watch Video</a>



Smith Machine Shrug	2	10-12 reps	45 seconds	<a href="#">Watch Video</a>
Seated Triceps Bar Extension	3	8-12 reps	60 seconds	<a href="#">Watch Video</a>
Superset:	2			
Machine Tricep Pushdown		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Tricep Pushdown		8-10 reps. Decreased weight (dropset)	60 seconds	<a href="#">Watch Video</a>
Stair Climbing	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>



## Day 4 - Legs (Quads Focused)

### Workout Description:

This Quads focused Leg workout allows us to first pre-exhaust our muscles through a full lower body warmup before isolating each muscle group in a progressive and scientific way. Our focus is on Quads, but we secondarily target our Hamstrings and Glutes through exercise selection and full muscle extensions/range of motion. Ass to grass... Get low! We then superset our way into Adductors and Abductors and then some minor Glutes and Hamstrings training, followed by Calves and cardio.

Exercise	Sets	Target	Rest Between Sets	Demonstration
Cycling	1	5 minutes. Low intensity	None	<a href="#">View Image</a>
Seated Leg Extension	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Machine Seated Leg Curl	1	30 reps. Warm up exercise (light weight)	None	<a href="#">Watch Video</a>
Rest 10 seconds				
Bodyweight Squat	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 90 seconds				
Upright Plate Loaded Leg Press	3	10-14 reps	90 seconds	<a href="#">Watch Video</a>
Smith Machine Bulgarian Split Squat	3	8-12 reps each side	90 seconds	<a href="#">Watch Video</a>
Superset:	2			
Vertical Leg Press		10-12 reps	10 seconds	<a href="#">Watch Video</a>
Seated Leg Extension		8-10 reps	90 seconds	<a href="#">Watch Video</a>



Superset:	3			
Machine Seated Hip Adduction		8-12 reps	10 seconds	<a href="#">Watch Video</a>
Machine Seated Hip Abduction		8-12 reps	30 seconds	<a href="#">Watch Video</a>
Standing Hip Thrust Machine	3	10-14 reps	60 seconds	<a href="#">Watch Video</a>
Single Leg Curl with Bench Support	3	10-14 reps each side	60 seconds	<a href="#">Watch Video</a>
Standing Bodyweight Calf Raise	1	20 reps. Warm up exercise	None	<a href="#">Watch Video</a>
Rest 60 seconds				
Plate Loaded Calf Raise	4	8-14 reps	60 seconds	<a href="#">Watch Video</a>
Cycling	1	18 minutes total, consisting of: 2 minutes of low intensity (warm up); 16 minutes of moderate intensity	None	<a href="#">View Image</a>