

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE 7 BEST BUTT EXERCISES THAT WILL GIVE YOU GLORIOUS GLUTES



You won't get an amazing butt by obsessing over cardio. You know those people grinding away on the Stepmill or incline treadmill every damn time you go to the gym? Have you noticed that not much seems to change no matter how many steps they log? Unfortunately for these incline addicts, targeted fat loss is more or a less a myth.

Training a muscle does increase blood flow in the area, burn calories, and contribute to muscle growth, and all of this can help you lose fat...but none of it is enough to selectively lean out your derriere.

The reality is fat loss is a whole-body affair.

Building a killer butt is, at bottom, pretty much the same as developing any other muscle group. You train right and eat right to build muscle and lose fat and, eventually, arrive at the body you want.

"Fancy" exercises aren't necessary for a perfect butt.

You've probably heard that if you do the same exercises too frequently, your body will eventually fail to respond to them. Thus, you're told, if you want to build a great physique, then you need to switch up your workout routine on a regular basis.

This simply isn't true. "Muscle confusion" is a myth and constantly changing your workouts is probably more harmful than helpful.

The key to muscle development isn't variety of exercises but progressive overload.

Now, you should also know that anyone that claims that certain exercises work distinct portions of your glutes or your "glute-ham tie-in" is wrong. The gluteus maximus is one muscle. There are no "upper" and "lower" regions to target with your training.

So, instead of trying to train different butt muscles in different ways, you need to focus on something much simpler: Strengthening the gluteus maximus and minimus and the hamstrings. And there it is: the "secret" to an awesome butt.

THE ABSOLUTE BEST BUTT EXERCISES

Any halfway sensible glute-building workout will have you do exercises that involve hinging at the hips, such as the deadlift and squat. This is good.

These exercises require your glutes to work hard against gravity while moving through their full ranges of motion. Your butt workouts should go beyond this, though—they should load your glutes and hamstrings in a few other ways to maximize results.

We'll, we're going to cover it all here—both the foundational and “assistance” movements that will help you build a head-turning booty.

Squat

It's the single most effective movement for developing lower-body strength and muscularity. And that's why you need to do yourself (and your butt) a favor and place squats at the forefront of your lower body training.

There are two other things you should know about squatting and your butt:

01. Squat Deep - The deeper you sink into your squat, the more your hamstrings and butt have to work. And the more they have to work, the more muscle you'll build for your efforts.

02. Spread Your Legs - Research shows that using a wide stance—one that is 125 to 150% of shoulder-width—increases activation in the glutes.

Deadlift

If someone wanted to pay me an offensive amount of money to do just one exercise for the rest of my life, the deadlift would be my choice. Without hesitation.

The reason for this is simple: It trains just about every muscle in your body, making it one of the best for building whole-body strength and power. It's also particularly well suited to heavy lifting, which is essential to building muscle and strength.

The deadlift's many benefits extend to our glutes and hammies, too, which is why it's high on this list.

It's critical that you consciously activate your glutes while pulling. You do this by squeezing your butt throughout the full range of motion—as you lift the bar off the ground, in the upper half of the ascension, and in the lockout.

Hip Thrust

If you're serious about carving head-turning glutes then you'll want to add the hip thrust to your butt building arsenal. There are many variations of the hip thrust, but I recommend focusing on these three:

- ✓ The band thrust
- ✓ The barbell thrust
- ✓ The single-leg thrust

Lunge

You can't go wrong with the classic lunge because it's a fantastic exercise for training your entire lower half. If you can't do that due to knee problems, then the reverse lunge might be better for you. And if you don't have a barbell setup or aren't comfortable with it, you can use dumbbells as well.

Bulgarian Split Squat

While technically a squat, the Bulgarian split squat looks more like a lunge. It targets both the quads and glutes very effectively, so it's a great exercise to add to your butt workouts.

Romanian Deadlift

This variation on the deadlift really zeroes in on the hamstrings. As I mentioned earlier, a sexy backside requires more than just a butt—you need the hamstrings to match. That's why I like to see the Romanian deadlift included in butt workouts.

Glute Blaster

I'm generally not a fan of workout machines. Most are less effective than free weight exercises and they don't reduce the risk of injury nearly as much as some people think. There are exceptions, though, and the Butt Blaster is one of them. It's a safe way to isolate and train the glutes with a movement that's tough to mimic with free weights.

BUILDING THE ULTIMATE BUTT WORKOUT

That's all you need in the way of butt exercises. Once you know how to turn them into effective workouts, you'll be on your way to the butt of your dreams.

Let's start with a few guidelines:

01. Like the abs and calves, the glutes seem to respond best to a higher frequency and variety of rep ranges. I've worked with thousands of people, and I recommend training them 2 to 3 times per week.

I also recommend that you train your glutes in the following rep ranges:

- ✓ The 4 to 6 rep range (80 to 85% of your 1RM)
- ✓ The 8 to 10 rep range (70 to 75% of your 1RM)
- ✓ The 15 to 20 rep range (50 to 55% of your 1RM)

02. Take progression seriously. Remember that the key here isn't just doing these exercises—it's progressing on them. And that means adding weight when you hit the top of the rep range you're working in (5 pounds for dumbbell exercises and 10 pounds for barbell exercises, specifically).

03. Emphasize proper programming (and don't overtrain). That boils down to making the right choices in terms of exercises, frequency, intensity (weight lifted as a percentage of 1RM), and volume (number of reps performed).

BUTT WORKOUT ROUTINE #1 - TRAINING 2 X PER WEEK

This is for people who have limited time to spend in the gym each week or want to spend a few days each week on upper body workouts, too. In any case, rest 2 days in between each of these workouts.

Workout A

Squat

Warm up and 3 sets of 4 to 6 reps /
Rest 3 minutes in between these sets.

Hip Thrust

3 sets of 8 to 10 reps / Rest 2 minutes
in between these sets.

Bulgarian Split Squat

3 sets of 8 to 10 reps / Rest 2 minutes
in between these sets.

Romanian Deadlift

3 sets of 15 to 20 reps / Rest 1 minute
in between these sets.

Workout B

Deadlift

Warm up and 3 sets of 4 to 6 reps /
Rest 3 minutes in between these sets.

Barbell Lunge

3 sets of 8 to 10 reps / Rest 2 minutes
in between these sets.

Hip Thrust

3 sets of 15 to 20 reps / Rest 2
minutes in between these sets.

Butt Blaster

3 sets of 15 to 20 reps / Rest 1 minute
in between these sets

BUTT WORKOUT ROUTINE #2 - TRAINING 3 X PER WEEK

This is for people whose main focus in the gym is developing their lower body. Rest 1 day in between each of these workouts.

Workout A

Squat

Warm up and 3 sets of 4 to 6 reps /
Rest 3 minutes in between these sets.

Hip Thrust

3 sets of 8 to 10 reps / Rest 2 minutes
in between these sets.

Romanian Deadlift

3 sets of 15 to 20 reps / Rest 1 minute in between these sets.

Workout B

Deadlift

Warm up and 3 sets of 4 to 6 reps /
Rest 3 minutes in between these sets.

Barbell Lunge

3 sets of 8 to 10 reps / Rest 2 minutes
in between these sets.

Hip Thrust

3 sets of 15 to 20 reps / Rest 1 minute in between these sets.

Workout C

Hip Thrust

Warm up and 3 sets of 4 to 6 reps /
Rest 3 minutes in between these sets.

Bulgarian Split Squat

3 sets of 8 to 10 reps / Rest 2 minutes
in between these sets.

Butt Blaster

3 sets of 15 to 20 reps / Rest 1 minute in between these sets.

That's it. And trust me—it's harder than it looks. Do these workouts consistently, train hard and push for progression, eat right, and you will get results.

WHAT ABOUT SUPPLEMENTS?

I saved this for last because, quite frankly, it's far less important than proper diet and training. You see, supplements don't build great physiques—dedication to proper training and nutrition does.

So, while workout supplements don't play a vital role in building muscle and losing fat, and many are a complete waste of money...the right ones can help.

For the purpose of this article, let's just quickly review the supplements that are going to help you get the most out of your bodyweight (and other) workouts.

01. Creatine

Supplementation with creatine helps...

- ✓ Build muscle and improve strength
- ✓ Improve anaerobic endurance
- ✓ Reduce muscle damage and soreness

If you have healthy kidneys, I highly recommend that you supplement with creatine. It's safe, cheap, and effective. In terms of specific products, I use my own, of course, which is called RECHARGE.

RECHARGE is 100% naturally sweetened and flavored and each serving contains:

- ✓ 5 grams of creatine monohydrate

- ✓ 2100 milligrams of L-carnitine L-tartrate
- ✓ 10.8 milligrams of corosolic acid

This gives you the proven strength, size, and recovery benefits of creatine monohydrate plus the muscle repair and insulin sensitivity benefits of L-carnitine L-tartrate and corosolic acid.

02. Protein Powder

You don't need protein supplements to gain muscle, but, considering how much protein you need to eat every day to maximize muscle growth, getting all your protein from whole food can be impractical.

That's the main reason I created (and use) a whey protein supplement. (There's also evidence that whey protein is particularly good for your post-workout nutrition.) WHEY+ is 100% naturally sweetened and flavored whey isolate that is made from milk sourced from small dairy farms in Ireland, which are known for their exceptionally high-quality dairy.

03. Pre-Workout Drink

There's no question that a pre-workout supplement can get you fired up to get to work in the gym. But the reality is it's very hard to find a pre-workout supplement that's light on stimulants but heavy on natural, safe, performance-enhancing ingredients like beta-alanine, betaine, and citrulline.

And that's why I made my own pre-workout supplement. It's called PULSE and it contains 6 of the most effective performance-enhancing ingredients available:

- | | |
|---------------------|-------------|
| ✓ Caffeine | ✓ Betaine |
| ✓ Beta-Alanine | ✓ Ornithine |
| ✓ Citrulline Malate | ✓ Theanine |

And what you won't find in PULSE is equally special:

- ✓ No artificial sweeteners or flavors.
- ✓ No artificial food dyes.
- ✓ No unnecessary fillers, carbohydrate powders, or junk ingredients.

Real science. Real supplements. Real results.
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pre-workout and weight loss stacks and supplements.

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