

BODYWEIGHT WORKOUT

2-WEEK
**WAKE UP
YOUR GLUTE**

HOME GLUTE WORKOUT

A 14-Day Activation Program

PEACHYFITBYCHINAMI

Table of **CONTENTS**

01

MEET YOUR TRAINER

Welcome and thank you for download this ebook! This chapter, I'll introduce my self and share with you about why I created this program.

ABOUT THIS PROGRAM

02

In this chapter, I'll guide you and explain step by step of this program and how it works for you!

03

GOAL SETTING & PLANNER

Consistency is key you know that. This chapter, you will set up your specific goals and measurements.

04

WORKOUT

You won't need any equipment. This chapter you will follow for 2 weeks to wake up your glutes and grow well without leaving your home.

05

WORKOUT SHEET

If you don't know how to do each exercise, this chapter is for you to cue for each exercise!!



HEY, I'M CHINAMI

First of all, thank you so much for download my ebook today! Hope you enjoy!

I'm here for helping women achieve their best results from the comfort of their own homes. I've designed this 2-Week Glute Activation Program to target and activate the glutes in the most effective way, using only your bodyweight and without any equipment.

Chinami xoxo

LET'S DO IT!



Sign Up for **SPECIAL MEMBERSHIP**

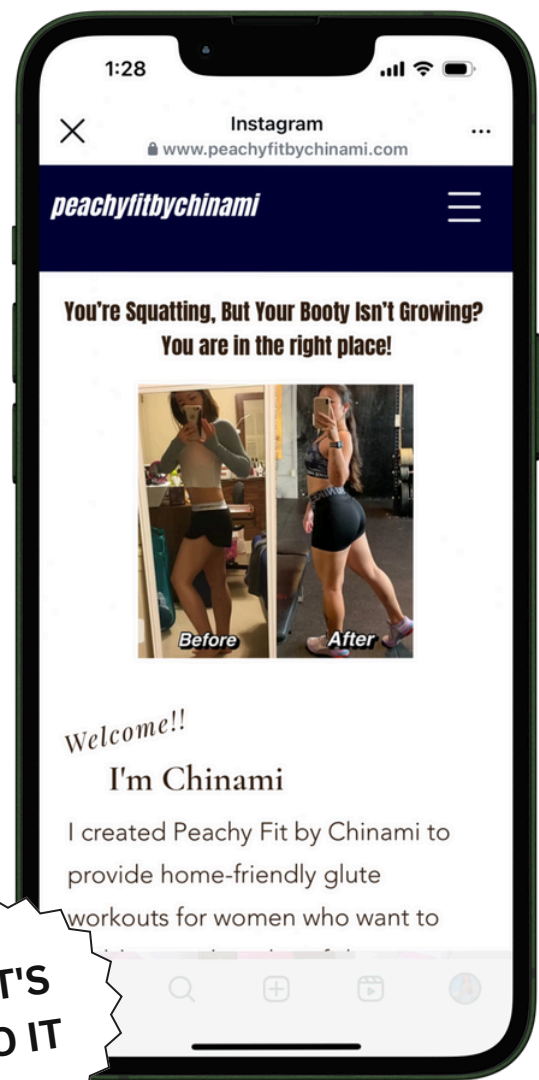
By subscribing to my website, you'll be the first to know about exclusive offers, new workouts, and upcoming programs. Don't miss out on the chance to level up your fitness journey and get access to special announcements!

Subscribe now and start your transformation today! Let's build that booty together.

SIGN UP NOW



Scan me!



**LET'S
DO IT**

SIGN UP TO MY NEW MEMBERSHIP

SIGN UP TO MY NEW MEMBERSHIP

SIGN UP TO MY NEW MEMBERSHIP

SIGN UP TO MY NEW MEMBERSHIP

ABOUT THIS PROGRAM

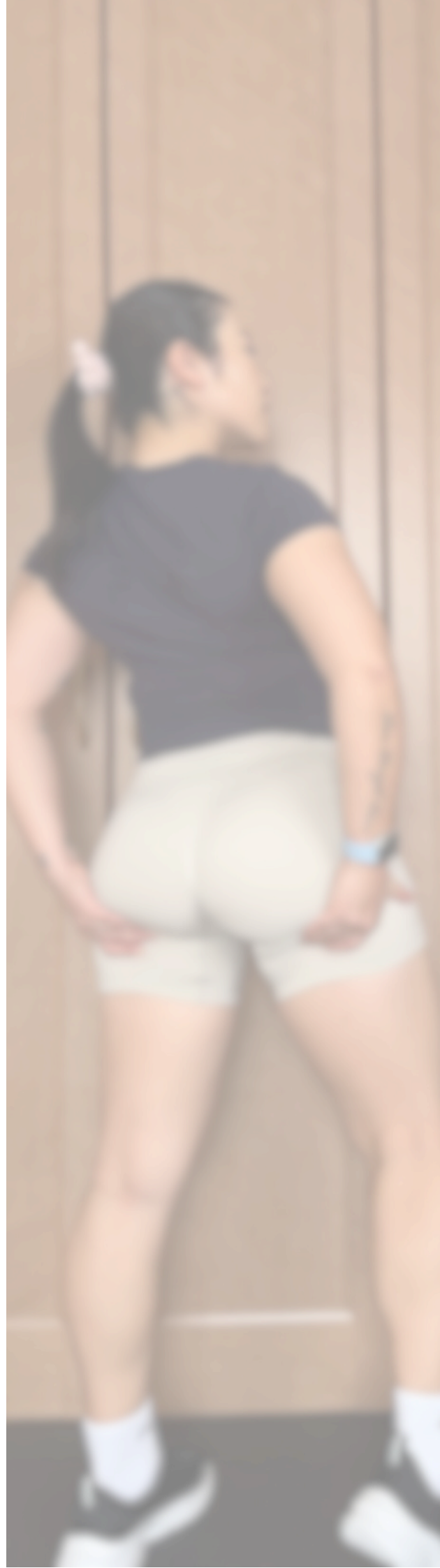
Welcome to this 2-week Glute Activation Program! You can do at home with no equipment.

This no-equipment, beginner-friendly program is perfect for women who want to activate and grow their glutes from the comfort of home.

Get ready to feel the burn and see real results as you target your glutes with carefully crafted exercises designed just for you.

Why join?

- No equipment needed – just your body and dedication.
- 2 weeks of glute-focused workouts that activate your muscles for faster growth.
- Beginner-friendly exercises that you can easily follow.
- Boost your confidence as you build your dream booty!



MY GOALS

START DATE: ___/___/_____

SETTING

END DATE: ___/___/_____

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

THINGS TO USE

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEMO

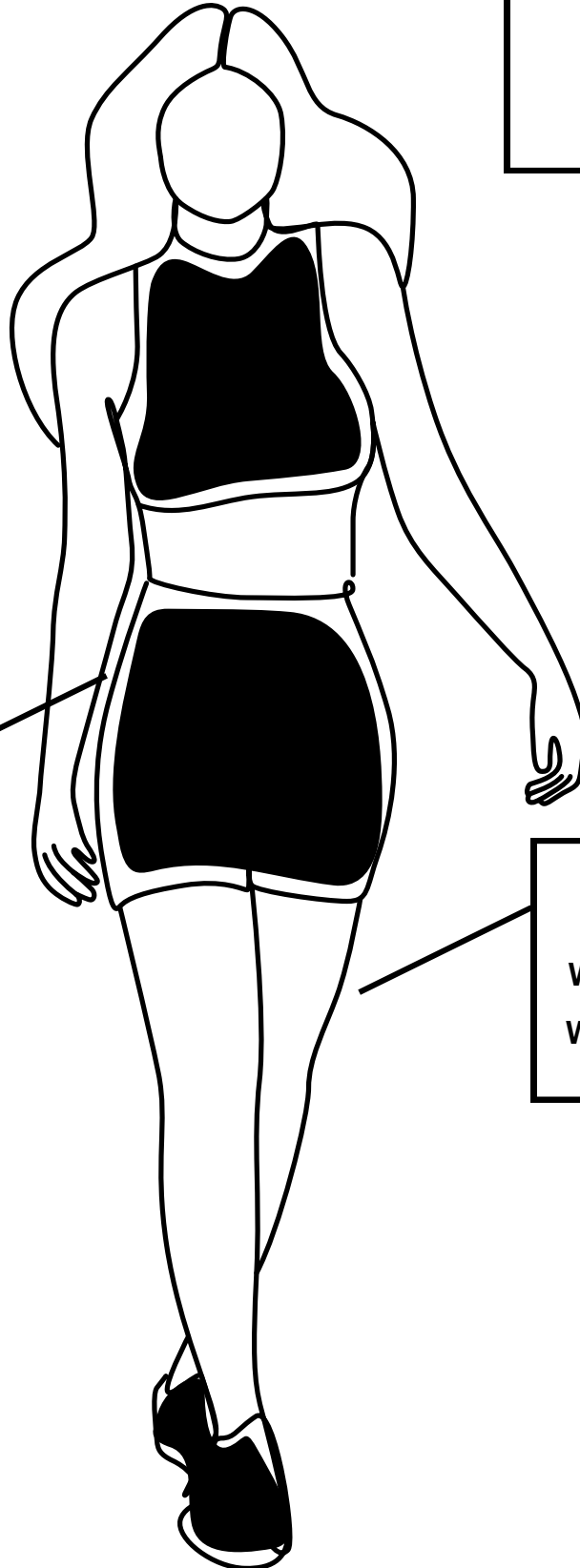
GRATEFUL FOR

— “ —————
————— ” —

BODY MEASUREMENT

BEFORE

AFTER



HIPS

WEEK 1: _____

WEEK 2: _____

THIGHS

WEEK 1: _____

WEEK 2: _____

MONTHLY PLANNER

M	T	W	T	F	S	S

NOTES

WEEKLY PLANNER

Dates ____ / ____ / ____ — ____ / ____ / ____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

This week's focus

Soreness Level :

●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●

Mood / Energy level

☹️	☹️	☹️	☹️	☹️	☹️	☹️
😞	😞	😞	😞	😞	😞	😞
😐	😐	😐	😐	😐	😐	😐
🙂	🙂	🙂	🙂	🙂	🙂	🙂
😄	😄	😄	😄	😄	😄	😄

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

GLUTE ACTIVATION

WORKOUT PROGRAM

GLUTE ACTIVATION

WEEK 1

WAKE UP YOUR BOOTY!

DAY 1

Start strong with these beginner-friendly activation moves to feel your glutes working.

WARM UP

- Pigeon pose 60sec
- Bridge Hold 30sec
- Leg Swing 10x1set

WORKOUT

- Glute Bridge 12x3sets
- Donkey Kick 12x3sets
- Kickback 12x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

BOOTY BASICS

DAY 2

Master the foundations of glute activation to set the stage for growth.

WARM UP

- Pigeon pose 60sec
- Bridge Hold 30sec
- Leg Swing 10x1set

WORKOUT

- Glute Bridge 12x3sets
- Donkey Kick 12x3sets
- Kickback 12x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

REST IS IMPORTANT

DAY 3

Today is your REST DAY! Use these check boxes to make some plans or lists to stay active!!

ACTIVATE AND STRENGTHEN

DAY 4

Strengthen your glutes with simple but effective movements.

WARM UP

- Pigeon pose 60sec
- Leg circle 10x2sets
- Leg Swing 10x1set

WORKOUT

- Single glute Bridge 10x3sets
- Donkey Kick 12x3sets
- Kickback 12x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

WEEK 1

GLUTE BURN ALERT!

DAY 5

Push your glutes to the limit with focused activation moves.

WARM UP

- Pigeon pose 60sec
- Bridge Hold 30sec
- Leg Swing 10x1set

WORKOUT

- Glute Bridge 20x3sets
- HipLift March 12x3sets
- Kickback 15x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

REST IS IMPORTANT

DAY 6

Today is your REST DAY! Use these check boxes to make some plans or lists to stay active!!

BOOTY BOOST

DAY 7

Reignite your glute muscles with these energizing moves to feel the burn.

WARM UP

- Pigeon pose 60sec
- Glute Bridge 60sec
- Leg Swing 10x1set

WORKOUT

- Glute Bridge 20x3sets
- Donkey Kick 15x3sets
- Kickback 15x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

MEMO

WEEK 2

FULL GLUTE ACTIVATION

DAY 8

Activate your glutes fully with a dynamic routine designed to challenge and strengthen.

WARM UP

- Pigeon pose 60sec
- 20 Glute bridges
- Leg Swing 10x1set

WORKOUT

- Glute Bridge 20x3sets
- Sumo Squat 15x3sets
- Kickback 12x3sets
- Curtsy Lunge 12x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

SCULPT AND TONE

DAY 9

Get ready to tone and shape your glutes with these effective movements.

WARM UP

- Pigeon pose 60sec
- 20 Glute bridges
- 10 Sumo Squats

WORKOUT

- HipLift March 12x3sets
- Sumo Squat 12x3sets
- Kickback 20x3sets
- Fire hydrant 12x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

REST IS IMPORTANT

DAY 10

Today is your REST DAY! Use these check boxes to make some plans or lists to stay active!!

GLUTES IN MOTION

DAY 11

Flow through a series of movements that target all glute muscles.

WARM UP

- Pigeon pose 60sec
- 20 Glute bridges
- 10 Sumo squats

WORKOUT

- Single glute Bridge 12x3sets
- Crossleg raise 15x3sets
- Kickback 12x3sets
- Donkey kick 12x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

WEEK 2

BOOTY BURN ROUND 2

DAY 12

Push your limits again with a series of glute-burning exercises.

WARM UP

- Pigeon pose 60sec
- Bridge Hold 30sec
- 20 Glute Bridges

WORKOUT

- Step up 10x3sets
- HipLift March 20x3sets
- Kickback 15x3sets

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

GLUTE ACTIVATION CHALLENGE

DAY 13

Challenge your glutes and see how far you've come in this powerful workout.

WARM UP

- Pigeon pose 60sec
- Glute Bridge 60sec
- Leg Swing 10x1set

CHALLENGE

- 50 Glute Bridges
- 50 Sumo Squats
- 50 Kickbacks (each)

COOL DOWN

- Pigeon pose 60sec
- Figure 4 stretch 60sec

REST IS IMPORTANT

DAY 14

Today is your REST DAY! Use these check boxes to make some plans or lists to stay active!!

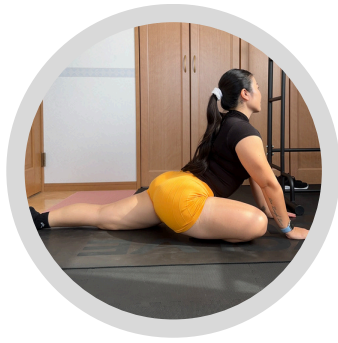
MEMO

GLUTE ACTIVATION

EXERCISE SHEET

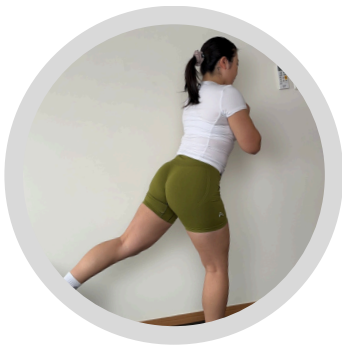
GLUTE ACTIVATION

WARM UP



PIGEON POSE

From all fours, bring one knee forward, extend the other leg back, square your hips, and lower your upper body for a deep glute and hip stretch.



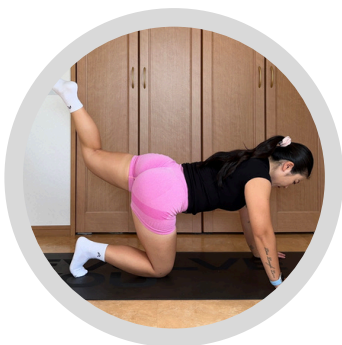
LEG SWING

Stand tall, lift one leg, and draw small circles in the air, keeping your core engaged and hips stable.



GLUTE BRIDGE HOLD

Lie on your back, lift your hips, squeeze your glutes, and hold at the top while keeping your core engaged.



HIP CIRCLE

Move your hips in a circular motion, drawing big circles to warm up your glutes and core.

WORKOUT



GLUTE BRIDGE

Lie on your back, bend your knees, press through your heels, lift your hips, squeeze your glutes at the top, then lower slowly



HIP LIFT MARCH

Lie on your back, lift your hips into a bridge, then march by lifting one knee at a time while keeping your glutes engaged.



DONKEY KICK

Start on all fours, lift one leg upward with a bent knee, squeeze your glutes at the top, then lower back down with control.



KICKBACK

Start on all fours, extend one leg straight back, squeeze your glutes at the top, then lower your leg with control.

WORKOUT



SUMO SQUAT

Stand with feet wider than shoulder-width apart, toes pointing outward, squat down while keeping your chest up and knees tracking over your toes, then return to standing.



CURTSY LUNGE

Stand tall, step one leg diagonally behind you into a lunge, keeping your chest upright, then return to standing and switch sides.



SINGLE GLUTE BRIDGE

Lie on your back, bend one knee and keep the other leg extended, press through the heel of the bent leg to lift your hips, squeeze your glutes at the top, then lower back down with control.



FIRE HYDRANT

Start on all fours, lift one knee out to the side, keeping your hips square, and squeeze your glutes at the top, then lower back down with control.

WORKOUT

STEP UP



Stand in front of a bench or elevated surface, step one foot onto it, press through the heel to lift your body up, then step down with control and switch legs.

COOL DOWN



PIGEON POSE

From all fours, bring one knee forward, extend the other leg back, square your hips, and lower your upper body for a deep glute and hip stretch.

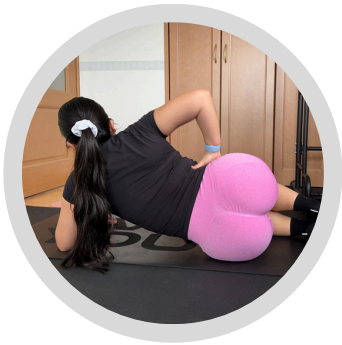


FIGURE 4

Lie on your back, cross one ankle over the opposite knee, and pull the uncrossed leg toward your chest to stretch the glutes and hips.

Thank you
FOR DOWNLOADING

**CONGRATULATIONS ON COMPLETING THIS JOURNEY!
HOPE YOU ENJOYED THIS PROGRAM!**



CHINAMI
LEG DAY LOVER
GLUTE SPECIALIST

**WWW.PEACHYFITBYCHINAMI.COM
@PEACHYFITBYCHINAMI**