

# notes

# 5 STEPS TO GROW BIGGER GLUTES

## #1 activate your glutes

Always warm up your glutes before your training session, by doing a glute activation workout. That way you'll make sure to "turn them on" during the workout and give them a chance to get involved.

## #2 train your brain

Perform the exercises slower in order to get that mind to muscle connection. Focus on doing quality reps and always try to think about the muscles you want to target.

## #3 practice the granny butt

Granny butt aka posterior pelvic tilt is a movement in which the glutes are getting squeezed. Practice this movement as much as you can, especially when doing squats, deadlifts or lunges.

## #4 diet is key

Eat healthy and clean foods in order to feed your muscles and help them grow. Healthy carbs will give you the energy to do better at the workouts and grow stronger glutes. Proteins will help you repair and grow those muscles.

## #5 don't wait too long to eat post workout

After a workout your muscles are hungry for nutrients and they need something fast. Don't keep them waiting too long. Have a protein shake right after your workout and a healthy high protein, high carb meal in the range of 1 hour post workout.