Canelith

TRAINING COLLECTION

FREE SAMPLE · TRAINING GUIDE · HOME AND GYM

GLUTES WITH BELLA

Your glute guide, from beginner to advanced: all three glute muscles, technique, routines by level and habits that make your results last.

Free sample | Full Day 1 | 3 levels



INSIDE

1 The test to find your level

2 The warm-up and the final stretch

3 Day 1 at home for all 3 levels

4 The technique for every exercise of the day

5 The words in the guide, explained

6 How to get the full guide

Your team in this guide

You don't train alone. Each character joins you in one part of the guide and leaves you a tip.



Canela

The golden pup in the pink dress. She leads the team.

WELCOME, FREQUENTLY ASKED QUESTIONS, BEFORE YOU START: YOUR HEALTH FIRST



Minchu

The tabby cat. Curious, always asking why.

UNDERSTANDING YOUR MUSCLES, MYTHS THAT HOLD YOU BACK, WORDS YOU'LL SEE



Bella

The black dog with curly fur. The strong one of the group.

WHAT ABOUT CELLULITE?, WHAT YOU NEED, HOME PLAN



Oliver

The gray cat who likes to lie down. Pure calm.

TECHNIQUE THAT CHANGES EVERYTHING, HABITS THAT SUPPORT YOUR GLUTES



Thunderbolt

The turtle. Slow, but never stops.

CHOOSE YOUR LEVEL AND PROGRESS



Wilson

The white and orange cat, always up and on the move.

WARM-UP, CARDIO AND STRETCHING



Technique
before weight

Consistency
before intensity

Rest
as part of the plan

WELCOME



Canela says start here: how the guide works and how to get the most out of it.

Welcome

This guide takes you from beginner to advanced in glute training, with one plan for home and another for the gym. You train 3 days a week, on the days you choose, always with a rest day in between: for example Monday, Wednesday and Friday.

Strong glutes aren't just about looks: they support your hips and lower back, help you climb stairs, run, jump and carry weight, and protect your knees.

HOW TO USE THIS GUIDE

1. Read the chapters on muscles, technique and cellulite first. They're short and help you avoid mistakes.
2. Take the level test and start at the level you get.
3. Choose your plan: home or gym.
4. Warm up before every workout; stretch when you finish.
5. Level up when the guide tells you to, not before.

Three rules: technique before weight, consistency before intensity and rest as part of the plan.

A word you don't understand? At the end you'll find “Words you'll see”, with every word in the guide explained simply: p. 11. And each day of the plan comes with its own “How to read this day”.

1 · Test
take the level test

2 · Choose
home or gym

3 · Progress
level up when it's time



Thunderbolt moves slowly but never stops. Start where you are, not where you'd like to be.

Choose your level and progress

Take this test before you start, resting 2 minutes between each part. Your level is the highest row you fully meet. If you're torn between two, start with the easier one.

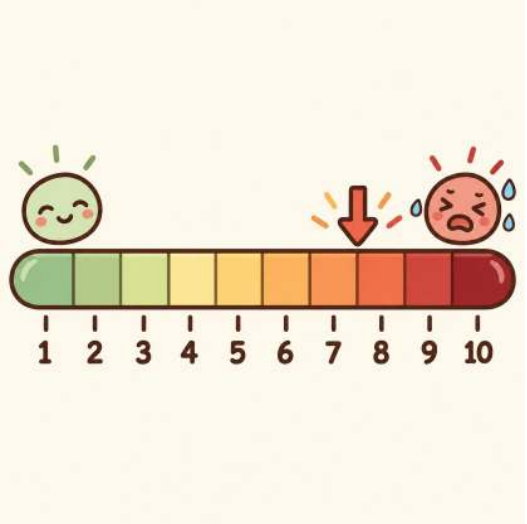
TEST	BEGINNER	INTERMEDIATE	ADVANCED
Air squat, with good technique	Fewer than 15	15 to 30	More than 30
Single-leg glute bridge (per side)	Fewer than 8	8 to 15	More than 15
Reverse lunge (per side), without losing your balance	Fewer than 8	8 to 12	More than 12
Side plank (per side)	Less than 20 s	20 to 40 s	More than 40 s

WHAT CHANGES BETWEEN LEVELS

	BEGINNER	INTERMEDIATE	ADVANCED
Sets per exercise	2	3	4
Reps	12 to 15	12 to 15	8 to 12
Rest between sets	60 s	60 to 75 s	90 s
Weight	Your body weight	Band or light dumbbells	Dumbbells, heavy band or barbell
Exercises	On two legs	Single-leg exercises are added	More single-leg exercises and pauses at the top

How much weight should I use? The effort scale: after each set, ask yourself how many more reps you could do with good technique. That answer tells you whether the weight is right.

EFFORT	HOW IT FEELS	WHEN TO USE IT
5 to 6 out of 10	You have 4 or more reps left.	Warm-up, first week and deload week.
7 to 8 out of 10	You have 2 or 3 reps left.	Most of your sets.
9 out of 10	You have 1 rep left.	Only the last set of an exercise, now and then, at intermediate and advanced.
10 out of 10	You can't do a single one more.	Optional, intermediate and advanced only: the last set of a machine or single-muscle exercise.



If you have more than 4 reps left, go up in weight. If you can't reach the bottom of the range, go down.

What about going to failure? What helps muscle grow most is ending your sets **close** to failure, with 1 to 3 reps in reserve. Going to failure (when you can't do a single one more) doesn't build more muscle than stopping 1 or 2 reps short, but it's much more tiring and makes it harder to recover for your next session. You don't need it to get stronger either: stopping 2 or 3 reps short with a challenging weight is enough. That's why in this guide:

- **Most of your sets:** 7 to 8 out of 10 (2 or 3 reps left).
- **The last set of an exercise:** you can go up to 9 out of 10 (1 rep left).

- **Failure (10 out of 10), only if you want and only at intermediate and advanced:** on the last set of machine or single-muscle exercises, like machine abduction, cable glute kickback, clamshell or side leg raise. With perfect technique to the very last rep.
- **Never to failure:** on barbell hip thrusts, squats or deadlifts, if you're a beginner, or if you train without anyone to help you with a barbell over you.

When to level up: when you complete all the sets and reps for your level with good technique for 2 weeks in a row.

When to step down: if you feel pain in your knees, hips or lower back, or if you can't keep your technique on the last reps.

OTHER WAYS TO MAKE IT HARDER WITHOUT CHANGING LEVEL

- Add weight (band, dumbbell or a full bottle).
- Do more reps within the range.
- Lower more slowly (3 to 4 seconds).
- Pause for 2 seconds at the top or the bottom.
- Switch to the single-leg version.
- Do a superset: finish the bridge or hip thrust by holding at the top for 10 to 12 s, or pair an abduction with a hold without resting.
- Put a mini band above your knees in bridges, hip thrusts and squats, and push your knees out.

How to progress step by step: if your range is 12 to 15 reps, start with 12 and good technique. When you reach 15 on every set, add a set if your level allows it. When you're already doing every set with 15, add weight and go back to 12.

Your block plan (12 weeks): the plan moves forward in 3 blocks of 4 weeks. In each block you push a little more and finish with an easy week so your body recovers and you come back stronger.

WEEK	WHAT YOU DO	EFFORT
1	Learn or review the technique and find your weight. Write it down.	6 to 7 out of 10
2	Add reps within the range.	7 to 8 out of 10
3	Add a set or a little weight.	7 to 8 out of 10
4 · Deload	Half the sets, with your week 1 weight.	5 to 6 out of 10
5 to 8	Repeat the block, starting from what you reached in week 3.	Same as above
9 to 12	Repeat once more. In week 12, retake the level test.	Same as above

IF YOU MISS SESSIONS OR TAKE A BREAK

- **You missed a day:** carry on with the day that was next. Don't do two sessions on the same day to catch up.
- **You stopped for 1 or 2 weeks:** come back with one fewer set per exercise and a bit less weight. In a week or two you'll be back where you were.
- **You stopped for a month or more:** retake the level test and start at the level you get.
- **You got sick:** with a fever, aches all over or a chesty cough, don't train. With a mild cold and no fever, you can walk or do an easy session.

Your log: write down each exercise with the weight and reps of every set. If you go up a little each week, you're on the right track.

EXERCISE	WEEK 1	WEEK 2	WEEK 3
Example: couch hip thrust	10 kg (22 lb) · 15, 14, 13	10 kg (22 lb) · 15, 15, 14	12 kg (26 lb) · 13, 12, 12

Read it like this: “8 kg (18 lb) · 12, 12, 11” is the weight you used and the reps you did in each set.



Wilson never starts cold and never leaves without stretching.

Warm-up, cardio and stretching

Warm-up (8 to 10 min, all levels)



1 MOBILITY — 3 min



Hip circles 1 min
Hands on your waist, big circles, 30 s in each direction.



Leg swing forward and back 1 min
Holding on to a wall, 30 s per leg, without forcing it.



Leg swing side to side 1 min
Facing the wall, 30 s per leg.

2 GLUTE ACTIVATION — 4 min



Glute bridge 1 min
Slow, squeezing for 1 second at the top.



Clamshell 1 min
30 s per side. With a mini band if you have one.



Quadruped kickback 1 min
30 s per leg.



Lateral walk 1 min
In a half squat, short steps to the side. With a mini band if you have one.

3 GET YOUR LEGS READY — 2 to 3 min



Air squat 1 min
Slow, going as low as you can with good technique.



Good morning 1 min
Hands behind your head, hip hinge with a straight back.



Reverse lunge 1 min
Alternating legs, no weight.

You're ready when your hips feel loose, your glutes feel “awake” and you're breathing a little faster.

Final stretch (5 min)



1 **Lying figure 4**
on your back, cross one ankle over the opposite knee and pull that leg toward your chest. 30 s per side.



2 **Pigeon**
from all fours, bring one knee forward and stretch the other leg back. 30 s per side. Easier: do the figure 4 sitting on a chair.



3 **Hamstring stretch**
on your back, raise one straight leg and hold it with your hands or a towel. 30 s per side.



4 **Hip flexor**
in a lunge position with your back knee on the floor, push your hips forward. 30 s per side.



5 **Child's pose**
kneeling, sit back on your heels and stretch your arms forward. 30 s.



Wilson's tip: the hip flexor stretch is key if you spend a lot of time sitting. Tight hip flexors make it harder for your glutes to work well.



Bella trains 3 days a week, on the days you choose, with a rest day in between.

Home plan

You train 3 days a week, with a rest day in between. Each day works a different part of your glutes.

HOW EACH DAY WORKS

1. Warm up for 10 minutes.
2. Do the day's 5 exercises in order. Finish all the sets of one exercise before moving on to the next.
3. Rest between sets as your level says.
4. Do the cardio for your level.
5. Stretch for 5 minutes.

LEVEL	SETS	REPS	REST BETWEEN SETS	APPROX. TIME
BEGINNER	2	12 to 15	60 s	40 min with cardio
INTERMEDIATE	3	12 to 15	60 to 75 s	55 min with cardio
ADVANCED	4	8 to 12	90 s	65 min with cardio

In single-leg exercises, the reps are per leg. In isometric exercises, you hold for the time shown.

Sample week: Monday Day 1, Wednesday Day 2, Friday Day 3. Don't train glutes two days in a row.

WHAT YOUR WEEK LOOKS LIKE

	M	T	W	T	F	S	S
EXAMPLE 1	Day 1	Rest	Day 2	Rest	Day 3	Rest	Rest
EXAMPLE 2	Rest	Day 1	Rest	Day 2	Rest	Day 3	Rest

Pick the 3 days that suit you best, always with a rest day between them.

DAY 1

Bridges and hinge

gluteus maximus

Hinge: bending from the hips, pushing your butt back with a straight back.

Bridge: on your back, lifting your hips while squeezing your glutes.

How to read this day: find the column for your level. Do the exercises in order, from top to bottom, and finish all the sets of one before moving on to the next. At the top of each column you'll find your sets, reps, rest and what weight to use. "3 × 12 to 15" means 3 sets of 12 to 15 reps. How to do each exercise, step by step, is in the catalog: the page number is next to each one. A word you don't know? Look it up in "Words you'll see", p. 11.

BEGINNER

2 sets × 12 to 15 reps · rest 60 s
Weight: Your body weight



1. **Glute bridge**
   TECHNIQUE P. 10



2. **Bridge with feet on a chair**
   TECHNIQUE P. 10



3. **Bodyweight Romanian deadlift**



4. **Quadruped kickback**
   TECHNIQUE P. 10



5. **Superman**
   TECHNIQUE P. 10

INTERMEDIATE

3 sets × 12 to 15 reps · rest 60 to 75 s
Weight: Band or light dumbbells



1. **Glute bridge with weight on your hips**
   + weight
   TECHNIQUE P. 10



2. **Couch hip thrust**
   TECHNIQUE P. 10



3. **Romanian deadlift with dumbbells**
   + dumbbell



4. **Kickback with mini band**
   TECHNIQUE P. 10



5. **Bridge hold 30 s**

ADVANCED

4 sets × 8 to 12 reps · rest 90 s
Weight: Dumbbells, heavy band or barbell



1. **1¼ couch hip thrust with weight**
   TECHNIQUE P. 10



2. **Single-leg bridge with feet on a chair**



3. **Single-leg Romanian deadlift with dumbbell**
   + dumbbell



4. **Straight-leg kickback with ankle weight or mini band**
   + mini band
   TECHNIQUE P. 10



5. **Single-leg bridge hold 20 s per side**

Tip: in bridges, tuck your chin a little and look toward your knees. That stops you from arching your back and makes your glutes do the work.

Bella shows every exercise with its illustration, how to do it and the most common mistake.

Exercise catalog

Each exercise explains how to do it and the most common mistake.

Home



Glute bridge

On your back, knees bent and feet hip-width apart. Lift your hips until you make a line from knees to shoulders and squeeze at the top for 1 s.

Common mistake: Arching your lower back instead of squeezing your glutes.



Bridge with feet on a chair

Like the bridge, with your heels on a chair. It works the back of the thigh more.

Common mistake: Letting your hips drop between reps.



Couch hip thrust

Upper back resting on the edge of the couch, feet on the floor. Lower your hips and lift them until your body is flat like a table, chin tucked.

Common mistake: Resting your lower back on the couch instead of the bottom of your shoulder blades.



Quadruped kickback

On all fours, take one bent leg back and up, heel toward the ceiling.

Common mistake: Arching your lower back to lift higher.



Superman

Face down, arms out in front. Lift your arms and legs at the same time and hold for 3 s.

Common mistake: Lifting your head to look forward; your eyes stay on the floor.



Canela says your health always comes first.

Before you start: your health first

This guide is for healthy people who want to train on their own; it doesn't replace an assessment by a doctor or a trainer. Check with a professional before you start if:

- You're pregnant or gave birth less than 6 months ago.
- You have knee, hip or lower back pain.
- You've had a recent injury or surgery on your legs, hips or back.
- You have high blood pressure or a heart condition, or you haven't exercised in a long time.

Stop right away if you feel dizzy or have chest pain, shortness of breath that doesn't go away or sharp pain in a joint. Muscle soreness in the following days is normal; stabbing pain is not.



Minchu explains every unusual word in the guide.

Words you'll see

If a word in the guide isn't clear, look it up here.

WORD	WHAT IT MEANS
Rep	Doing the movement once, all the way, for example going down and up in a squat.
Set	A group of reps done in a row, without stopping. “3 × 12” means 3 sets of 12 reps.
Range	The numbers you work between. “10 to 12” means at least 10 and at most 12.
Rest between sets	The time you wait between one set and the next of the same exercise.
Effort 8 out of 10	How hard the set was. At 8 out of 10 you have about 2 more reps left with good technique.
Failure	When you can't do a single more rep with good technique. Getting close to failure helps you grow; reaching failure doesn't build more muscle and is more tiring. In this guide it's optional and only for machine or single-muscle exercises.
Main exercise	The heaviest exercise of the day at the gym. It goes first, when you have the most energy, and gets more rest.
Accessory exercises	The ones that complete the day after the main exercise, with less weight and more reps.
Warm-up sets	Short sets with light weight before the main exercise, to get your technique ready. They don't count as your sets.
Superset	Two exercises back to back, with no rest between them. You rest after finishing both.
Isometric	You hold still in one position and the muscle works without moving, like in a plank.
Pause	Holding still for 1 or 2 seconds at the hardest point of the movement.

WORD	WHAT IT MEANS
Single leg or single arm	The exercise is done one side at a time. The reps are per side.
Hip hinge	Bending from the hips, pushing your butt back with a straight back, like in the Romanian deadlift.
Core	Your abs, waist and lower back: the area that keeps your torso firm.
Progressive overload	Gradually adding reps, sets or weight so your body keeps improving.
Deload week	An easy week every 4, with fewer sets and less weight, to recover.
Talk test	A way to tell if your cardio is moderate: you can say short sentences, but you can't sing.
Activation	Gentle exercises at the start to “wake up” your glutes before loading weight.
Mini band	A short, closed resistance band worn above your knees or around your ankles.
Tempo	The seconds for each part of the movement. “3-1-1-0” means lower in 3, pause for 1 at the bottom, come up in 1 and no pause at the top.

Canela: this is a sample. The full guide takes you through 12 weeks, step by step.

Did you like Day 1? Get the full guide

Glutes with Bella includes the 3 home days and the 3 gym days for all 3 levels, the test to find your level, how to level up, the 12-week plan, the technique for every exercise with its illustration, habits, frequently asked questions and your printable log.

7 USD at **canelith.com/en/shop** → Training · or all 6 guides in the **Training pack**.

Want a routine built just for you? Book your **initial assessment** with our coach at **canelith.com/en**, Training section.



"Your body doesn't change in a day. It changes with every day you choose to come back."

Come back to this guide every time you level up. And if you want a plan made just for you, ask for **personal training** at **canelith.com/en**.

Canelith · Done well. Explained clearly.

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This guide is for information only and doesn't replace an assessment by a doctor, physical therapist or trainer.