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RP-21 GLUTE BUILDING WORKOUT PROGRAM

This glute focused workout uses the RP-21 method to build a posterior that is both aesthetic and functional. Learn more about how to add it to your program!

Link to Workout: <https://www.muscleandstrength.com/workouts/rp-21-glute-workout-program>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 4 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Machines

Author: Eric Brown

RP-21 Glute Workout

Exercise	Sets	Reps
Dynamic Warm Up	-	5 Mins
Mobility Work	-	5 Mins
Deadlift	7	3
Superset		
Barbell Hip Thrust	6	5
Romanian Deadlift	6	5
Seated Calf Raise	6	12

Notes

- Get your Deadlift warmed up properly before selecting your opening weight.
- Select a relatively heavy weight for your Barbell Hip Thrust and RDL.
- Rest 1 Min in between Deadlift sets.
- Rest 30-45 Secs between the Barbell Hip Thrust and the RDL.
- Rest 90-120 Secs between sets.
- Rest 30 Secs between Calf Raise sets.