

RULES FOR GROWING YOUR PANCAKE ASS.

For most, it's a desirable asset.

But one asset that either comes because of 3 factors.

1. Incredible genetics to store body fat on that area
2. Training the muscles in the glutes to increase their size and shape
3. BBL plastic surgery

We are disillusioned by what is real, photoshoot and implanted. We rarely know who's achievable and what's not.

It's completely possible to have minimal muscle but a big / shapely butt - and that normally comes down to body fat distribution.

We don't get to choose where we store our fat but we will mainly store it in a few areas and if you are lucky to store it in your butt then that will appear at a higher level of body fat that you have shape and size in that area. (as you diet this will change dramatically)

During a lot of initial diet phases, women lose fat from everywhere including their butt and find some level of discontent when it disappears.

Most women refer when they go through a diet that their ass just looks like a pancake because there's no muscle underneath the fat to create shape or tone and therefore looking flat.

Even in the alternative case where you do not store much body fat in this area, the addition of losing body fat will reduce the size. We want to avoid this as best as possible through the form of building muscle in the glutes to ensure that when the body fat on top reduces the muscle underneath is dense enough to create shape and the look you're after.

In this guide we show you how to master the building of the glutes.

Step 1: Avoid the diet and use FFF

It's really important to maximise your glute growth with a surplus of calories.

You're going to need all the protein, carbs and fats to grow them.

Staying away from a diet will maximise your chance of increasing your muscle tissue.

Even just a small surplus of calories by 5% will be much more lucrative for growth compared to maintenance, significantly better for muscle growth than a deficit.

Trying to grow muscle in a deficit is effectively fighting with your hand tied behind your back.

As the diet reduces your energy to create personal bests in the gym and doesn't allow you to make progress all the time.

We need energy to fuel you (more on this later).

If you can avoid the knee jerk reactions of holiday diets or 'feeling chunky' and last upwards of 6-12 months without a long formal diet (you can mini cut for 2-3 weeks if needed) you will see a large return.

The uncomfortable feelings that come with challenging your body weight and pushing it up can often be very mentally challenging especially for women who have always wanted and tried to see their body weight come down. Having taken hundreds of women through this process, I find that those women who can go through a purposeful building phase are often the most aware, have least issues around their body image and have better relationships with food as they look to be comfortable with feeling uncomfortable and accept their body and goals alike.

Having a layered approach to the push up and diet avoidance can be critical in managing a long term building phase.

Starting when you have a large amount of body fat might not be advisable to add more weight on top of this.

You'll want to ideally start your building phase from a position of some relative leanness, you can see shape within your body - starting in this lean position allows the building phase to occur without gaining significant levels of body fat and making it much difficult when dieting time starts to pull off the remaining body fat.

Plus with more body fat comes potential health implications and levels of lethargy, mood and energy.

I would always test what feels comfortable for you for example.

4 Weeks push -> You start to feel uncomfortable in your body.

2 Weeks Hold bodyweight -> start to feel much more comfortable and adapted

4 week push -> Repeat process.

That way you can let the levels of body fat settle, and feel more comfortable before pushing up again.

Using your Food for Fuel (FFF) is critical during this building phase.

You're going to need the energy to drive training performance up and create growth.

You're going to need to use foods that agree with you, don't cause bloating, adverse reactions or any issues with your digestive system.

To make sure your nutrition is in the best place, use your FFF. I'd recommend setting up your nutrition like the below:

- Calories at the 15 x bodyweight in lbs mark and make small adjustments over the weeks to ensure you're getting a steady weight gain per week 0.3/0.5 per week would be ideal on average.
- Protein to be around 1g x 1lbs of bodyweight to optimise the nutritional aspects of muscle protein synthesis.
- 3-5 servings of Protein per day - 30g per serving.
- Ideally 750-1000g of veggies and fruit each day.
- Have pre-workout and post-workout nutrition protocols;
 - 30g Protein / 30g Carbs - 45min/1 hour PRE workout
 - 30g Protein / 50g Carbs - 1-2 hours POST workout
- Ensure you're creating a balance of 80/20% for good quality food vs minimal quality food.
- Use foods that work well for you, use those foods that make you feel good, create minimal bloating, minimal lethargy and minimal brain fog as much as possible.

2) Progressive Overload

The queen to the system of booty growing is progressive overload.

Without going into the science lessons of muscle growth of muscle - you need to create more stress on the muscle to force the tissues to produce more muscle fibres to cope with the stress. Repeat that time and time again and that's why our body creates more muscle fibres and bigger, more shapely muscles.

What this means for you is: **You need to get stronger over time.**

And we are not talking going from squatting body weight to using the pink dumbbells and squirting.

We are talking meaningful strength, call me the biggest feminist BUT I think women going the gym have a lot more capability than what they set themselves up for.

I've had women not be able to think they could hip thrust or squat 30kg to hip thrusting over 150kg.

And she got rid of her self professed pancake ass very very fast.

It all starts in the head with progressive overload and wanting to get stronger and beat your best weight lifted and do more OR heavier OR both!

Once this becomes the key foundation of your lifting, ideally written down and logged each week.

You'll be able to see a large correlation between how strong you're getting on those glute exercises and the shape and size of your glutes.

Nobody ever gets more muscle and shaped glutes from doing small weights.

Side note - You're not going to get 'massive' or manly - it's not in your ability hormonally or genetically to create large amounts and as always - IF you do find you get massive out of nowhere, you can just stop training that muscle group for a while to reduce its size. No problem.

3) Exercises to do as part of your program.

Once you've got the first 2 - this is the one you've all been waiting for.

Which exercise grows my booty the best?!

Before I share the list of gold standard exercises for glute growth, I need to share with you the real thing that gets glute growth when it comes to exercise.

'It's not WHAT you do, BUT how you do it.'

A perfect exercise with poor technique gets poor results
A suboptimal exercise done perfectly gets good results.
An optimal exercise done perfectly gets amazing results.

Before looking at adding in a million different exercises recommended, try and clear up and improve on the current ones that you're doing.

The speed of the movement counts.

Your form during the exercise counts.

How hard you push yourself counts.

Making sure you navigate a controlled speed of the movement, as best form as you can get it and pursuing to push yourself harder each time, is the key ticket.

Movements that need to be mastered before glute growth:

- Hip Hinge - [YouTube](#) Romanian Deadlift Deep Dive
- Ant/Post Pelvic Tilt - [YouTube](#) Pelvic Movement Anterior and Posterior Pelvic Tilt

- Hip Flexion / Hip Extension -
https://www.youtube.com/watch?v=tpQvmMFX_Ok&list=PLdn6uDG80LW2ivgXucHiSPfpprCDupcyr&index=9

These movements are really important in mastering the movements that the glute muscles work.

It's going to be essential for you to be able to do those movements very well and then take those movements into the exercises below to make them super effective.

Exercise Gold Standard

- Barbell Hip Thrust
- The RDL
- Glute Focused Back Extensions
- High foot Narrow Leg Press
- Bulgarian Split Squats (minimal knee forward movement)
- Reverse Lunge
- Any Glute Thrust Drive Machine
- High Step Up
- High Foot Placement Hack Squat

If you can get super strong on these exercises, things are going to go in the right direction for you and your cheeks very soon!

To set some targets - I would be looking at hitting:

- 60kg RDL for 8 reps
- 100kg Hip Thrust for 8 reps
- Reverse Lunge w/ 20KG in each hand x 10 reps

That will be some very good targets to aim towards even if you're starting at zero, you have to start somewhere and build up.

Once you get to these numbers, you'll have seen a change in your glutes and you'll want more.

Reset the targets to adding 20/30kg to everything total and see how long and what effects that has on your results.

Some other golden rules for training will be:

- Train the glutes 2-3 times per week

- Go through periods of the year training them with lots of volume and sets and periods of less volume and less sets.
- Keep the movements the same, get super strong - don't chase novelty or new.
- Do the above lessons for years and any result you want is possible.