

Butty Activation Warm-Up (Band Edition) Companion Guide

How to Use Your Bands, Activate Your
Glutes, and Get Stronger Safely

Transform Your Fitness



01 How This Warm-Up Fits Into Your Program

This 8–10 minute Booty Activation Warm-Up is designed to be done BEFORE any booty or lower-body workout.

Its purpose is simple: wake up your glutes so they actually do the work. When glutes are activated properly, you feel exercises in the booty instead of your knees, quads, or lower back.

Do this warm-up every workout day. Consistency matters more than intensity here.

02 Why Glute Activation Matters

Many women struggle to grow or lift their booty because the glutes stay 'asleep'!

Sitting, long workdays, and stress can cause the quads and lower back to take over. This warm-up re-teaches your body how to fire the glutes correctly.

Benefits of proper activation:

- Better booty engagement
- Safer workouts
- Faster shaping results
- Less joint pain



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Band Placement Guide

Where you place the band changes which part of the glute works hardest.

Above knees:

- Best for beginners
- Easier to control
- Great for warm-ups

Mid-thigh:

- Moderate difficulty
- Strong outer-glute activation

Below knees or ankles:

- Advanced option
- Use only once you feel strong control

Start above the knees and progress slowly.





04 How Tight Should the Band Be?

•The band should feel challenging but controllable.

Signs it's too tight:

- Knees collapsing inward
- Losing balance
- Feeling pain instead of muscle burn

Signs it's right:

- Strong muscle tension
- Controlled movement
- Deep glute burn without joint pain

Rule: Slow reps > tighter bands.



05 Stretching After the Warm-Up


Stretching helps keep hips mobile and prevents tightness.

Recommended stretches (hold 20–30 seconds each):

- Standing figure-4 stretch
- Hip flexor stretch
- Hamstring stretch
- Glute stretch lying on your back

Stretch after workouts, not before.

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06 How You'll Know You're Getting Stronger

Progress doesn't always mean heavier bands right away.

Signs of strength improvement:

- You feel glutes activate faster
- Less shaking during reps
- Better balance
- Stronger squeeze at the top of movements

Once control improves, THEN increase band resistance.

07. Common Mistakes to Avoid

- Rushing the warm-up
- Using bands that are too tight too soon
- Letting knees cave inward
- Skipping warm-ups on busy days

This warm-up is short on purpose. Don't skip it.



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Weekly Progress Tips

Do this before EVERY session.

It wakes up the muscles that shrink your waist.

1. Pelvic Tilts — 30 sec
2. TVA Breath Hold — 30 sec
3. Glute Bridge + Belly Pull-In — 45 sec
4. Standing Core March — 30 sec
5. Side Bend Reach — 20 sec each side

This takes 2–3 minutes and changes EVERYTHING in your workout.

Final Coaching Notes from Rod

Booty growth isn't about doing more — it's about doing things correctly.

This warm-up sets the foundation. When you commit to it, your workouts feel better, your results come faster, and your confidence grows.

Trust the process. Stay consistent. Let the glutes do the work.

— Coach Rod
Transform You Fitness

PROGRESS...



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Weekly Progress Tips

Week 1-2:

- Focus on mind-muscle connection
- Slow controlled reps

Week 3-4:

- Slightly stronger band if ready
- Deeper range of motion

Long-term:

- Better booty shape
- Stronger hips
- More confident movement



BONUS: Beginner Booty Sample Workouts (Band Edition)

These workouts are OPTIONAL bonus examples designed to help beginners feel confident using their bands. They are NOT a replacement for the 8–10 minute Booty Activation Warm-Up or the full 30-Day Booty Band Builder.

Each workout targets a different part of the booty and uses timed rounds instead of reps so you can move at your own pace.

Workout 1: Booty Lift (Glute Max Focus)

Why this works:

The glute max is the main muscle responsible for lift and roundness. This workout focuses on controlled, powerful movements that teach your body to drive from the booty instead of the quads.

Time: 12 minutes

Format: 40 seconds work / 20 seconds rest

Rounds: 3

Exercises:

1. Banded Squats

- How to do it: Place band above knees, sit hips back, chest tall, press knees slightly out.
- Why it works: Builds lift and teaches glutes to fire at the bottom of the movement.

2. Standing Kickbacks (Right)

- How to do it: Hold a chair, kick heel back, squeeze at the top.
- Why it works: Isolates the glute max for shape.

3. Standing Kickbacks (Left)

- Same cues as the right side.

4. Glute Bridge Pulses (or Chair Sit-Backs)

- How to do it: Squeeze and pulse slowly at the top.

Workout 2: Side Shelf Builder

(Glute Med Focus)

Why this works:

The glute med creates width and the outer shelf look. This workout focuses on side-to-side control and stability for curvier hips.

Time: 12–15 minutes

Format: 45 seconds work / 15 seconds rest

Rounds: 3

Exercises:

1. Banded Side Walks

- How to do it: Step wide with control, stay low.
- Why it works: Fires the outer glutes immediately.

2. Standing Abductions (Right)

- How to do it: Lift leg straight out to the side, toes forward.
- Why it works: Shapes the side shelf.

3. Standing Abductions (Left)

- Same cues as the right side.

4. Squat Hold + Band Press-Out

- How to do it: Hold squat and press knees outward.
- Why it works: Burns and builds outer glute endurance.

Workout 3: Booty Burn + Shape (Full Glute Combo)

Why this works:

This combo workout hits both lift and side shape, giving a full booty pump and burn.

Time: 15 minutes

Format: Circuit style

Rounds: 3

Exercises:

1. Pulse Squats

- How to do it: Stay low and pulse small.
- Why it works: Keeps tension on the glutes.

2. Kickback to Abduction (Right)

- How to do it: Kick back, then lift to the side.
- Why it works: Targets both glute max and med.

3. Kickback to Abduction (Left)

- Same cues as the right side.

4. Glute Bridge Hold (30 seconds)

- How to do it: Hold at the top, squeeze hard.
- Why it works: Finishes the workout with a deep burn.



Exercise Backup Guidance (YouTube Search Help)

If you ever feel unsure about an exercise, use the exact YouTube search phrases below. Type them into YouTube and choose a simple demo that matches the cues in this guide.

These are backups — not required — but they're here for confidence and clarity.

Banded Squats:

- Search: "banded squat glute focus"

Standing Kickbacks:

- Search: "standing band kickback glutes"

Standing Abductions:

- Search: "standing band abduction outer glutes"

Banded Side Walks:

- Search: "banded side walk glute activation"

Glute Bridge Pulses:

- Search: "glute bridge pulse band"

Squat Hold + Band Press Out:

- Search: "banded squat hold press out"

Kickback to Abduction:

- Search: "band kickback to abduction"

BONUS: 1-Page Printable Booty Band Workout Card

Use this page as a quick-reference workout card. You can screenshot, print, or save it on your phone.

BOOTY BAND QUICK WORKOUTS (BEGINNER)

WORKOUT A – BOOTY LIFT (Glute Max)

- Time: 12 minutes
- Format: 40 sec work / 20 sec rest
- Rounds: 3
- Exercises: Banded Squats, Kickbacks R/L, Glute Bridge Pulses

WORKOUT B – SIDE SHELF BUILDER (Glute Med)

- Time: 12–15 minutes
- Format: 45 sec work / 15 sec rest
- Rounds: 3
- Exercises: Side Walks, Abductions R/L, Squat Hold Press-Out

WORKOUT C – BOOTY BURN + SHAPE

- Time: 15 minutes
- Format: Circuit
- Rounds: 3
- Exercises: Pulse Squats, Kickback to Abduction R/L, Glute Bridge Hold

Reminder: Always start with the 8–10 minute Booty Activation Warm-Up.