

A woman with long dark hair, wearing a black sports bra and leggings, is performing a deadlift with a dumbbell in a gym. She is bent over at the hips, holding the dumbbell with both hands. The gym background is filled with various pieces of equipment, including dumbbells on a rack and a punching bag. The lighting is bright and focused on the woman.

# Booty Specialization Program

**BOOTY SPECIALIZATION PLAN**

**WORKOUT 11-15**

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## WORKOUT TEMPLATE OVERVIEW (ORDER, REPS, SETS, REST, TEMPO)

### EXERCISE ORDER (COLUMN 2)

The exercise order describes, as the name suggests, the order that you perform the exercises in for that given workout. It should be very simple to follow, just working down the list. If it lists 'a' and 'b' such as 2a and 2b, it means you perform them back to back as a superset, then rest and repeat.

For example, if it said Squat was 1a and Glute Bridge is 1b you would perform the Squat then go straight into the Glute bridge without rest, then you would take the prescribed rest and repeat for the listed sets (i.e. 3 or 4).

### SETS (COLUMN 3)

Sets is very simple: it's the amount of time you will perform the exercise before moving onto the next exercise. Apart from circuit-based workouts, you will always do all the listed sets (i.e. 3 or 4) for each exercise before moving onto the next exercise.

### REPS (COLUMN 4)

Reps or Repetitions describe how many times you perform the movement within a set. For example, 12 reps of squats means you would complete 12 single squats without rest for one full set, then rest. The rep range will often vary between 5 and 25.



**Important:** Whatever weight is listed, you must pick a weight or load that means you reach failure around that point. If it lists 8 reps, pick a weight where you can't hit 9 or 10. This will take some trial and error, but after 1-2 workouts you should note down the weight and know exactly which one to use. If you get the listed reps and can keep going you should do so, it's best to always train to muscular failure than stop earlier. The key part of muscle growth occurs in the last few reps near failure.

## TEMPO (COLUMN 5)

Tempo simply describes the speed of the movement, in 4 numbers like 4:0:1:0. These 4 numbers describe:

**Number #1:** The lowering phase

**Number #2:** the pause at the bottom of the movement

**Number #3:** The drive up or concentric phase

**Number #4:** The pause at the top

**Using the 4:0:1:0 example for a squat it would be:**

4 seconds to lower

0 second pause at the bottom

1 second drive back up

0 second pause at the top

**Using the 4:0:1:0 example for a glute bridge it would be:**

4 seconds to lower your bum down towards the floor

0 second pause where your bum is near the floor

1 second drive your hips back up

0 second pause at the top where you squeeze your glutes



For 95% of the time, there will be a slower movement in number 1 (the lowering) as this is the eccentric phase that you want to control under load. In contrast, number 3 (the concentric phase) will always tend to be faster as research has shown this to provide superior muscle recruitment and results when it is performed slightly more explosively (with good technique).

## REST PERIODS (COLUMN 6)

Rest periods are very simple, you will take a complete rest for the duration listed, normally between 30 – 120 seconds.

## PROGRESSION

Although there is no set time limit, you can use the workouts in the suggested 4 week blocks or longer. It's important to always progress and add more weight to the bar, this is what keeps your body adapting and growing.

To achieve this, in week 3 - 4+ you will likely be able to increase the amount of reps on every leg exercise or even increase the load/weight by around 5%. I always suggest you do this when you can, as long as the technique remains perfect. If you progress and the reps drop down by 1 or 2, that is fine, they should be back at the recommended rep range after a week or two.





## EXAMPLE WEEKLY TRAINING BLOCKS

### EXAMPLE 4 WEEK TRAINING BLOCK 1

MONDAY	TUESDAY	WEDESNDAY
Workout #1	Rest, Cardio, Upper body etc.	Workout #2
THURSDAY	FRIDAY	SATURDAY
Rest, Cardio, Upper body etc.	Workout #4	Workout #3
SUNDAY		
Rest		



## EXAMPLE 4 WEEK TRAINING BLOCK 2

MONDAY	TUESDAY	WEDESNDAY
Workout #15	Rest, Cardio, Upper body etc.	Workout #14
THURSDAY	FRIDAY	SATURDAY
Rest, Cardio, Upper body etc.	Workout #6	Workout #12
SUNDAY		
Rest		





### EXAMPLE 4 WEEK TRAINING BLOCK 3

MONDAY	TUESDAY	WEDESNDAY
Workout #5	Rest, Cardio, Upper body etc.	Workout #7
THURSDAY	FRIDAY	SATURDAY
Rest, Cardio, Upper body etc.	Workout #8	Workout #13
SUNDAY		
Rest		



## EXAMPLE 4 WEEK TRAINING BLOCK 4

MONDAY	TUESDAY	WEDESNDAY
Workout #9	Rest, Cardio, Upper body etc.	Workout #11
THURSDAY	FRIDAY	SATURDAY
Rest, Cardio, Upper body etc.	Workout #9	Workout #10
SUNDAY		
Rest		



### Booty Workout #11: 6s Eccentric Training

Exercise	Pair	Sets	Reps	Tempo	Rest	Notes	Video
Warm-Up	N/A	N/A	N/A	N/A	N/A	5-10 min cardio on machine of choice followed by some dynamic movements. For example, bodyweight squats, lunges, toe taps, glute bridges and straight leg kicks.	NA
Smith Machine Squats	1	3	10	6:0:1:0	60s	Use a smith machine for added stability/safety and to allow a spotter to help more you will perform the 6s eccentrics. If you do not have a smith machine, have a spotter present to help you on the way up for a normal barbell squat. Lower down slowly for a real 6 seconds (or 10 seconds if you count fast!).	Coming Soon
Single-Leg, Leg Press (High Stance)	2	3	10	6:0:1:0	60s after second leg	6s lower with single leg, use both legs to press the weight up then repeat - this allows you to overload the eccentric phase. 10 reps per leg. Take 60s rest after completing both legs.	View
DB RDL with Band under Feet	3	3	10	6:0:1:0	60s	Use 2 DBs and step on a band as shown in video. Start the movement by driving the hips back and keeping spine straight as you perform the movement. Knees slightly bent, head down, chin tucked in. Focus on taking the bum back with the bar sliding along the legs. You should feel the hamstrings stretch. Only raise 90% of the way up.	View
TRX Glute Bridge	4	3	10	6:0:1:0	60s	Use TRX to activate stabilizer muscles throughout the movement. Place shoulders on the floor and feet in the TRX. If no access to TRX, perform with upper body on a bench like normal. Slowly lower back down for 6 seconds then explode up. You can have a workout partner press on your hips to overload the eccentric part.	View
Notes	<p>This workout is based on slow or heavy eccentric training which places emphasis on the lowering part of the movement. Research shows you are stronger here and therefore rarely overload it when you normally workout. By spending extra time lowering or adding extra weight you can really overload it and provide a new stimulus for growth. Count a slow 6 seconds and if you have a workout partner, have them add around 20-30% lower by pressing on the bar/machine when you are lowering.</p>						
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### Booty Workout #12: Blood Flow Restriction Training

Exercise	Pair	Sets	Reps	Tempo	Rest	Notes	Video
Warm-Up	N/A	N/A	N/A	N/A	N/A	5-10 min cardio on machine of choice followed by some dynamic movements. For example, bodyweight squats, lunges, toe taps, glute bridges and straight leg kicks.	NA
DB Split Squat	1	4	30-20-20-20	3:0:1:0	30s	Stand on two benches or elevated platforms (one foot on each platform) with a wider stance; holding a dumbbell between your legs, squat down as far as you comfortably can. Set a timer and continue the set until a full 30 seconds is up, drop the weight if you have to in order to keep the set going for a full 30 seconds.	Coming Soon
Single-Leg, Leg Press (High Stance)	2	4	30-20-20-20	3:1:1:0	No rest just alternate	This is a normal leg press but you will perform with just one leg. You will take no rest, one leg will get a 60s break while the other leg is working. So you will just keep swapping for 6 sets (3 sets total). This is 6 minute straight set! As with a normal leg press, take the foot high to hit the glutes, lower down slowly without letting the bum/spine roll. Press 80% of the way up so you do not lose tension.	View
Reverse Hypers	3	4	30-20-20-20	3:0:1:0	30s	Set up on a reverse hyper machine or use a gym ball on top of a bench as a make shift set up. You can add ankle weights or a resistance band if you don't have a proper reverse hyper machine. This exercise is simple, just take the legs from the floor and raise them up to make your body straight. Squeeze at the top and do not over extend.	Coming Soon
Glute Bridge on Bench	4	4	30-20-20-20	3:0:1:1	30s	Place shoulders on a bench and feet out in front with the knees bent. Feet shoulder width apart, hands on the head or on the bench. Raise all the way up so glutes are squeezing and tensed then lower down about 70% of the way. Keep knees and lower leg still throughout.	View
Notes	<p>Blood Flow Restriction Training (BFR) is an advanced training technique where you wrap straps or use Booty Bands around your upper leg. This reduces some of the blood flow and increase the cell swelling and muscle activation, which has been scientifically shown to boost muscle growth and even fat loss. Its very safe and you can read a full article on my site <a href="http://www.rudymawer.com/blog">www.rudymawer.com/blog</a>. All you will do is wrap 2 knee straps around the top of your quad or use Booty Bands then perform all the exercises with just around 30% of the normal weight you would use. Ensure the bands are around a 5 or 6 out of 10 in terms of tightness. They should not be too tight or loose.</p>						
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### Booty Workout #13: Bodyweight Booty

Exercise	Pair	Sets	Reps	Tempo	Rest	Notes	Video
Warm-Up	N/A	N/A	N/A	N/A	N/A	5-10 min cardio on machine of choice followed by some dynamic movements. For example, bodyweight squats, lunges, toe taps, glute bridges and straight leg kicks.	NA
Jump Squats	1	3	20-30	N/A	60s	Do not perform this exercise if you are over weight or have knee/biomechanical issues. Replace for a normal squat if so. To perform, just lower down into a squat then explode up so you jump of the floor. When you land it should be a soft landing where you bend the knees and lower straight down into a squat. Control the lowering part then explode back up and keep a nice smooth movement for 20-30 reps.	Coming Soon
Bodyweight Lunges	2	3	20 per leg	3:0:1:0	60s	With one foot behind you on a bench take the other foot forward. Perform a lunge to lower down, by bending both knees and forming 2 right angles with your legs at the bottom. Hit 20 reps per leg without rest then take 60s seconds rest.	View
In-N-Out Dynamic Squat	3	3	20	N/A	60s	Start with a more narrow, shoulder-width stance; squat down and as you explode up and jump widen legs so that you land in a wide stance, squat down and explode up, bringing legs together again and landing in the narrow stance. That is one rep.	Coming Soon
Resistance Band Side Steps	4	3	10 steps each direction	N/A	60s	Wrap a resistance band around your legs just above the knee. Squat down so there is tension in the band forcing your knees inward. Now step to your right as far as possible and continue to side step in this manner for a few reps before side-stepping back to your left. Continue this pattern until the 60s is up.	Coming Soon
Single Leg Glute Bridge	5	3	15 per leg	3:0:1:0	No rest just alternate legs	Place shoulders on a bench and feet out in front with the knees bent. Feet shoulder width apart, hands on the head or on the bench. Raise all the way up so glutes are squeezing and tensed then lower down about 70% of the way. Keep knees and lower leg still throughout. Place other leg out in front and swap straight over without rest.	View
Side Lunge	6	3	15-20	3:0:1:0	60s	This is a simple exercise. Perform 15-20 reps on one leg then do the other side. Simple step out to the side and keep inside leg straight, bend the outside leg you stepped out with and sit back into a squat like position. Drive back up into the middle, tap the floor with the outside foot you are working on and go straight back out (i.e. do not rest on it fully). Once you've done both legs you can rest for 60s.	Coming Soon

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### Booty Workout #14: Muscular Endurance Focus

Exercise	Pair	Sets	Reps	Tempo	Rest	Notes	Video
Warm-Up	N/A	N/A	N/A	N/A	N/A	5-10 min cardio on machine of choice followed by some dynamic movements. For example, bodyweight squats, lunges, toe taps, glute bridges and straight leg kicks.	NA
High-Stance Leg Press	1	3	20	3:0:1:0	45s	Take feet high on the pad to hit glutes. Keep spine straight as you perform the movement and feet high and wide on the leg press; use a controlled tempo throughout the lift feeling the glutes & hamstrings stretch. Do not let your spine or bum roll. Keep your bum pulled down and fixed in the padding with your upper body. Only raise back up 80% of the way.	View
Kneeling Squat	2	3	25	3:0:1:0	45s	Set up under a smith machine with the bar on your shoulders kneeling down on the floor. From this kneeling position perform a hip extension to lift the hips up so you are now kneeling upright. No need to lock out, just go 80% of the way up. Note this is a small range of movement.	Coming Soon
Banded DB RDL	3	3	25	3:0:1:0	45s	Use 2 DBs and place band under feet as shown in video. Start the movement by driving the hips back and keeping spine straight as you perform the movement. Knees slightly bent, head down, chin tucked in. Focus on taking the bum back with the bar sliding along the legs. You should feel the hamstrings stretch.	View
Glute Bridge (BENCH)	4	3	30	3:0:1:0	45s	Place shoulders on a bench and feet out in front with the knees bent. Feet shoulder width apart, hands on the head or on the bench. Raise all the way up so glutes are squeezing and tensed then lower down about 70% of the way. Keep knees and lower leg still throughout.	View
Back Extensions	5	3	30	3:0:1:0	45s	Set up so the padding finishes at the top of the quads and the lower leg pads are above the ankle. Place your hands on your head and lower down slowly. Lower down so your torso is around level with the hips then raise back up by driving the hips into the pad. When you drive the hips into the pad it activates more glutes/booty. Do not over extend at the top or pause as there is no load.	View
Notes	This muscular endurance workout is great to burn fat and add lean muscle tone. It's also very functional, especially if you play sport, run, bike etc. All the reps are high, so you will need to go about 30% less than your normal 10 rep max weights. Most sets should last around 60 seconds if you follow the prescribed tempo. The first 10 reps will likely feel easy but the last 10 should be very intense and burn alot. As the rest periods are short, you will also find set 2 and 3 much harder than set 1.						
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### Booty Workout #15: Cluster Sets

Exercise	Pair	Sets	Reps	Tempo	Rest	Notes	Video
Warm-Up	N/A	N/A	N/A	N/A	N/A	5-10 min cardio on machine of choice followed by some dynamic movements. For example, bodyweight squats, lunges, toe taps, glute bridges and straight leg kicks.	NA
Barbell Squat	1	3	2-2-2-2	3:0:1:0	120s	Place barbell on the shoulders and take feet shoulder width apart. Start the movement by sitting back like you were going to sit down on a chair. Push bum out the whole time. Lower under control and stop when your lower back starts to move or round. Drive back up by focusing on your hips pushing forward and your bum driving forward. Only raise up 80% of the way then lower back down.	View
Barbell Deadlift	2	3	2-2-2-2	3:0:1:0	120s	Focus on driving the hips forward as you lift the weight in a explosive manner. There is no eccentric portion of the lift, you will just start to lower then drop the bar/weight down. Let the barbell rest on the floor for a second before beginning the next rep, resetting your stance/body position each time. Take the full 3 minutes to rest as your central nervous system needs time to recover.	View
DB RDL	3	3	2-2-2-2	3:0:1:0	120s	Use 2 DBs. Start the movement by driving the hips back and keeping spine straight as you perform the movement. Knees slightly bent, head down, chin tucked in. Focus on taking the bum back with the bar sliding along the legs. You should feel the hamstrings stretch. You can perform with or without bands.	View
Glute Bridge (BENCH)	4	3	2-2-2-2	3:0:1:0	120s	Place shoulders on a bench and feet out in front with the knees bent. Feet shoulder width apart, hands on the head or on the bench. Raise all the way up so glutes are squeezing and tensed then lower down about 70% of the way. Keep knees and lower leg still throughout.	View
High-Stance Leg Press	5	3	2-2-2-2	3:0:1:0	120s	Take feet high on the pad to hit glutes. Keep spine straight as you perform the movement and feet high and wide on the leg press; use a controlled tempo throughout the lift feeling the glutes & hamstrings stretch. Do not let your spine or bum roll. Keep your bum pulled down and fixed in the padding with your upper body. Only raise back up 80% of the way.	View
Notes	Cluster Sets work by performing mini sets. For example, rather than doing a straight 8 reps, you will do 3 or 4 mini sets of 2 reps with a 10 second pause in between. This may sound strange, but, it allows for more force production and more total load/weight to be lifted, which, helps you adapt and get stronger. All you do is perform 2 reps, rest the load or weight for 10 seconds then continue this for the entire 8 reps. Then, take the full 120s rest and repeat for 3 sets.						
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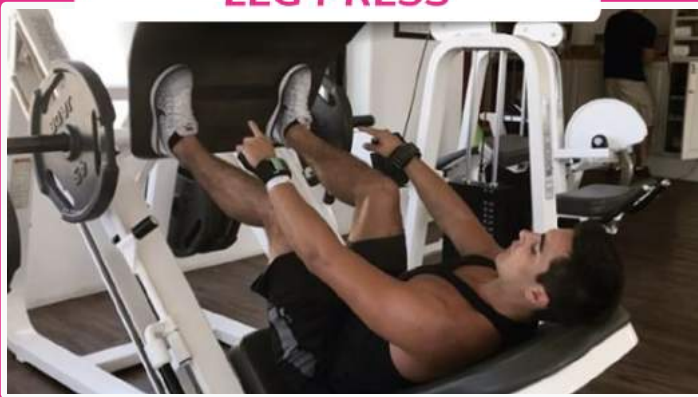
**BARBELL BACK SQUAT**



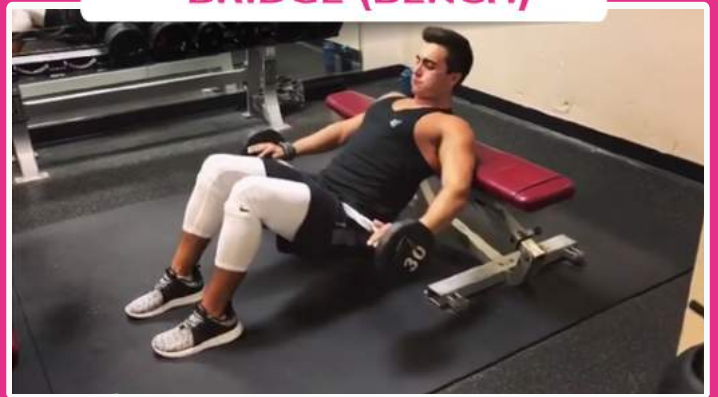
**BARBELL BANDED RDL**



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**BARBELL GLUTE  
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**HEEL RAISED DB RDL**



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ELEVATED LUNGE**



**SINGLE LEG BODYWEIGHT  
GLUTE BRIDGE**





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**DB RDL WITH BAND UNDER FEET**



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