

LIFT WITH SHELBY

FREE STARTER KIT

The Starting Point



Identify your glute shape, and learn how to train it.

STRENGTH, MADE SIMPLE.

STEP ONE

Find your shape

Glute shape comes mostly from genetics. Your bone structure, where your muscles attach, and where your body holds fat. You cannot change the blueprint, but you can build and balance it. Look at where your fullness sits, then find your match.



Square

Hips and glutes run straight down, about the same width top to bottom.



Round

Full and even all around, widest through the middle.



Heart

Fuller and wider through the lower glute, narrower up top.



Inverted V

Fuller up top through the hips, then tapers toward the bottom.

Your shape is your starting point, not your ceiling.

STEP TWO

How to structure your glute day

Think in three groups, done in this order. You are not limited to one move per group, this is the sequence to follow, with options to choose from. Lead with the hardest work while you are fresh, then work down. It is the order the research recommends.

01 Compound work, first

Big, multi-joint lifts that load the glutes heavy and drive the most growth. This is the foundation of the day, so it goes first.

PICK ONE TO TWO Hip thrust · Barbell squat · Romanian deadlift · Sumo deadlift · Barbell glute bridge

02 Single leg work, second

One leg at a time. Builds balance and control, and evens out the side to side differences most people have.

PICK ONE TO TWO Bulgarian split squat · Walking lunge · Reverse lunge · Step-up · Curtsy lunge

03 Isolation work, last

Smaller, targeted moves for the upper and outer glute. They add the roundness and detail once the heavy work is done.

PICK ONE TO TWO Cable hip abduction · Glute kickback · Side-lying leg raises · Seated hip abduction · Lateral band walk

ADJUST FOR YOUR SHAPE

Square	Add two isolation moves for the side glute, to build width and curve.
Round	Keep it balanced. One move from each group is plenty for you.
Heart	Add an extra isolation and lead it with abduction, to build the upper and outer glute.
Inverted V	Add a second compound, and lean into squats and hinges for the lower glute.

WHAT'S NEXT

Ready for the full plan?

You have your shape and the structure. Here is where you get the exact plan, built to keep you progressing.

Upgrade to The Base

Self guided. The complete glute day, exercise options, sets and reps, and the progression that keeps you getting stronger.

The Build

One on one coaching, built around your body, your shape, your gym, your schedule, and your goals.

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