YOUFemme

A YOUFEMME PLAN

Your First 4 Weeks

A home workout plan for your glutes, hips and waist. For trans women who are starting from zero.



3 workouts a week

About 30 minutes

No gym needed

By Mira Vale

You just have to start

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Hi, it's Mira

I made this for anyone standing in their room with a yoga mat, a bit of hope and no idea what to do first. You don't need a gym, a fancy outfit or any experience. You need about 30 minutes, three days a week, and a bit of floor.

For the next four weeks you'll train your glutes, the sides of your hips and your waist. Those are the spots that change your silhouette the most. You'll also walk and stretch, because sore and stiff is not the goal.

How the plan works

Two workouts, taking turns

Workout A is mostly hips, Workout B is mostly booty. Week 1 goes A, B, A. Week 2 goes B, A, B. Then it repeats.

Three easy days

Two walks and ten minutes of yoga. They feel almost too easy. Do them anyway, that's when your body recovers.

Sunday off

Completely off. Nap, brunch, whatever.

A bit harder each week

Week 2 adds a set, week 3 adds reps, week 4 slows you down. The weekly log pages tell you exactly what to do.

The only rules

1. Rest about a minute between sets.
2. End each set when you've got about two good reps left in you. You don't have to go until you can't move.
3. A burn in the muscle is fine. Sharp pain in a joint isn't. Stop and switch to the easier version.
4. Missed a day? Just carry on from where you stopped. Don't try to squeeze two workouts into one day.

You'll need

- [ ] Some floor and a mat (a folded towel works)
- [ ] A sofa or a sturdy chair for hip thrusts
- [ ] Water
- [ ] Week 4, optional: a mini resistance band

A workout day, start to finish

5 min	20–25 min	5 min	1 min
Warm-up	**Workout A or B**	**Cool-down**	**Write it down**
page 5	pages 6 and 7	page 5	your log, pages 9 to 12

Your month

Tick each day when it's done. Need to move a day? Fine, just keep a rest or easy day between two workouts.

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1 **Learn the moves** 2 sets of everything. Go slow and get the form right.	☐ **Workout A** Hips & sides	☐ **Walk** 15–20 min	☐ **Workout B** Booty & waist	☐ **Yoga** 10 minutes	☐ **Workout A** Hips & sides	☐ **Walk** 15–20 min	☐ **Rest** You earned it
Week 2 **Full sets** 3 sets of everything. This is your base.	☐ **Workout B** Booty & waist	☐ **Walk** 20–25 min	☐ **Workout A** Hips & sides	☐ **Yoga** 10 minutes	☐ **Workout B** Booty & waist	☐ **Walk** 20–25 min	☐ **Rest** You earned it
Week 3 **More reps** 3 sets, a couple more reps each.	☐ **Workout A** Hips & sides	☐ **Walk** 25 min	☐ **Workout B** Booty & waist	☐ **Yoga** 10 minutes	☐ **Workout A** Hips & sides	☐ **Run-walk** Jog 1 min, walk 2 min. 6 rounds	☐ **Rest** You earned it
Week 4 **Slow it down** Same reps as week 3, but take 3 seconds on the way down.	☐ **Workout B** Booty & waist	☐ **Walk** 25 min	☐ **Workout A** Hips & sides	☐ **Yoga** 10 minutes	☐ **Workout B** Booty & waist	☐ **Run-walk** Jog 2 min, walk 2 min. 5 rounds	☐ **Rest** You earned it

Before you start

When you see yourself every day, the mirror is a terrible judge. A tape measure and a few photos are much more honest.

	DAY 1	AFTER WEEK 4
Hips around the widest part of your butt		
Waist the narrowest part, usually just above your belly button		
Upper thigh just below your butt, same leg every time		
Bust optional		
Weight optional, you really can skip the scale		

How to measure

In the morning, before breakfast. Stand relaxed, don't suck anything in. The tape should be snug but not squeezing.

Take 3 photos

Front, side and back. Same spot, same light, same clothes. Put them in a hidden album and don't look at them until week 4.

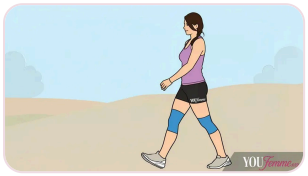
What to expect

In four weeks you'll mostly notice you're stronger and that the moves feel easier. Changes in shape take longer, usually a few months. On HRT, building muscle can be slower, and that's normal.

Warm-up and cool-down

Five minutes before every workout, five minutes after. Cold muscles are grumpy muscles.

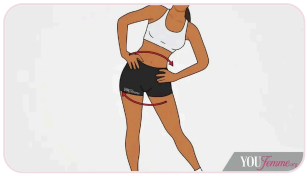
Warm-up 5 min



March on the spot

1 minute

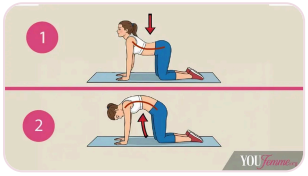
Knees up, arms swinging. You want to feel warm, not sweaty.



Hip circles

10 each way

Hands on your waist, feet a bit wider than your hips. Big, slow circles.



Cat cow

8 slow rounds

On all fours. Breathe in and let your belly drop, breathe out and round your back.



Low lunge

20 seconds each side

One foot forward, back knee down. Lift your chest and lean forward a little.

Cool-down 5 min

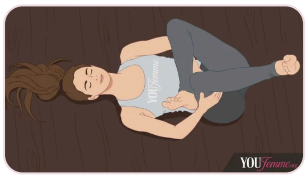


Figure four

40 seconds each side

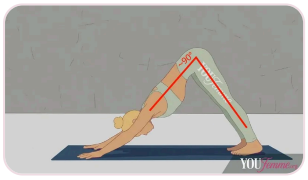
On your back. Cross one ankle over the other knee and pull that thigh in.



Seated butterfly

40 seconds

Sit tall with the soles of your feet together and let your knees fall open.



Downward dog

30 seconds

From all fours, push your hips up and back. Your knees can stay bent.



Child's pose

45 seconds

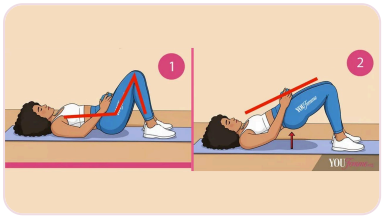
Sit back on your heels, arms long in front, forehead down. Just breathe.

Low on energy?

Some days you just don't have it. Do the warm-up, one set of each exercise and the cool-down. That's about 15 minutes and it still counts. If you're sick or something hurts, rest instead. One skipped day changes nothing.

Workout A: hips & sides

Warm up first. Do every set of one exercise, then move on to the next. About a minute of rest between sets.



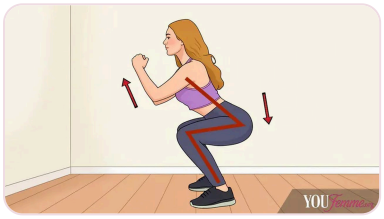
Glute Bridge

You'll feel it in your butt, not your lower back

1. Lie on your back, knees bent, feet flat and hip-width apart.
2. Push through your heels and lift your hips until shoulders, hips and knees line up.
3. Squeeze for a second at the top, then lower slowly.

Watch out: pushing through your toes, or arching your lower back at the top
Easier: lift a little less high
Harder: one leg at a time, or a backpack on your hips

Wk 1	2 × 10
Wk 2	3 × 12
Wk 3	3 × 15
Wk 4	3 × 15



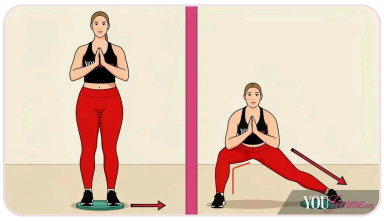
Squat

You'll feel it in your butt and the front of your thighs

1. Stand with your feet shoulder-width apart, toes turned out a little.
2. Push your hips back like you're sitting on a chair, chest up.
3. Go as low as feels comfy, then stand up through your heels.

Watch out: knees falling in toward each other
Easier: sit down onto a chair and stand back up
Harder: hold a backpack against your chest

Wk 1	2 × 8
Wk 2	3 × 10
Wk 3	3 × 12
Wk 4	3 × 12



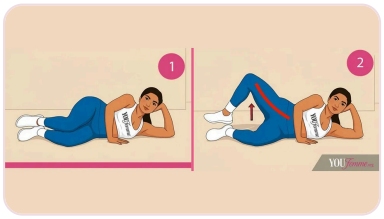
Lateral Lunge per side

You'll feel it on the side of your butt and your inner thigh

1. Stand with your feet together.
2. Take a big step to the side, push your hips back and bend that knee. The other leg stays straight.
3. Push off the bent leg to come back.

Watch out: letting your chest drop toward the floor
Easier: smaller step, hold onto a chair
Harder: take 3 seconds to go down

Wk 1	2 × 6
Wk 2	3 × 8
Wk 3	3 × 10
Wk 4	3 × 10



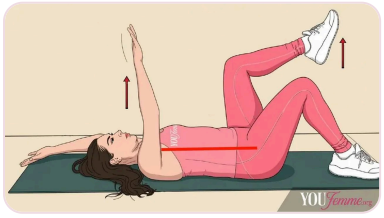
Clamshell per side

You'll feel it on the side of your hip, near the top of your butt

1. Lie on your side, knees bent, feet together.
2. Keep your feet touching and lift your top knee.
3. Pause for a second, lower slowly.

Watch out: rolling your hips back to lift higher
Easier: lift less, keep it clean
Harder: mini band just above your knees

Wk 1	2 × 12
Wk 2	3 × 15
Wk 3	3 × 18
Wk 4	3 × 18



Dead Bug Heel Tap per side

You'll feel it deep in your belly

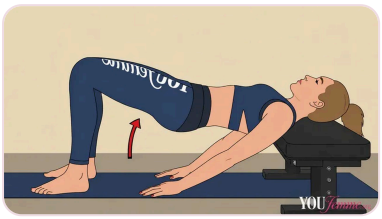
1. Lie on your back, knees bent and lifted over your hips.
2. Press your lower back gently into the floor.
3. Lower one heel to tap the floor, bring it back, switch.

Watch out: your lower back lifting off the floor
Easier: smaller movement
Harder: straighten the leg a bit as it goes down

Wk 1	2 × 6
Wk 2	3 × 8
Wk 3	3 × 10
Wk 4	3 × 10

Workout B: booty & waist

Warm up first. If you don't have a sofa for hip thrusts, do glute bridges from Workout A instead.



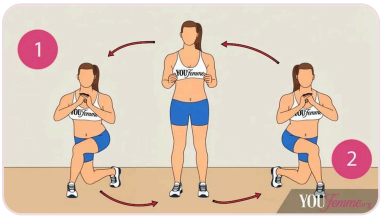
Hip Thrust

You'll feel it in your butt, a lot, at the top

1. Sit on the floor with your upper back against the edge of a sofa or sturdy chair, feet flat.
2. Push through your heels and lift your hips until you're straight from shoulders to knees.
3. Squeeze for 2 seconds, lower slowly.

Watch out: feet too close to your butt, or arching your back
Easier: do glute bridges on the floor
Harder: hold a backpack or a weight on your hips

Wk 1	2 × 10
Wk 2	3 × 12
Wk 3	3 × 15
Wk 4	3 × 15



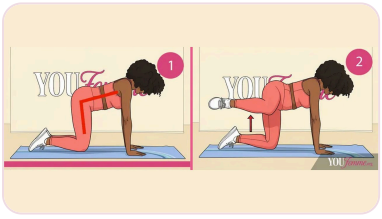
Curtsy Lunge per leg

You'll feel it on the side and top of your butt

1. Stand with your feet hip-width apart.
2. Step one leg diagonally behind the other and lower your hips, chest up.
3. Push through your front heel to stand back up.

Watch out: your front knee twisting inward
Easier: hold onto a chair, smaller step
Harder: take 3 seconds to go down

Wk 1	2 × 6
Wk 2	3 × 8
Wk 3	3 × 10
Wk 4	3 × 10



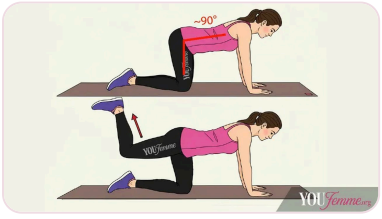
Fire Hydrant per side

You'll feel it on the side of your hip

1. Get on all fours, hands under shoulders, knees under hips.
2. Keep your knee bent and lift it out to the side, about hip height.
3. Pause, then lower it with control.

Watch out: tipping your whole body sideways to lift higher
Easier: lift less high
Harder: mini band just above your knees

Wk 1	2 × 10
Wk 2	3 × 12
Wk 3	3 × 15
Wk 4	3 × 15



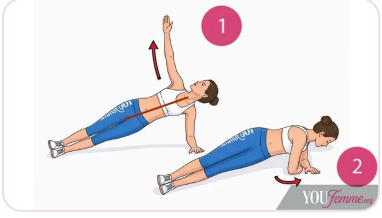
Donkey Kick per leg

You'll feel it in the middle of your butt

1. Get on all fours, hands under shoulders, knees under hips.
2. Keep your knee bent and push your foot up until your thigh lines up with your body.
3. Squeeze, then lower without arching your back.

Watch out: arching your lower back
Easier: smaller kick
Harder: hold the top for 2 seconds

Wk 1	2 × 10
Wk 2	3 × 12
Wk 3	3 × 14
Wk 4	3 × 14



Side Plank Reach per side

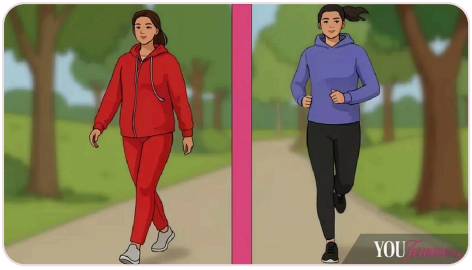
You'll feel it along the side of your waist

1. Lie on your side, elbow under your shoulder, legs stacked.
2. Lift your hips into a straight line.
3. Reach your top arm up, then slowly under your body, and back up.

Watch out: hips sagging toward the floor
Easier: keep your knees on the floor
Harder: go slower

Wk 1	2 × 5
Wk 2	2 × 8
Wk 3	3 × 8
Wk 4	3 × 8

Easy days



Tuesday and Saturday: walk

Chest up, shoulders loose, let your arms swing. Speed doesn't matter. In weeks 3 and 4, Saturday turns into a short run-walk. Out of breath? Walk longer between jogs. Not into running at all? Walk 30 minutes instead. That counts.

	TUESDAY	SATURDAY
Week 1	Walk 15–20 min	Walk 15–20 min
Week 2	Walk 20–25 min	Walk 20–25 min
Week 3	Walk 25 min	Jog 1 min, walk 2 min. 6 rounds
Week 4	Walk 25 min	Jog 2 min, walk 2 min. 5 rounds

Thursday: 10 minutes of yoga

Put on something comfy and go through these slowly, twice.



Cat cow

8 to 12 slow rounds

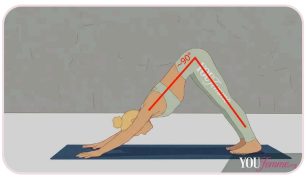
On all fours. Breathe in and let your belly drop, breathe out and round your back.



Child's pose

as long as you like

Sit back on your heels, arms long in front, forehead down. Let your hips get heavy.



Downward dog

30 to 45 seconds, 2 or 3 times

From all fours, push your hips up and back. Heels toward the floor, but they don't have to touch.

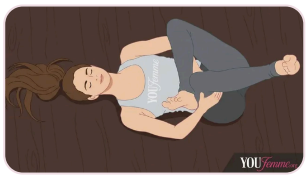


Figure four

40 seconds each side

On your back. Cross one ankle over the other knee and pull that thigh toward you.

Bad weather?

Walk laps around your home, march on the spot to a few songs you like, or swap in the yoga. Moving a little beats skipping.

Week 1 log

Learn the moves. 2 sets of everything. Go slow and get the form right.

Write down how many reps you actually did. Your memory will lie to you, your notebook won't.

☐ Monday · Workout A

EXERCISE	TARGET	SET 1	SET 2	SET 3
Glute Bridge	2 × 10			
Squat	2 × 8			
Lateral Lunge	2 × 6 per side			
Clamshell	2 × 12 per side			
Dead Bug Heel Tap	2 × 6 per side			

☐ Wednesday · Workout B

EXERCISE	TARGET	SET 1	SET 2	SET 3
Hip Thrust	2 × 10			
Curtsy Lunge	2 × 6 per leg			
Fire Hydrant	2 × 10 per side			
Donkey Kick	2 × 10 per leg			
Side Plank Reach	2 × 5 per side			

☐ Friday · Workout A

EXERCISE	TARGET	SET 1	SET 2	SET 3
Glute Bridge	2 × 10			
Squat	2 × 8			
Lateral Lunge	2 × 6 per side			
Clamshell	2 × 12 per side			
Dead Bug Heel Tap	2 × 6 per side			

Easy days ☐ **Tuesday** Walk ____ min ☐ **Thursday** Yoga ☐ **Saturday** Walk ____ min

Energy this week

1 2 3 4 5

Notes (what felt good, what hurt, what you're proud of)

Week 2 log

Full sets. 3 sets of everything. This is your base.

Write down how many reps you actually did. Your memory will lie to you, your notebook won't.

☐ Monday · Workout B

EXERCISE	TARGET	SET 1	SET 2	SET 3
Hip Thrust	3 × 12			
Curtsy Lunge	3 × 8 per leg			
Fire Hydrant	3 × 12 per side			
Donkey Kick	3 × 12 per leg			
Side Plank Reach	2 × 8 per side			

☐ Wednesday · Workout A

EXERCISE	TARGET	SET 1	SET 2	SET 3
Glute Bridge	3 × 12			
Squat	3 × 10			
Lateral Lunge	3 × 8 per side			
Clamshell	3 × 15 per side			
Dead Bug Heel Tap	3 × 8 per side			

☐ Friday · Workout B

EXERCISE	TARGET	SET 1	SET 2	SET 3
Hip Thrust	3 × 12			
Curtsy Lunge	3 × 8 per leg			
Fire Hydrant	3 × 12 per side			
Donkey Kick	3 × 12 per leg			
Side Plank Reach	2 × 8 per side			

Easy days ☐ **Tuesday** Walk ____ min ☐ **Thursday** Yoga ☐ **Saturday** Walk ____ min

Energy this week

1 2 3 4 5

Notes (what felt good, what hurt, what you're proud of)

Week 3 log

More reps. 3 sets, a couple more reps each.

Write down how many reps you actually did. Your memory will lie to you, your notebook won't.

☐ Monday · Workout A

EXERCISE	TARGET	SET 1	SET 2	SET 3
Glute Bridge	3 × 15			
Squat	3 × 12			
Lateral Lunge	3 × 10 per side			
Clamshell	3 × 18 per side			
Dead Bug Heel Tap	3 × 10 per side			

☐ Wednesday · Workout B

EXERCISE	TARGET	SET 1	SET 2	SET 3
Hip Thrust	3 × 15			
Curtsy Lunge	3 × 10 per leg			
Fire Hydrant	3 × 15 per side			
Donkey Kick	3 × 14 per leg			
Side Plank Reach	3 × 8 per side			

☐ Friday · Workout A

EXERCISE	TARGET	SET 1	SET 2	SET 3
Glute Bridge	3 × 15			
Squat	3 × 12			
Lateral Lunge	3 × 10 per side			
Clamshell	3 × 18 per side			
Dead Bug Heel Tap	3 × 10 per side			

Easy days ☐ **Tuesday** Walk ____ min ☐ **Thursday** Yoga ☐ **Saturday** Run-walk ____ min

Energy this week

1 2 3 4 5

Notes (what felt good, what hurt, what you're proud of)

Week 4 log

Slow it down. Same reps as week 3, but take 3 seconds on the way down.

Write down how many reps you actually did. Your memory will lie to you, your notebook won't.

☐ Monday · Workout B

EXERCISE	TARGET	SET 1	SET 2	SET 3
Hip Thrust	3 × 15			
Curtsy Lunge	3 × 10 per leg			
Fire Hydrant	3 × 15 per side			
Donkey Kick	3 × 14 per leg			
Side Plank Reach	3 × 8 per side			

☐ Wednesday · Workout A

EXERCISE	TARGET	SET 1	SET 2	SET 3
Glute Bridge	3 × 15			
Squat	3 × 12			
Lateral Lunge	3 × 10 per side			
Clamshell	3 × 18 per side			
Dead Bug Heel Tap	3 × 10 per side			

☐ Friday · Workout B

EXERCISE	TARGET	SET 1	SET 2	SET 3
Hip Thrust	3 × 15			
Curtsy Lunge	3 × 10 per leg			
Fire Hydrant	3 × 15 per side			
Donkey Kick	3 × 14 per leg			
Side Plank Reach	3 × 8 per side			

Easy days ☐ **Tuesday** Walk ____ min ☐ **Thursday** Yoga ☐ **Saturday** Run-walk ____ min

Energy this week

1 2 3 4 5

Notes (what felt good, what hurt, what you're proud of)

You did it

Four weeks. Twelve workouts. Seriously, well done.

Now go back to page 4 and fill in the “after week 4” column. Take the same three photos and put them next to the first ones.



For the weeks that feel hard

Some weeks you’ll feel great. Other weeks the mirror is mean, you’re tired, and nothing seems to change. Both are part of it. Your body doesn’t change in a straight line, it changes in little jumps you only notice later. Keep showing up, even when you only manage the warm-up.

What now?

Run it again

Start over at week 1, but use your week 4 numbers. Add a mini band to the clamshells and fire hydrants.

Pick a focus

Want more booty? Try the beginner glutes routine. More hips? The hip guide. All free on youfemme.org.

Tell us how it went

Seriously, we love hearing it: hello@youfemme.org

→ **Transfem Workout Routine (with a follow-along timer)**
youfemme.org/transfem-workout-routine

→ **Beginner glutes routine**
youfemme.org/beginner-glutes-workout-routine-for-a-feminine-figure

→ **Wider hips guide**
youfemme.org/complete-beginner-workout-guide-for-wider-and-softer-feminine-hips

Know someone who’s just starting out? Send them to youfemme.org. The plan is free and it’ll stay free.