

THE HELLCAT BODY KICKSTART

Your Free 7-Day Glute + Core Starter - From Hellcat Blondie

This is the first week of the HELLCAT BODY system, free. Seven days, no equipment required (a resistance band helps), every movement explained in plain english. If you finish the seven days, you'll know exactly what training the HELLCAT way feels like — and you'll already be stronger than you were on Day 1.



Hellcat x Kim - after the work

How To Use This Week

- **Four short workouts** (Days 1, 3, 5, 7), each 20–25 minutes. Days 2, 4, 6 are walk days — 20+ minutes, outside if you can.

- **Quality over speed.** Every rep controlled, full range, and on glute work: squeeze at the top like you mean it.
- **Track one number:** total reps completed each workout. Beat it next time. That habit — measured, beaten, repeated — is the entire foundation of this system.



She moves to stay sharp

Day 1 — Wake Up The Glutes

Movement	Sets x Reps	The Cue
Glute Bridge	3 x 15	Drive through heels, squeeze 2s at top
Bodyweight Squat	3 x 12	Sit back like a chair, chest proud
Band/Side-Lying Abduction	3 x 15 each	Slow out, slower back
Bird-Dog	3 x 8 each	Long spine, no rocking
Plank	2 x 30s	Glutes ON — squeeze them the whole time



Recover like a queen

Day 3 — Hinge Day

Movement	Sets x Reps	The Cue
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Hip Hinge (broomstick or hands on hips)	3 x 12	Push hips BACK, soft knees, flat back
Reverse Lunge	3 x 10 each	Knee kisses the floor, push through front heel
Single-Leg Glute Bridge	3 x 10 each	Hips level — don't let one side sag
Dead Bug	3 x 10 each	Low back glued to the floor
Side Plank	2 x 20s each	Straight line, hips high

Day 5 — Volume Day

Movement	Sets x Reps	The Cue
Glute Bridge (3s pause at top)	4 x 12	The pause is the exercise
Squat to Chair (slow down, fast up)	3 x 12	3 seconds down, touch, drive up
Frog Pump	3 x 20	Soles together, knees wide, pump
Standing Kickback	3 x 12 each	Kick back and slightly out, no arch
Plank	2 x 40s	Beat Day 1

Day 7 — The Test

Repeat Day 1 exactly — same movements, same sets. Count total reps and hold the plank as long as clean form allows. **Compare to Day 1.** That improvement in six days is the proof: your body responds fast when training is structured. Imagine eight tracked weeks.

The 5 Habits That Make Any Program Work

1. **Protein at every meal.** Start with one palm-sized portion, four times a day.
2. **Walk daily.** The most underrated fat-loss and recovery tool that exists.
3. **Sleep 7+.** Muscle is built in bed, not in the gym.
4. **Track something.** Reps, weights, walks — measured things improve.
5. **Never miss twice.** Miss a day? Fine. Missing two in a row is how programs die.

What's Next

The Kickstart is Week Zero. The real build starts here:

- **VOL. 1: THE FOUNDATION** — the 8-week tracked base build (glutes, waist, shoulders, back; gym + home versions).
- **VOL. 2: THE SCULPT** — the 8-week specialization block: glutes x3/week, hourglass frame work, peak week.
- **THE FACILITY membership** — every program, everything new, one membership.

All of it lives at hellcatblondie.io/hellcatbody. You've done the first week — the next sixteen are written and waiting.

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