

Glute Kick Back Video Exercise Guide

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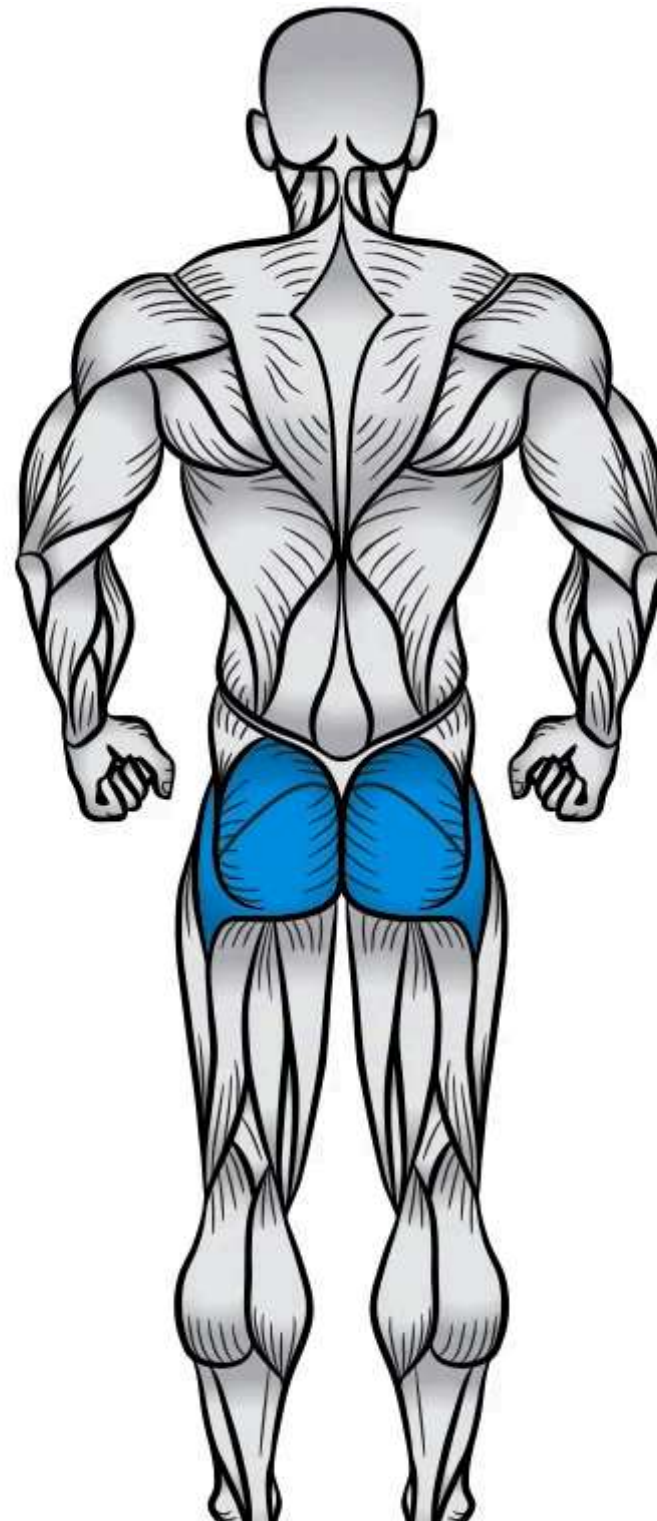
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EXERCISE PROFILE

Target Muscle Group	<u>Glutes</u>
Exercise Type	Strength
Equipment Required	Bodyweight
Mechanics	Isolation
Force Type	Push (Unilateral)
Experience Level	Beginner
Secondary Muscles	Hamstrings

TARGET MUSCLE GROUP

Glutes





Glute Kick Back Overview

The quadruped hip extension, commonly referred to as the glute kick back, is an exercise used to isolate the glute muscles. It is also an excellent option to use as an activation drill to warm up the glutes.

They are also referred to as the donkey kick, because when you perform them you look like a donkey kicking with their hind leg.

Glute Kick Back Instructions

1. Setup in a quadruped position with your hands underneath your shoulders, knees underneath your hips, and toes tucked.
2. While keeping a neutral spine and a 90 degree angle at the knee, extend the hip and drive the heel towards the ceiling.
3. Slowly return to the starting position and repeat for the desired number of repetitions on both sides.

Glute Kick Back Tips

1. The lumbar spine shouldn't move at all, ensure that all of the movements comes entirely from the hip.
 - Squeeze the glute and exhale as the hip extends to keep the abs active.

2. Keep the head down and don't worry about looking up as you complete repetitions, this can tend to drive you further into extension.
3. Keep the elbows locked out and think about leading the movement by driving the heel vertically.