

BUTT KICKS

Butt kicks are a type of plyometric, or jump training, exercise. These are powerful aerobic exercises that work your cardiovascular system and boost your muscle strength and endurance using only your own body weight as resistance.

Butt kicks are considered a key running drill for athletes who want to gain better form, efficiency in their stride, and protection from injury. In particular, butt kicks may help increase the speed of hamstring contractions, which can help you run faster.

This explosive move works both your hamstring muscles and your glutes, and it can also be used as a dynamic stretch for your quads.

If you pump your arms while doing butt kicks, you can also work the muscles in your core, arms, and back.