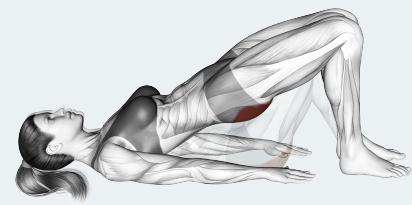
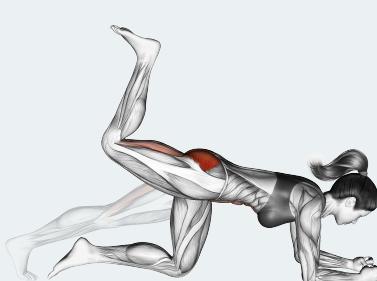
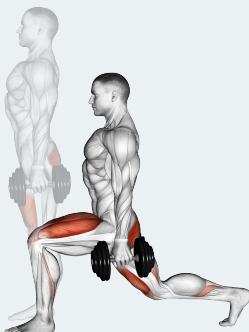


GLUTEALS WORKOUT



Dumbbell Rear Lunge

- While holding dumbbells down by your side and keeping your torso straight, step backwards into a split stance position, the heel of your back foot should be raised.
- Bending both knees to lower slowly until your back knee almost touches the floor, then push all the back up to the starting position through the heel of the front leg.
- Complete all your reps on one leg, then switch to the other.



Glute Kickbacks

- Start on hands and knees with shoulders above your hands, with one leg extended straight back, the other knee below hip.
- Lift extended leg up by squeezing the glutes, be sure not to hyperextend the back.
- Lower leg back to the start position under control, complete all your reps on one leg before switching to the other.



Glute Bridge

- Lie face up on the floor with knees bent and feet flat on the floor, arms by sides.
- Lift the hips off the floor by squeezing glutes until knees, hips and shoulders form a straight line.
- Be sure not to hyperextend the back at the top, lower under control whilst keeping glutes engaged.



Glute-Ham Raise

- With your feet flat on the footplate, roller on your calves/achilles, your knees bent, hips extended, and torso upright, begin to lower yourself as slowly as possible until you can no longer control the descent.
- At this point, allow yourself to fall to the floor in a controlled fashion and catch yourself with your arms on the handles.
- Give yourself just enough of a push off the handles to get back into a position where you can pull yourself back to the start using your hamstrings.



Squat

- Set your feet shoulder-width apart, toes slightly turned out, keep core braced and eyes looking forward and dumbbells held down by your sides.
- Slowly bend at the knees and drop your hips to lower your body, keep your heels flat on the floor, avoid letting dumbbells cave knees inwards.
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position.

KEY:

FX



FW



BW



ISO



COM

