



Upper Glutes Workout



15 minutes | Mini Loop

ACTIVITY	TIME	NOTES
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EXERCISE 1	Lateral Lunge	10 reps	Flat back Sink down Drive knees out
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EXERCISE 2	Quadruped Side Raise	15/leg	Don't twist the hips
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EXERCISE 3	Clamshell	20 reps	Heels together Hips squared
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EXERCISE 4	Curtsy Lunge	10/leg	Drive knee out Hinge forward slightly
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Perform the exercises back to back without rest. Rest for 60 seconds and repeat the sequence for a total of four rounds.

EXERCISE 5	Single Leg Elevated Bridge	15/leg	Don't arch the back excessively
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Perform the bridges for three sets with thirty seconds of rest between them.

