

GLUTE ACTIVATION EXERCISES

For stronger, more toned, and shapely glutes.



1

CLAMS

Lay on side.
Knees bent.
Keep ankles together.
Open top leg.



2

EXTENDED ABDUCTIONS

Lay on side.
Legs straight.
Dip top leg off bench.
Lift from deficit.
Pause. Return to start.



3

SUMO WALKS

Hinge from hips.
Push weight back.
Walk laterally.
Push Against Band.



4

HIP EXTENSION

Tabletop position.
Bend knee.
Lift heel up toward ceiling.
Squeeze bum.



5

FIRE HYDRANT

Tabletop position.
Keep knee bent.
Raise knee out to side.
Pause.



6

BANDED SQUAT

Band below knees.
Drive knees out.
Lower down.
Push up against band.



7

SEATED ABDUCTION

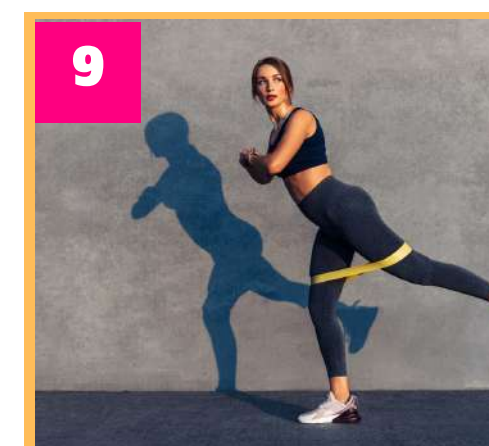
Sit with flat back.
Band below knees.
Knees cave in.
Drive knees out.
Squeeze bum.



8

BANDED BRIDGE

Band above knees.
Heels close to bum.
Squeeze glutes.
Lift hips.
Drive knees out.



9

STANDING ABDUCTION

Stand tall.
Band above knees.
Bend one leg.
Bring knee to side.



10

REVERSE HYPERS

Ly face down.
Round lower back.
Lift legs in air.
Squeeze bum.