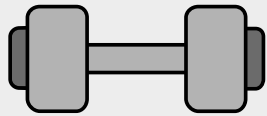


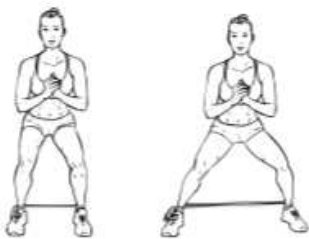
Strong Glutes Workout



Begin your workout with a 5-10 minute warmup + dynamic stretching.
Do this workout 2-3 times a week on non-consecutive days

Equipment: stability ball, mini band, dumbbell or barbell

Resistance Band Side Steps



3 sets 15 reps

aka Monster Band Walks

Resistance Band Glute Kickbacks



3 sets 25 reps

aka Donkey Kicks, can be done without band as well

Single Leg Glute Bridges



3 sets 20 reps

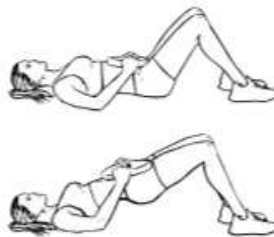
Swiss Ball Hamstring Leg Curl



3 sets 24 reps

aka Triple Threats: 8 ball bridges, 8 bent knee ball bridges, then 8 ball hamstring curls

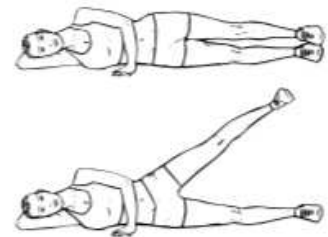
Weighted Glute Bridges



3 sets 30 reps

Bridge clams: place mini band around knees. Do 15 bridges, then hold at the top and bring knees in and out 15 reps

Lying Side Leg Lifts



3 sets 15 reps

15 reps/side