

# Simply Anywhere Glute Workout



Perform 10 (intermediate) or 15 (advanced) repetitions of each exercise for 3-5 rounds

30sec break in between sets

Rest for 1 minute in between rounds

Exercises	Technique / Tips	Muscle Group Worked	Progression / Regression
<b>Glute Bridges</b>	<p>Lay on your back with Knees up, feet shoulder width apart and arms out by your side</p> <p>Drive your hips upwards in a straight line squeezing your glutes when at the top of the movement</p> <p>Slowly lower back down keeping your back straight until at start position</p>	<b>Glutes + Hamstrings</b>	<p>Progression – Perform single leg + Hold squeeze longer at the top</p> <p>Regression – Bring your knees closer to your body + feet further apart</p>
<b>Single Leg Kick Back</b>	<p>Bend at the hips keeping your chest up and back straight</p> <p>Kick one leg backward at a time, when your leg is at the highest point squeeze your glutes for 3 seconds</p> <p>Lower your leg down and repeat with the opposite leg</p>	<b>Glutes</b>	<p>Progression – Increase reps to 1 and a half (pulse)</p> <p>Regression – Reduce range of movement and hold onto a sturdy base</p>
<b>Pulse Squat</b>	<p>Start with feet shoulder width apart, keep your chest upward and back straight</p> <p>Drop your weight through your heels pushing your hips back</p> <p>When your glutes line up to your knees perform small partial squats, returning half way to the start position</p>	<b>Glutes + Thighs</b>	<p>Progression – Hold a weight if possible, and slow the movement down</p> <p>Regression – Take a break after 2x reps by returning to full range</p>
<b>Single Leg Side Kick</b>	<p>Bend at the hips keeping your chest up and back straight</p> <p>Kick one leg sideward at a time, when your leg is at the highest point squeeze your glutes for 3 seconds</p> <p>Lower your leg down and repeat with the opposite leg</p>	<b>Glutes</b>	<p>Progression – Increase reps to 1 and a half (pulse)</p> <p>Regression – Reduce range of movement and hold onto a sturdy base</p>
<b>Curtsey Lunge</b>	<p>Start feet shoulder width apart with chest high</p> <p>Bring one leg around the back of the other lowering on your knee without touching the floor</p> <p>Return to start position then repeat with other leg</p>	<b>Quad + Glutes + Hamstring</b>	<p>Progression – Add a pulse rep onto the normal rep</p> <p>Regression – Decrease range of movement on working leg</p>
<b>Kneeling Hip Thrust</b>	<p>Begin from kneeling position with knees apart, glutes touching heels</p> <p>Drive hips forwards</p> <p>Slowly lower down until returned to start point</p>	<b>Glutes</b>	<p>Progression – Squeeze Glutes at top of movement for 3-5s</p> <p>Regression – Hold onto an object like sofa for support</p>

\*Make sure you perform a thorough warm up & cool down pre and post every workout you complete!  
Ensure you are positioned in a safe environment with enough room to complete the exercises.