

Glutes in Action Workout

WARM – UP

- BUTTKICKS 30 SECS 2 – 3X
- TOY SOLDIERS 30 SECS 2 – 3X
- ARM CIRCLES BACKWARD/FORWARD 30 SECS 2 – 3X

WORKOUT

- JUMP SQUATS 12 REPS 3X
- WALL SITS 30 SECS 3 X
- BUTTERFLY SIT – UP 12 REPS 3X
- V – UPS 10 REPS 3X
- BURPEES 30 SECS 3X

COOL DOWN

- JOG IN PLACE 30 SECS 2 – 3X
- STANDING TOE TOUCHES 30 SECS 2 – 3X
- SIDE LOUNGES LEFT/RIGHT 30 SECS 2 – 3X
- LUNGE STRETCH 30 SECS 2 – 3X
- COBRA STRETCH 30 SECS 2 – 3X

WARM – UP

After these exercises you can proceed to the workout

BUTTKICKS 30 SECS 2 – 3X

Begin by standing with your feet about hip-distance apart, with your arms at your side. Slowly bring your right heel to your buttocks by contracting your hamstring muscle. Place the ball of your right foot back on the ground, and slowly bring your left heel to your buttocks. Perform this motion a few more times alternating heels and gradually building speed. When you're ready, continue alternating your right and left heels, picking up your pace until it feels like you're jogging in place.



TOY SOLDIERS 30 SECS 2 – 3X

With your arms straight in front of you and your torso upright, walk forward and swing your right leg in front of you while keeping the leg straight. Keep your back neutral and your core tight. Range of motion should come through your hips and not your spine.



ARM CIRCLES BACK / FORWARD 15 SECS 3X

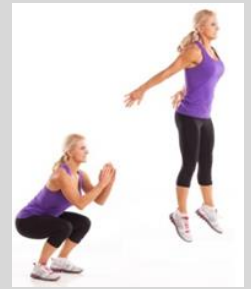


In a standing position with your feet at hip width, raise your arms out sideways to shoulder height and keep them straight, palms facing down. Stand tall with good posture and your head looking straight ahead. From here, rotate your arms forwards so that your hands make circles about the size of a soccer ball. After every four circles, change direction of the rotation.

WORKOUT

JUMP SQUAT 10 REPS 3X

Stand with your feet shoulder-width apart. Start by doing a regular squat, engage your core, and jump up explosively. When you land, lower your body back into the squat position to complete one rep. Make sure to land with your entire foot on the ground and as quietly as possible, which requires control.



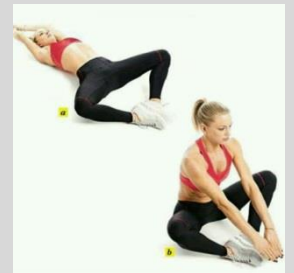
WALL SITS 30 SECS 3X

Start with your back against a wall with your feet shoulder width and about 2 feet from the wall. Engage your abdominal muscles and slowly slide your back down the wall until your thighs are parallel to the ground. Adjust your feet so your knees are directly above your ankles (rather than over your toes). Keep your back flat against the wall. Hold the position for 20 to 60 seconds. Slide slowly back up the wall to a standing position



BUTTERFLY SIT UPS 12 REPS 3X

Lie face up with the soles of your feet together, knees bent out to sides. Reach your arms overhead. This is starting position. Using your core, roll your body up until you are sitting upright. Reach forward to touch your toes. That's 1 rep. Slowly lower back down to starting position and continue immediately into the next rep.



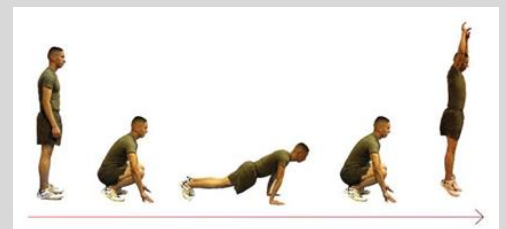
V – UPS 10 REPS 3X

Lie on your back and extend your arms behind your head. Keep your feet together and toes pointed and push your spine to the floor. Keep your legs straight and lift them up as you simultaneously raise your upper body off the floor. Exhale on the way up. Keep your core tight as you reach for your toes with your hands. Slowly lower yourself back down to the starting position.



BURPEES 30 SECS 3X

Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.



COOL DOWN

After doing these exercises you may conclude this workout.

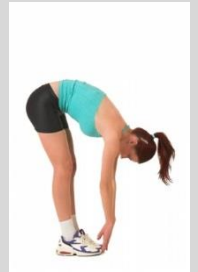
JOG IN PLACE 30 SECS 2-3X

While standing, mimic the movements that you would make if you were jogging, but stay in one place. Bend your knees and quickly raise one foot off the ground then land on the opposite foot as you pump your arms. Continue alternating feet for the desired amount of reps or time.



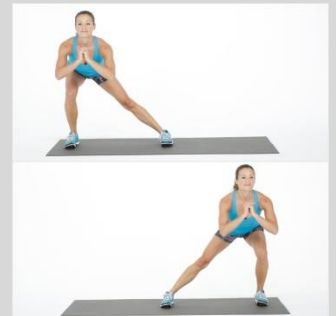
STANDING TOE TOUCHES 30 SECS 2-3X

Stand upright with your feet shoulder width apart, toes facing forward. Keep your legs straight and your knees slightly bent with your arms extended down by your side. Keeping your body loose, bend forward at the torso and let your fingers hang down toward your toes.



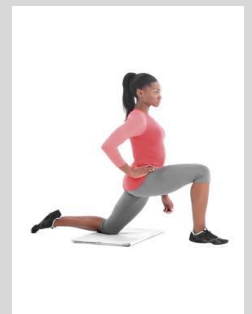
SIDE LUNGES LEFT/RIGHT 15 SECS EACH 2-3X

Stand with feet together and hands clasped in front of chest. Take a large step out to the right, immediately lowering into a lunge, sinking your hips back and bending right knee to track directly in line with right foot. Keep left leg straight but not locked, with both feet pointing forward. Push off the right foot to straighten right leg, step right foot next to left, and return to starting position.



FORWARD LOUNGE STRETCH 15 SECS 2-3X

Stand in a split stance with your right foot forward and your left foot straight back. Bend your right knee so that it is at about a 90-degree angle. This should put you into a forward lunge position. Place your hands on your forward knee. Keep your shoulders relaxed, your hips even, your chest open, and your gaze straight ahead. Press down with your hands and drive the hips forward until you feel a stretch from the front of your hip, groin, and thigh on your left side.



COBRA STRETCH 15 SECS 2-3X

Lie down on your abdomen and point your feet behind you. Bring your hands next to your chest and engage the butt and back muscles as you curl the chest up away from the floor, supporting the shape with your arms.

