

# All about the Glutes (da butt)!!!

Lift and tone your tush with this targeted circuit! Work up to 3 – 4 circuits of these 6 exercises!!

## Deadlifts

*Reps: 10*

Grab a pair of dumbbells with an overhand grip and hold them at arm's length in front of your thighs. Stand with your feet hip-width apart and your knees slightly bent. Without changing the bend in your knees, bend at your hips and lower your torso until it's almost parallel to the floor (keep the weights as close to your body as possible). Pause, then return to standing. Your back should stay naturally arched during the entire movement. Do 10 reps.



## Step-Ups

*Reps: 10 per side*

Grab a pair of dumbbells and place your right foot on top of a box, bench, or step. Without moving your foot, drive through the ball of your big toe to come all the way up to standing. Slowly lower down until your back foot touches the ground. Your front foot stays on the stair the entire time. Be sure to keep chest up and core engaged. Do 10 reps per side.



## Lateral Band Steps

*Reps: 10 per side*

Position a resistance tube or band right above knees. Bend knees and shift hips back as if you're sitting in a chair. Step right foot wide out to the side, then step left foot half way in. From there, step out with left foot, and step half way in with your right. Continue to step back and forth, making sure to stay in a deep squat the entire time. Keep chest lifted and shoulders back. Do 10 steps on each side.



## Kettlebell Swing

*Reps: 15*

Hold a kettlebell (or dumbbell) with both hands and stand with your feet hip-width apart, knees slightly bent. Bend at your hips and lower your torso until it forms a 45-degree angle to the floor, keeping lower back naturally arched. Swing the kettlebell between your legs. Keeping your arms straight, thrust your hips forward, straighten knees, and swing the kettlebell up to belly-button/chest level. Continue swinging until you've completed 15 reps.



## Single-Leg Hamstring Curl

*Reps: 10 per side*

Lie on your back with a Swiss ball under your feet. Bridge up onto the ball by lifting hips off the floor and pressing feet into the ball. Bend right knee into your chest, keeping left foot firmly planted on the ball.

Keeping your hips lifted, draw the ball in toward your butt by bending your left knee. Hands should be planted on the mat to help you balance. Slowly extend left leg while left knee stays bent into chest. Do 10 reps on each side.



## Single-Leg Jumps

*Reps: 10 per side*

Come onto your right leg. Bend your knee, shift hips back, and jump as high as possible off the ground (possibly on top of a box, step, or bench). Land softly with knee bent. Make sure knee does not track too far over toes and focus on pushing your hips back behind you. Do 10 reps on each side.

