

# Glute Workout

**MWR Trainer Tip: Beginners do 1 round, advanced do 2-5 rounds. After doing this workout, take 48 hours off to allow muscles to recover before doing this workout again. This workout can be done 3x per week.**



**15 Laying Hip Lifts**



**15 Squats**



**20 Walking Lunges**



**30 Alt. Rear Lifts**



**One Leg Dead Lift  
10 Each Side**



**Donkey Kicks  
15 Each Side**