

GYM GLUTE STRENGTHENING EXERCISES

Commence with 2 sets, then add a third set to progress.



Barbell/Weighted Squat:
3 sets
10-15 repetitions



Dumbbell Step Ups:
3 sets
5-15 repetitions each leg



Dumbbell Split Squat:
3 sets
5-15 repetitions each leg



Single leg squat with fitball:
5 repetitions
5-20 second holds



Dumbbell Walking Lunges:
3 sets
5-12 repetitions each leg



Side Step With Theraband:
3 sets
5-10 repetitions each leg