

Glutes Workout with a Resistance Band or Just Body Weight

Warm-Up (5-10 minutes)

- Dynamic stretches (leg swings, hip circles)
- Light cardio (jogging in place, jumping jacks)

Workout Routine

1. Band Squats
 - Place the band just above your knees.
 - Stand with feet shoulder-width apart.
 - Push your hips back and bend your knees to lower into a squat.
 - Rise back up to the starting position.
 - Reps: 3 sets of 15-20
2. Glute Bridge
 - Lie on your back with the band just above your knees, knees bent, and feet flat on the floor.
 - Lift your hips towards the ceiling, squeezing your glutes at the top.
 - Lower back down.
 - Reps: 3 sets of 15-20
3. Fire Hydrants
 - Start on all fours with the band around your thighs.
 - Lift one leg out to the side while keeping your knee bent.
 - Return to the starting position and switch legs.
 - Reps: 3 sets of 15-20 per leg
4. Standing Kickbacks
 - Stand with feet hip-width apart and the band around your ankles.
 - Shift your weight to one leg and kick the other leg straight back, squeezing your glutes.
 - Return to the starting position and switch legs.
 - Reps: 3 sets of 15-20 per leg
5. Side-Lying Leg Lifts
 - Lie on your side with the band around your ankles.
 - Lift your top leg as high as possible while keeping your bottom leg on the floor.
 - Lower it back down and repeat.
 - Switch sides.
 - Reps: 3 sets of 15-20 per leg
6. Clamshells
 - Lie on your side with the band just above your knees, knees bent at a 90-degree angle.
 - Keeping your feet together, lift your top knee as high as possible.
 - Lower it back down and repeat.
 - Switch sides.
 - Reps: 3 sets of 15-20 per side
7. Monster Walks
 - Place the band just above your knees.
 - Get into a half-squat position.
 - Take a step forward and to the side with one foot, then follow with the other foot.
 - Continue walking forward and backwards in a controlled manner.

- Reps: 3 sets of 10 steps in each direction

Cool Down (5-10 minutes)

- Static stretching focusing on the glutes, hamstrings, and hips.
- Hold each stretch for 20-30 seconds.

Tips

- Focus on maintaining proper form throughout each exercise.
- Control the movement, especially when returning to the starting position.
- Adjust the band resistance if the exercises become too easy or too challenging.

This workout will help target and strengthen your glutes effectively using a resistance band.

For this resistance band glutes workout, a rest time of 30-60 seconds between exercises is ideal. This rest period allows your muscles to recover slightly while maintaining an elevated heart rate, optimising both strength and endurance benefits. Adjust the rest time based on your fitness level and how challenging you find the workout. If you are more advanced, you might opt for the shorter end of the rest range, while beginners may benefit from a longer rest period.