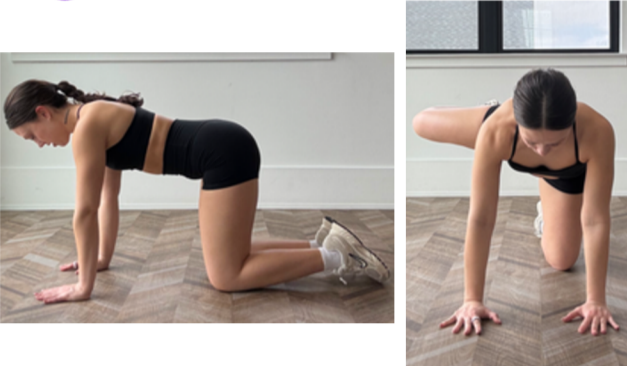


FREE Glute Workout (that actually works)

Equipment needed: dumbbells

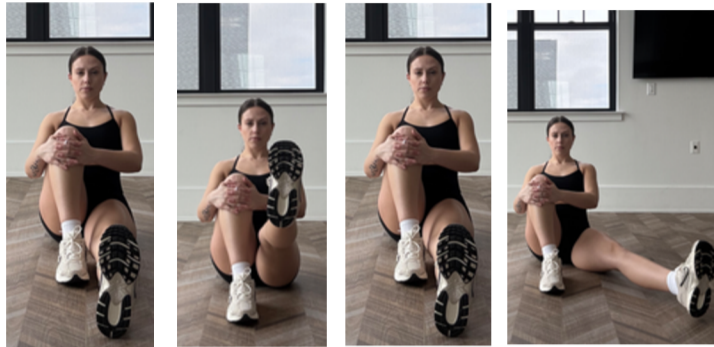
Activation circuit: 3 sets x 30 seconds work/10 seconds rest

✓ 1. Fire hydrant L & R



Hands under shoulders, knees under hips. Core braced, lift right leg to side, knee bent 90 degrees. Hold for 3 counts at top & keep hips level. Lower to starting position with control. Complete 30 seconds on right side, then switch to the left.

✓ 2. Hip flexor lateral lift L & R



Sit down with legs straight out in front. Bend right knee in. With control, lift left leg upwards, lower leg, and then move leg laterally to the left side. Come back to center & repeat movements. Complete 30 seconds on left leg, then switch to the right.

✓ 3. Bridge Marches



Laying on back, core braced, press up to bridge. Holding form, lift left knee slightly and hold for 1 count. Come back to bridge, and lift right knee slightly and hold for 1 count. Repeat.

Strength sets: 3 sets x 10 reps (each exercise)

✓ Sumo squat



Feet wider than hips, toes slightly rotated out, dumbbell center. Chest tall, core braced. Squat down, knees track over toes, weight in heels. Hold for 2 counts. Push back up, squeeze glutes & quads. Avoid locking knees.

✓ Deadlift



Feet hip width, back flat, core braced, dumbbells in front of hips. Knees soft, hinge at hips and lower dumbbells forward to slightly past knees. Keeping form, drive through glutes & hamstrings to stand back up to starting position.

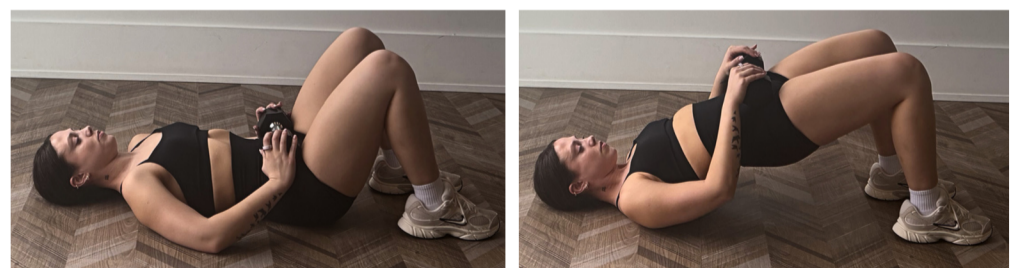
✓ Curtsy lunge

*10x left leg, 10x right leg = 1 set.



Stand tall, core braced, dumbbells at side. Step left leg back diagonally, knee tracking forward. Pause for 2 counts at bottom. Lunge back up to starting position. Complete 10 reps on right leg before switching to left.

✓ Bridge



Lay on back, feet hip width, dumbbell over pelvis. Core braced, tuck pelvis, push up to bridge. Squeeze glutes at top & hold for 3 counts. Lower slowly with control. Avoid arching back.

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If this felt different... that's the point. Get the full **Back to Basics** program today for more workouts like this!