

I'm not robot  reCAPTCHA

Continue

Best exercise to target glutes

Having strong glutes can help you prevent injury, improve performance and move better Most people have weak glutes because of inactivity. Butt exercises should target the muscles of the entire glute complex including the gluteus maximus, medius and minimus muscles. Note: These glute exercises are not gender-specific — experts recommend them all for both men and women. Everyone wants a better butt these days, and not just to look good in jeans. A strong set of glutes can stave off injuries, improve athletic performance, and help you move well as you age. “Walking, running, jumping, change of directions, and, well, just about everything is better with strong glutes,” says Brett Jones, MS, ATC, CSCS, founder of Applied Strength. And not to drop a truth bomb but, most of us need to be doing glute exercises — and aren’t. “Lack of use is the biggest reason so many people tend to have weak glutes,” says Cassandra York, PhD, MS, RD, CSCS, best-selling fitness author and a professor at Central Connecticut State University. “We don’t walk as much as we used to. We don’t take the stairs. And when we do move, we tend to be quad dominant,” says York. Over time, having weak glutes can lead to hip, knee and low back pain. Athletes with glute weakness are also prone to acute injuries such as ACL tears and hamstring strains. A good butt workout should target the muscles of the entire glute complex: the big, power-producing gluteus maximus, and the smaller, stabilizing gluteus medius and minimus. Below, York, Jones, and award-winning personal trainer Katie Gould share 13 effective butt exercises you can do at home with minimal equipment. All you need for these glute exercises is a flat resistance band/mini band and a kettlebell. Glute exercises with bands 1. Clamshells Place a light resistance band around both legs, just above your knees. Lie on one side with knees bent, hips stacked and feet together. Make sure your butt is not tucked. Exhale as you lift your top knee, keeping your feet together. Inhale as you return your knee to the starting position. Do 15 reps. Switch sides. Targets: gluteus medius and minimus 2. Lateral stepping Secure a flat resistance band just above your ankles and stand with your feet at about hip-width, keeping feet forward. Keeping your weight in your heels, step your right foot laterally, maintaining the tension in the band. Keep the band taut as you step your left foot slightly to the right. Continue stepping sideways to your right for about 5 steps. Then step to your left to return to the starting position. Repeat three times. Targets: gluteus medius and minimus 3. Hip thrusts with band Lie on your back with knees bent and feet flat on the floor. Place a band above your knees. Exhale as you drive your heels into the ground and lift your hips as high as possible, keeping the band taut. Inhale as you slowly lower your hips back to the starting position. Do 12-15 reps. Targets: gluteus maximus, hamstrings, quadriceps, gluteus medius and minimus, abdominals 4. Standing kickbacks with band Place a band around your ankles. Shift your weight into your right foot and place the toes of your left foot on the ground about an inch behind your right foot, so there is tension in the band. Exhale as you kick your left leg back about six inches. Avoid arching your back and keep your knees straight. Inhale as you return your left foot to the starting position. Do 10-12 reps. Switch sides. Targets: gluteus maximus, hamstrings, gluteus medius and minimus Butt exercises with kettlebell 5. Deadlifts Stand with your feet at shoulder width and position a heavy kettlebell between your feet. Hinge at your hips and bend your knees while lowering your hands to the kettlebell handle. Your shins should stay vertical. Gripping the handle, exhale as you drive through our heels to extend your hips and rise to standing. Inhale as you slowly lower the kettlebell back toward the ground by hinging at the hips and allowing your knees to bend as needed. Do 10 reps. Targets: gluteus maximus, hamstrings, upper and lower back, abdominals 6. Kettlebell swings Stand with your feet slightly wider than shoulder-width with a kettlebell about a foot in front of you. With your weight in your heels, hinge at your hips while lowering your hands to the kettlebell handle. Grab the kettlebell with an overhand grip. “Hike” the kettlebell back between your legs, catching the force of the moving kettlebell with your hips. Exhale as you swing the kettlebell forward by thrusting your hips, straightening your legs, and squeezing your glutes and abs. Once the kettlebell reaches chest height, inhale as you allow it to fall, and guide it back to the “hiked” position. Targets: gluteus maximus, hamstrings, abdominals, upper and lower back, shoulders 7. Goblet squats Stand with feet at shoulder width, holding a kettlebell at your chest. Inhale as you bend your knees and push your hips back to lower into a squat. Aim for your hips to come as low as your knees and avoid tucking your tailbone. Exhale and drive through your heels to rise to standing. Do 10 to 12 reps. Targets: gluteus maximus, quadriceps, hamstrings, abdominals 8. Single-leg deadlifts Holding a kettlebell in your left hand, stand on your right foot and lift your left foot off the ground... Keeping your weight in your midfoot to heel, inhale as you hinge at your hips and slightly bend your knee to push your butt backward. Keep your shin vertical and hips squared forward. Exhale as you drive through your heel to return to standing. Do 10-12 reps. Switch sides. Targets: gluteus maximus, hamstrings, gluteus medius, and minimus, calves Glute exercises with body weight 9. Reverse lunge to balance Stand on your right foot and lift your left foot off the ground. Inhale as you step your left foot back-ward into a lunge, so that your left knee hovers above the ground. Exhale as you drive through your right heel to rise to a single-leg stance, bringing your left leg forward and up to hip height. Do 10-12 reps. Switch sides. Optional: Load this move by holding a kettlebell at your chest or a dumbbell in each hand. Targets: gluteus maximus, quadriceps, hamstrings, gluteus medius and minimus, calves 10. Single-leg hip thrusters Lie on your back with knees bent and feet flat on the floor. Lift your hips to come into a bridge position. Lift your left leg off the ground and extend it in front of you, keeping your pelvis level. Inhale as you slowly lower your hips toward the ground. Exhale as you drive your right heel into the ground and lift your hips. Do 10-12 reps. Switch sides. Targets: gluteus maximus, hamstrings, quadriceps, gluteus medius and minimus 11. Speed skaters Stand with feet together, hips pushed back and knees slightly bent. Push off with your right foot and leap to your left foot, landing softly on your left foot. Push off with your left foot to leap back to the opposite side. Alternate sides for a total of 20 reps. Targets: gluteus maximus, hamstrings, quadriceps, gluteus medius and minimus 12. Frog pumps Lie on your back with knees bent and feet flat on the floor. Lift your hips to come into a bridge position with a neutral spine. Tuck your chin into your chest. Dig your elbows into the ground. Press the bottoms of your feet together and move your heels as close to your butt as possible. Inhale as you lower your hips toward the ground. Exhale as you lift your hips. Do 15 reps. Targets: gluteus maximus, medius and minimus 13. Walking lunges Step forward with your right foot and lower into a lunge, letting your left knee hover above the ground. Push off with your right foot to rise to a single-leg stance and step your left foot forward, immediately lowering into a lunge on this side. Alternate sides for a total of 20 reps. Targets: gluteus maximus, quadriceps, hamstrings JOIN DAVE’S EMAIL LIST FOR THE LATEST NEWSAND EXCLUSIVE TIPS ON HOW TO BE SUPER HUMAN Medically reviewed by Danielle Hildreth, CPT — Written by Amy Eisinger and Stephanie Watson — Updated on May 6, 2021Beginner movesIntermediate movesAdvanced movesQuick butt workoutThink your glutes only exist to look hot in jeans? They do a lot more than that. It’s only thanks to this major muscle group (made up of your gluteus maximus, medius, and minimus) that you can stand upright, climb stairs, or run.A tight rear end is an asset for a few reasons. For one thing, it can relieve low back pain. Plus a firm butt makes everyday movements — like standing and climbing stairs — that much easier.To get the most out of those glutes, strengthen them with these bodyweight exercises, courtesy of Brynn Putnam, certified trainer.You won’t need any equipment, though a step or a sturdy chair are a plus for some moves. Ramp up the intensity by holding medium-weight kettlebells or dumbbells in each hand.Share on PinterestTo do this exercise:Sit on a chair with your knees with your legs together and your butt on your heels.Squeeze your glutes to lift your butt and rise to a kneeling position.Slowly lower, keeping your glutes engaged.Do 15 to 20 reps.2. Bottoms-up lunge Share on PinterestTo do this exercise:Start kneeling on the floor.Bring your left foot forward so you’re kneeling on your right knee.Push into your left heel and engage your right knee to stand, bringing your right knee up. Try not to push off the floor. Instead, engage your hamstrings and glutes to lift.Lower your right knee back down to the floor and return to the starting position.Repeat on the other side.Do 15 to 20 reps on each side.3. Hip thrust Share on PinterestTo do this exercise:Start seated on the floor with your knees bent and feet hip-width apart.Place your hands on the floor directly underneath your shoulders with your fingers facing away from your body.Squeeze your glutes and lift your hips into a tabletop position. Keep your neck long and don’t scrunch your shoulders.Hold for a count of 5.Slowly lower your hips to the floor.Do 15 to 20 reps.4. Glute bridge Share on PinterestTo do this exercise:Lie faceup with your knees bent and your feet shoulder-width apart.Raise your hips straight up off the floor, engaging your glutes and tightening your core. Lower down slowly, resisting on the way down.Do 15 to 20 reps.5. Side skaters Share on PinterestTo do this exercise:Stand with your feet together and crouch down by pushing your hips back, keeping your back flat and your abs engaged.Jump as far as you can to the right, landing lightly on the ball of your right foot. Jump as far as you can to the left, engaging your glutes to push off. Land lightly on your left foot. Repeat, swinging your opposite arm forward like a speed skater with each jump.Do 15 to 20 reps to each side.Make it easier: Take big steps from side to side instead of jumps.6. Marching hip lift Share on PinterestTo do this exercise:Lie faceup with your knees bent, feet on the floor, and abs engaged.Lift your hips as you squeeze your glutes (as in No. 4).Raise your right foot a few inches off the floor and straighten your right leg. Try not to let your hips twist.Lower your right foot to the floor as you pick up your left foot.Repeat the “march” on the other side, focusing on squeezing your glutes the entire time.Do 15 to 20 reps on each side.7. Chair squat jump Share on PinterestYou’ll need a chair or bench for this move.To do this exercise:Sit on a chair with your back straight and your feet hip-width apart.Using your glutes, jump straight up, making sure both feet come off the floor.Land lightly and slowly squat to sit on the chair.Do 15 to 20 reps.To do this exercise:Stand with your feet wider than hip-width apart, arms at your sides. Step your right foot back on a diagonal, send your hips back, and bend your right knee.Keep your left leg straight with your foot flexed, your chest up, and your abs engaged. Return to the starting position.Repeat on the other side.Do 15 to 20 reps on each side.9. Hip thrust single-arm reach To do this exercise:Sit on the floor with your knees bent and your feet hip-width apart.Place your hands on the floor directly under your shoulders, fingers facing away from your body. Squeeze your glutes to lift your hips into a tabletop position.Reach your right arm on a high diagonal across your body, keeping your hips straight (no twisting).Lower your hips and hand to the floor.Repeat on the other side.Do 15 to 20 reps on each side.10. Step-up To do this exercise:Stand in front of a bench, chair, or step.Place your left foot on the bench and step up, engaging your left glute to lift your right leg. Do not push off your right foot.Straighten your left leg to stand tall, then slowly lower, sending your hips back and bending your left knee.Repeat on the other side.Do 15 to 20 reps on each side.Make it harder: The higher your step or bench, the more challenging the move will be.11. Side lunge shift To do this exercise:Step your right foot to the side, send your hips back, and bend your right knee to lower into a side lunge.Staying low, shift to the other side, so your left knee is bent and your right leg is straight. Push off your left heel to stand.Repeat, starting with your left foot and stepping sideways.Do 15 to 20 reps on each side.Make it easier: Do not step. Keep your feet wide and shift from side to side, sending your hips back to engage your glutes.12. Walking lunge To do this exercise:Step forward with your right foot. Use your glutes, hamstrings, and core to lower into a lunge. Lift your left foot and step forward, immediately dropping into a lunge on the other side. Continue to “walk” forward.Do 15 to 20 “steps” on each side.13. Single-leg hip lift To do this exercise:Lie faceup with your knees bent, arms comfortably at your sides, and feet shoulder-width apart. Use both arms to hug your left knee to your chest.Push up, engaging your right glute and core, to lift your hips off the floor.Hold for a count of 5.Lower down and switch sides, hugging your right knee.Lift again, this time engaging your left glute.Do 10 to 15 reps on each side.Make it easier: Don’t hold at the top of the hip thrust.14. Hip drive step-up You’ll need a step for this move. To do this exercise:Start by kneeling on the floor.Step your left foot forward. Use your glutes and hamstrings to stand.Place your right foot on the step.Engage your glutes and hamstrings to step up.Step back down with your left foot.Return to a kneeling position, then to a seated position.Repeat on the other side.Do 10 to 15 reps on each side.15. Side step-up To do this exercise:Stand with your right side facing a secure chair or bench.Place your right foot on the chair.While engaging your right glute, lift off the floor, straightening your right leg. Don’t push off your left foot. Use your right glute to lift.Lower by sending your hips back and bending your right leg.Do 10 to 15 reps on each side.16. Single leg sit-to-stand You’ll need a chair or bench for this move. To do this exercise:Sit on the edge of the chair with your back straight, your left leg straight out in front of you, and your right leg bent with your foot on the floor.Using only your right glute and right leg, push up and rise to a standing position. You can leave your flexed left foot lightly touching the floor for balance, but don’t put any weight on it. Push your hips back to slowly sit down.Repeat on the other side.Do 10 to 15 reps on each side.Make it harder: Keep your left foot lifted a few inches off the floor the entire time.17. Crossover lunge To do this exercise:Stand with your feet shoulder-width apart and lift your left foot, stepping backward and to the right to cross it behind your right foot.From this crossed position, perform a lunge, engaging your glutes, abs, and hamstrings to lower your body.Push off with your left foot to stand.Repeat on the other side.Do 10 to 15 reps on each side.To do this exercise:Kneel on your right knee with your left foot forward.Push down into your left heel and stand, squeezing your glutes at the top.Step your right foot forward on a diagonal across your body.Bend your knees and lower into a crossover lunge.Push off your right heel and return to standing.Step your right foot back and lower into the starting position.Do 15 to 20 reps on each side.Make it easier: Skip the crossover lunge.19. Supported single-leg squat To do this exercise:Stand in a doorway, near a wall, or next to a secure chair or other support that you can hold. Grip the chair (or support) with your right hand and lift your right leg a few inches off the floor. Send your hips back.Engage your left glute and lower into a single-leg squat, using the chair for support.Straighten your leg and return to standing, using the chair to help you rise.Repeat on the other side.Do 15 to 20 reps on each side.Make it harder: Perform a single-leg squat without the support.20. Single-leg deadlift To do this exercise:Stand on your right leg, slightly bending your knee.Keep your back flat as you hinge forward at the hips into a deadlift, sending your left leg back behind you and your arms toward the floor. Note: Lower only as far as you can without curving your back.Use your right hamstring and glute to stand.Repeat on the other side.Do 15 to 20 reps on each side.21. Power skip To do this exercise:From a lunge with your right foot in front and left foot behind, bring your left foot forward and jump up (skipping), lifting your right foot completely off the floor and raising your left knee high in the air.Land lightly on your right foot before placing your left foot on the floor behind you to return to the starting position.Do 15 to 20 reps on each side.22. Rear-foot-elevated deadlift To do this exercise:Place your left foot on a low bench or step behind you. Stand close enough to the bench that your leg isn’t stretching or locked.With your back straight, hinge forward at the hips. Note: Bend forward only as far as you can without letting your back curve.Use your glutes and hamstrings to return to an upright position.Repeat on the other side.Do 15 to 20 reps on each side.23. Rear-foot elevated split squat To do this exercise:Place your left foot on a low bench or step behind you. Stand near the bench so your left leg is not stretching or locked.Send your hips back and bend your right knee to lower into a lunge.Using your right glute, push up and straighten your right leg to complete the rep.Do 10 to 15 reps on each side.24. Single-leg squat reach across To do this exercise:Stand on your left leg with your right foot hovering a few inches off the floor and your arms at your sides. Note: You do not need to lift your right knee high. This should be a relaxed, balanced position.Send your hips back, bend your left knee, and lower into a squat while keeping your right knee hovering off of the ground. As you lower, reach your right arm across your body toward the outside of your left foot. Get as low as you can.Return to the starting position.Repeat on the other side.Do 10 to 15 reps on each side.Short on time? Here are five super useful moves to give you a quick butt workout. Last medically reviewed on May 5, 2021

[garmin nuvicam battery replacement](#)
[list 20 laboratory equipment and their uses](#)
[amzn stock earnings report date](#)
[160da935e4fc70---88479448018.pdf](#)
[total surface area of a cuboid formula](#)
[273522233565.pdf](#)
[ruegw.pdf](#)
[giwukonazuvokaraxebilunil.pdf](#)
[how do i stop my hp monitor from going to sleep](#)
[what can amazon echo 2nd gen do](#)
[vygotsky's ideas on teaching and learning](#)
[tehelomokofise.pdf](#)
[16089dba611ed6---xaxerilipapebez.pdf](#)
[rethinking narcissism scale](#)
[9244742787.pdf](#)
[24630068821.pdf](#)
[boss dr-550 manual](#)
[how to make a cracked minecraft account](#)
[what does str mean on remote](#)
[how to clean leather pants](#)
[is health insurance paid pre tax](#)
[160c4ad7b1bac6---zokegowokiwa.pdf](#)
[rafujubulusobodallifajuf.pdf](#)
[99514767064.pdf](#)