

GLUTES WORKOUT

1 - MOBILITY



2 - SIDEWAY HIP EXTENSION IN THE PULLEY



SETS

3

REPETITIONS

20

Normal execution.



3 - ABDUCTOR MACHINE 45° + STIFF



SETS

3

REPETITIONS

15



SETS

3

REPETITIONS

15



Abductor Machine 45°- Normal execution.
Stiff - Normal execution.

4 - HIP THRUST



SETS

12

REPETITIONS

5



Rest 10 seconds after the sixth set.



5 - HIP EXTENSION IN THE PULLEY

SETS

3

REPETITIONS

15

Normal execution.

6 - BULGARIAN ON THE SMITH + COURTESY LUNGES



SETS

3

REPETITIONS

15



SETS

3

REPETITIONS

Until
Failure

Bulgarian on the Smith - Normal execution.
Courtesy Lunges - Until failure.