GLUTES WORKOUT

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MOBILITY EXERCISES

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GLUTES WORKOUT

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1 - STIFF

SETS	2
REPETITIONS	25

WARM UP

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2 - SUMO SQUAT

SETS	3
REPETITIONS	15

GOING UP VERY SLOWLY, ONLY 60% OF THE COMPLETE MOVEMENT

GLUTES WORKOUT

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3 - BULGARIAN SQUAT ON THE SMITH + COURTESY LUNGES

SETS	3
REPETITIONS	15

SETS	3
REPETITIONS	MÁX

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4 - HIP THRUST

SETS	6
REPETITIONS	5

REST 10 SECONDS.

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GLUTES WORKOUT

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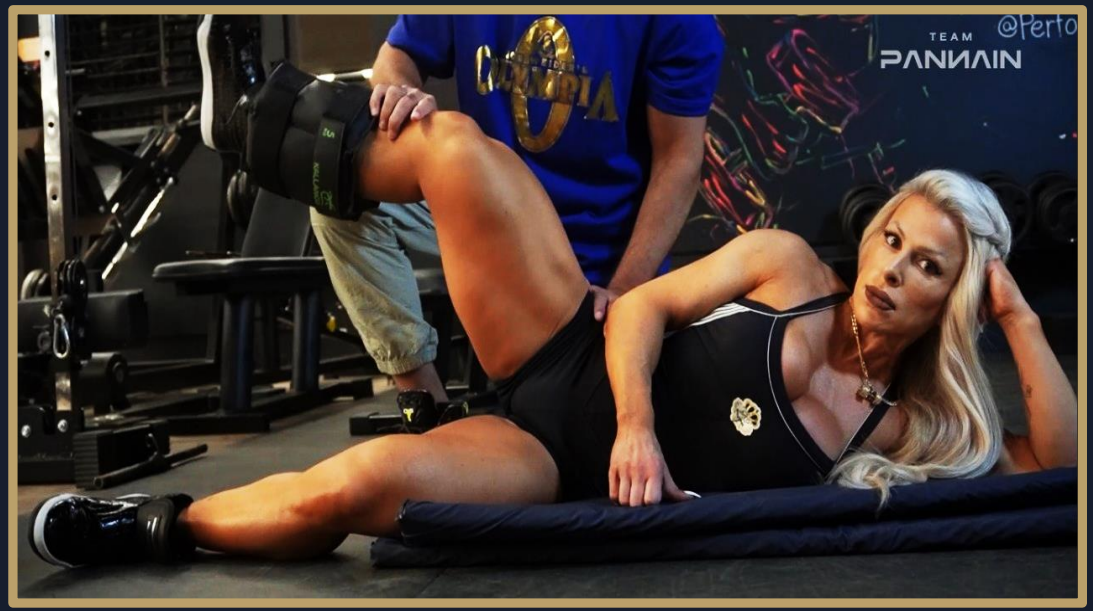
5 - UNILATERAL ABDUCTION ON PULLEY + LATERAL DECUBITUS ABDUCTION

SETS	3
REPETITIONS	15



SETS	3
REPETITIONS	20

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GLUTES WORKOUT

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6 - STIFF

SETS	3
REPETITIONS	15

EXECUTE THE EXCENTRIC PHASE VERY SLOWLY