

GLUTES WORKOUT 1



WARM UP – STIFF

SETS

2

REPETITIONS

20



1 – HIP THRUST



SETS

2

REPETITIONS

10+10+10+10



Rest 10 seconds between sets. Rest 2 minutes and repeat once more. Total two sets.



2 – RDL

SETS

3

REPETITIONS

12

Stop 3 seconds in the isometry, super slow.

3 – HIP EXTENSION IN THE PULLEY + BULGARIAN SQUAT



SETS

2

REPETITIONS

15 + 15



Execute the Hip extension with the left leg, and without resting, perform the Bulgarian squat also with the left leg.
Rest a bit, then repeat the same routine with the other leg.



4 – COURTESY LUNGE

SETS

2

REPETITIONS

15

Normal execution.



5 – ABDUCTOR MACHINE

SETS

4

REPETITIONS

20

Normal execution . Rest 30 seconds between sets.

