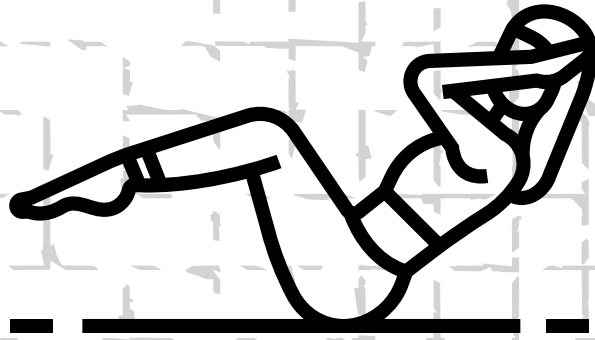


WEEK 3



# GLUTES HOME WORKOUT

Rongoā Kākāriki

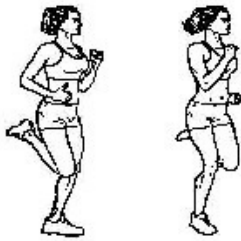
**GREEN**  
PRESCRIPTION

# Glutes home workout - Intermediate

43 min - Glutes & Hip flexors, Legs

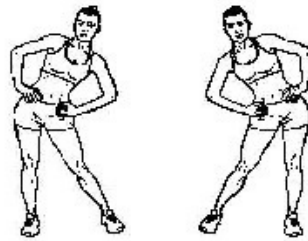
Booty workout - this will get those glutes firing

## Butt Kicks



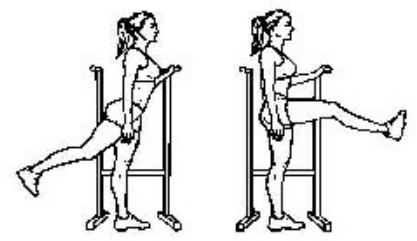
1 sets 30 secs

## Hip Circles



1 sets 30 secs

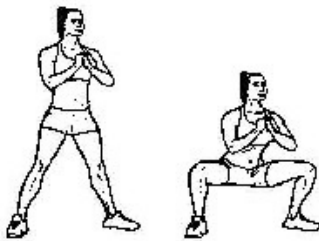
## Forward Leg Hip Swings



1 sets 30 secs

30 seconds each leg

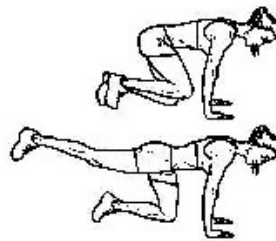
## Bodyweight Sumo Squats



4 sets 10 reps 30 sec rest

1:30 rest

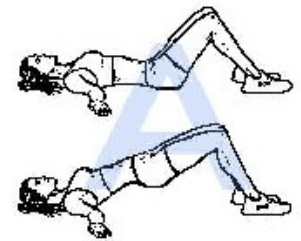
## Donkey Kicks



4 sets 10 reps 30 sec rest

Remember to swap sides

## Hip Raises



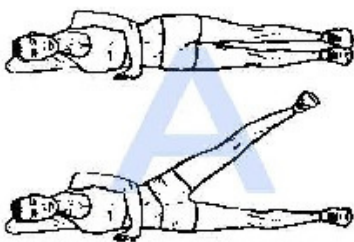
1:30 rest

1:30 rest

4 sets 10 reps 30 sec rest

Superset A1 - Add a resistance band for extra work

## Lying Side Leg Lifts



4 sets 10 reps 30 sec rest

Superset A2 - Change sides at halfway

1:30 rest

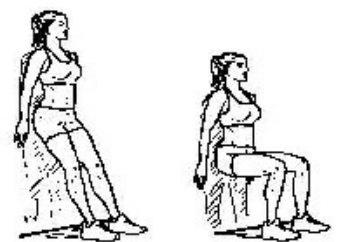
## Adductor Knee Raises



4 sets 10 reps 30 sec rest

Superset A3

## Wall Sits

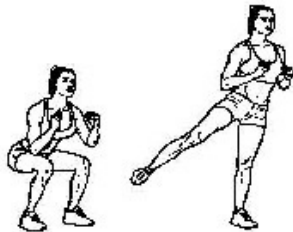


1:30 rest

1:30 rest

4 sets 10 reps 30 sec rest

**Squats to Side Leg Raises/Lifts**



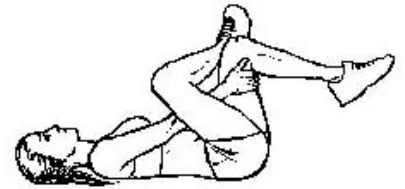
**4 sets 10 secs 30 sec rest**

**Butterfly Stretch**



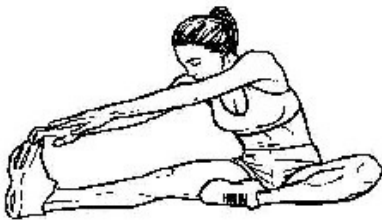
**1 sets 60 secs**

**Gluteal Stretch**



**1 sets 60 secs**  
60 seconds each leg

**Hamstring Stretch**



**1 sets 60 secs**  
60 seconds each leg

## Butt Kicks

Primary muscle group(s):

**Hamstrings, Quadriceps**

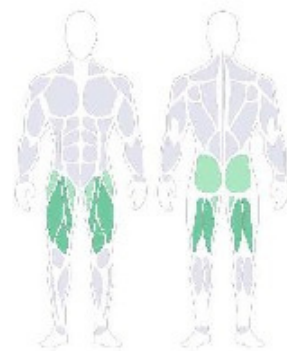
Secondary:

**Glutes & Hip Flexors**

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



## Hip Circles

Primary muscle group(s):

**Glutes & Hip Flexors**

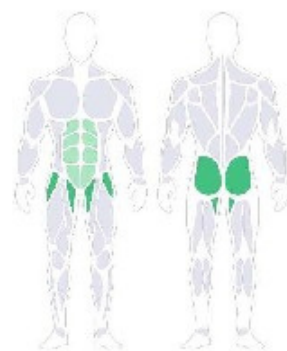
Secondary:

**Abs**

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.

Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.

Continue in this circular motion. Stop once to switch directions.



## Forward Leg Hip Swings

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

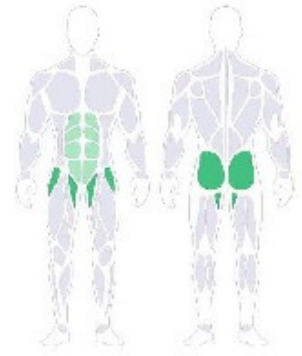
**Abs**

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg - actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



## Bodyweight Sumo / Wide Stance Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

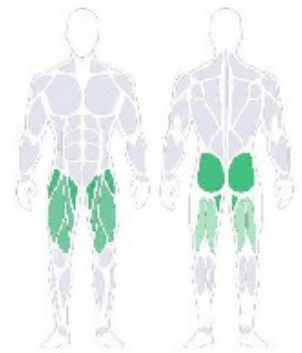
**Hamstrings**

Stand with your feet in a wide stance, with your toes slightly pointed outwards - like a sumo wrestler. Hold your hands together in front of your chest.

Keeping your back straight, lower your body towards the ground by bending your knees.

As you reach a fully squatting position (legs are bent at a 90-degree angle), hold the pose for 1 second before driving your feet into the floor and slowly push your body back up to the starting position.

For a bonus, tense your glutes at the top of the movement.



## Donkey Kicks

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

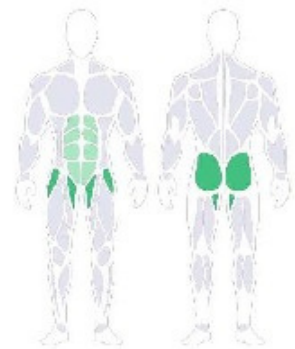
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



## Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

**Glutes & Hip Flexors, Hamstrings**

Secondary:

**Abs, Lower Back**

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

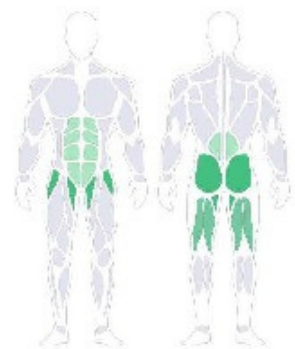
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.





## Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

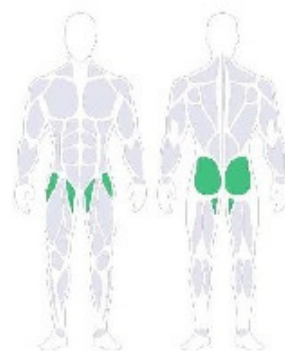
Glutes & Hip Flexors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



## Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

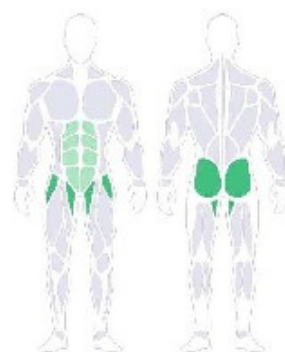
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



## Wall Sit / Squats / Chair

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

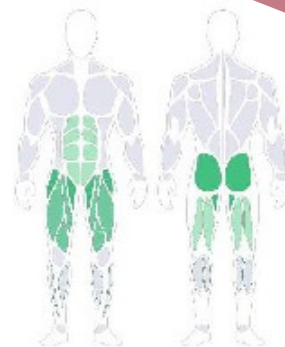
Stand tall against a wall with your head and back touching the wall.

Position your feet so that they are shoulder-width apart and a few inches away from the wall.

Rest your arms at your sides.

Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position

Return to starting position by straightening your knees and standing tall again.



## Squats to Side Leg Raises/Lifts

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Hamstrings**

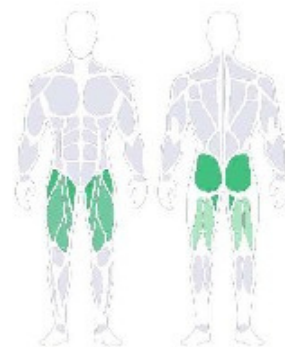
Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Bend at the knees and drive your hips back as if you're sitting in a chair. Continue to lower your body until your upper legs are parallel to the floor.

Then drive your hips forward and push through your quads and glutes to return to a standing position.

Just as you reach the standing position, lift your chosen leg out to the side; it should be straight.

Lower your leg back so that you return to the starting position and repeat for the other side!





## Butterfly Stretch

Primary muscle group(s):

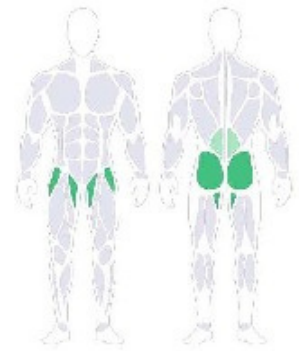
**Glutes & Hip Flexors**

Secondary:

**Lower Back**

While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.

Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.



## Gluteus / Glute / Gluteal Stretch

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Shoulders**

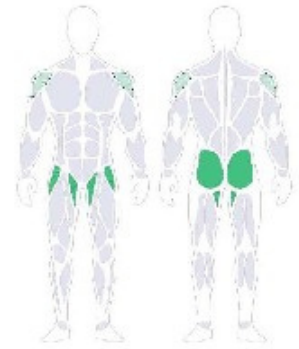
Lie on your back on a mat or soft surface.

Bend your left knee then cross your right leg over so that your right shin is resting on your left knee.

Place your right hand through your legs and your left hand on the outside of your legs. Grab your left shin with both hands.

Remain on the ground and gently pull your left shin towards yourself.

Return to the starting position and repeat on the other side.



## Hamstring Stretch

Primary muscle group(s):

**Hamstrings**

Secondary:

**Glutes & Hip Flexors**

Sit on a mat and extend your right leg out to the side.

Bend your left leg and place the foot against your inner right thigh.

Lean forward from the hips and reach for your ankle as comfortably as you can. You should feel a slight pull in the hamstring.

Hold the stretch and then repeat on the left leg.

