

WHEN CLIENTS ASK HOW DO I BUILD THE PERFECT GLUTES?

BEST EXERCISES FOR GROWTH IN GLUTE MUSCLES

Side plank abductions

Kettlebell swing
(with an emphasis on hip thrust
with glute contraction)

Single leg squats

Hip bridges

Hip external rotations

Single-leg
elevated hip thrusts



ADDITIONAL GLUTE INTENSIVE WORKOUT

- Heavy barbell squats
- Split lunges
- Hamstring curls
- Leg extensions