

# ISOLATED GLUTES

**Bulgarian Split Squats**



**3 sets 12 reps 45 sec rest**

**Hip Raises / Butt Lift / Bridges**



**5 sets 20 reps**

**Single Leg Glute Bridge / Hip Extension with Leg Lift**



**5 sets 20 reps 45 sec rest**

**Fire Hydrants / Abductor / Adductor  
Knee Raises**



**5 sets 20 reps**

**Donkey Kicks**



**5 sets 20 reps 45 sec rest**

**Sumo / Plié Dumbbell Squats**



**5 sets 15 reps 1 sec rest**

**Wide Stance / Sumo Barbell Squats**



**3 sets 8 reps 45 sec rest**

**Adductor / Abductor / Adduction  
Inner Thigh Machine**



**3 sets 15 reps 1 min rest**

**Do a SuperSet of Abductor and Adductor  
followed by 1 minute rest**

**Cable Hip Extensions**



**5 sets 15 reps 45 sec rest**

**TIP:**

**ENGAGE BY SQUEEZING  
AT THE TOP OF EACH MOVE**