

THE TRAFFIC STOPPER BOOTY BUILDER

GLUTES ROUTINE

01

LEGS

3/4 Squat Pulses

Wide stance pushing through your heels, squat below 90° pulsing up & down - returning just past 90° and down again.

Reps: 12-15

02

LEGS

Romanian Deadlifts

Narrow stance with legs & back strait, moving only your hips bring weight up; pause before lockout lower & repeat.

Reps: 12-15

03

LEGS

Bulgarian Split Squat

Standing on one leg with your other behind you on a bench, squat strait down with weight underneath; stand & repeat.

Reps: 12-15

04

GLUTES

Glute Bridges

Lying down facing up with feet flat on floor or wall, bridge across your shoulder blades; pause lower & repeat.

Reps: 12-15

05

GLUTES

Kneeling Side Leg Raises

On all fours, lift bent leg up; pause lower & repeat.

Reps: 12-15

06

GLUTES

Kneeling Kick Backs

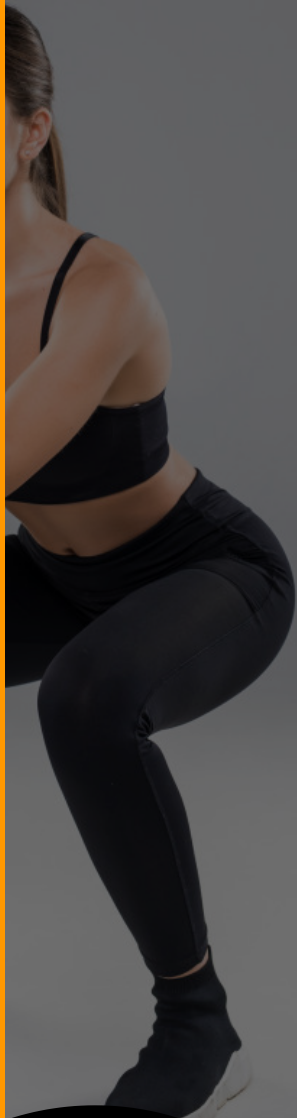
On all fours, kick leg back & straiten; pause lower & repeat.

Reps: 12-15

Repeat above exercise sequence for 3-5 rounds.

Want to push a little harder? Finish up with your favorite ab routine or a 20-30 minute brisk walk, jog or run.

Be sure to hydrate throughout and take rests between sets as needed.



Uprise
ELEVATE YOURSELF