

Exercises for the Glutes (Gluteus Maximus and Gluteus Medius)

Bridge

Major Muscle Group: Gluteus maximus, Gluteus medius

Lying on your back with your knees bent, lift your hips off the floor while keeping your back straight. Remember to keep your glutes tight!

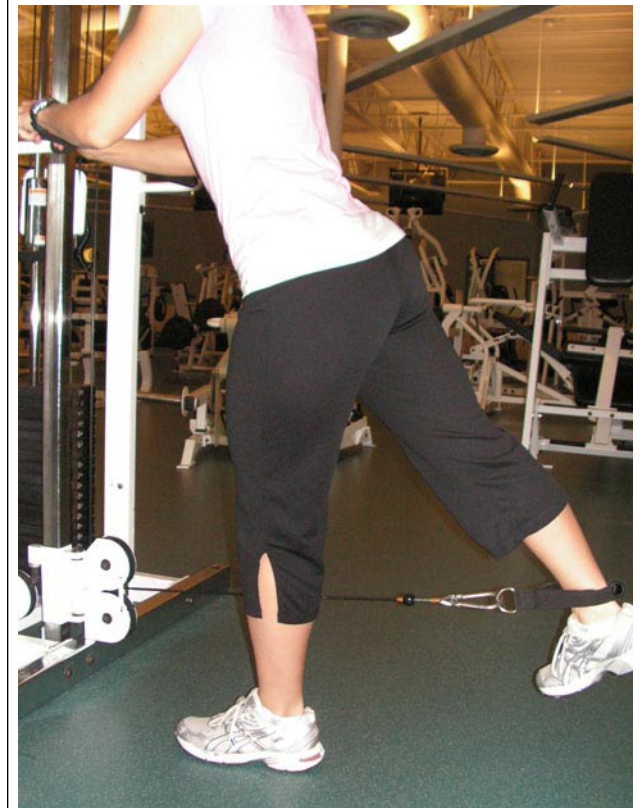


One Legged Cable Kickback

Major Muscle Group: Gluteus maximus, Gluteus medius

Other Muscles Worked: Hamstrings

Hook a leather ankle cuff to a low cable pulley and then attach the cuff to your ankle. Face the weight stack from a distance of about 60 cm (24 in), grasping the steel frame for support. While keeping your knees and hips bent slightly and your abs tight, contract your glutes to slowly “kick” the working leg back in a semicircular arc as high as it will comfortably go. Bring your working leg forward, resisting the pull of the cable until you reach the starting position. Repeat and then switch legs.

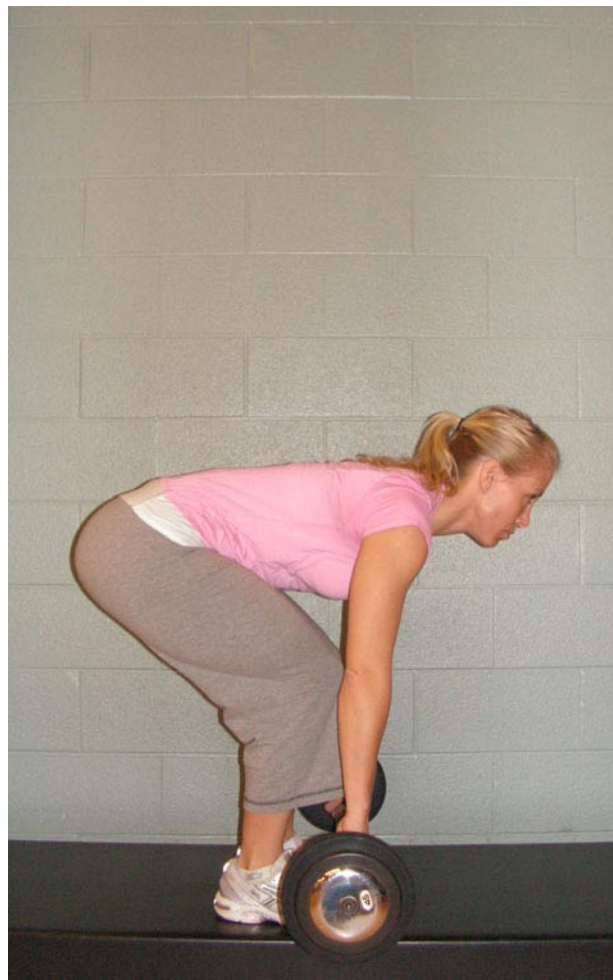


Stiff-Legged Barbell Deadlift — Hamstring

Major Muscle Group: Gluteus maximus, Gluteus medius

Other Muscles Worked: Hamstring

Bend at your waist with your head up, back straight and knees nearly locked. Hold bar with hands about 40 cm (16 in) apart. Straighten up while holding the bar at arm's length. Lower back down to the floor but do not let plates touch. Caution: this can be a dangerous exercise if not done correctly or if done with weights that are too heavy.

**Glutes Kickback**

Major Muscle Group: Gluteus maximus, Gluteus medius

Other Muscles Worked: Hamstrings

While on the floor on all fours, extend one leg and with the foot cocked to a point that places it in line with the head. Then raise it to a 45° angle with the foot elevated above the head. The key to maximum results is to concentrate on contracting the glutes throughout the full range of motion.

