



# Get Those Glutes

1. **Bosu Ball Hip Lifts:** Starting Position: Lye onto the floor with your heels onto a Bosu Ball. Raise your right leg to the ceiling. Keep your hands by your side and your head rested on the ground. Ending Position: Boost your hips up to the ceiling using your left leg. Lower your hips to the starting position and repeat. Start off by doing 2 sets of 12-15 reps and then increase to 2/3 sets of 15-20 reps.



2. **One-Legged Band Kickbacks:** Starting Position: Place a resistance band underneath the arches of your shoes. Slightly bend your standing leg. Lift one leg two inches from the ground. End Position: Push the same leg behind you using your glutes and return back home. Start off by doing 2 sets of 12-15 reps and then increase to 2/3 sets of 15-20 reps.



3. **Lateral Step-Up:** Starting Position: Stand sideways next to a bench with 2 or 3 risers underneath it. Hold 5-10 lb. dumbbells in each hand. Ending Position: Step up on one side and squeeze your glutes for a count of 3 and then step down. Repeat for about 15 repetitions and work up to 3 sets.

**For more information, ask one of your certified personal trainers**