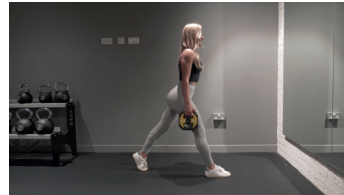


5 GLUTE EXERCISES FOR A BETTER BUTT

**SINGLE LEG
STEP UP**



LUNGE



**STRAIGHT LEG
DEAD LIFT**



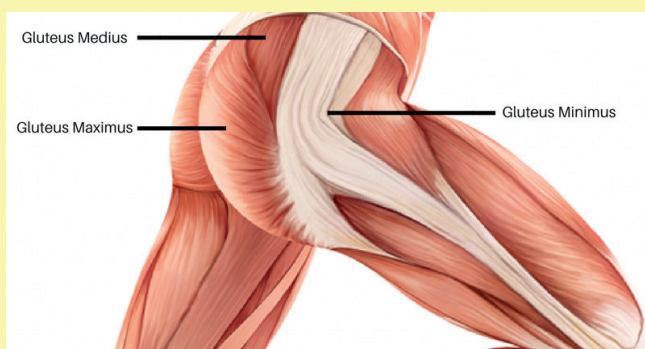
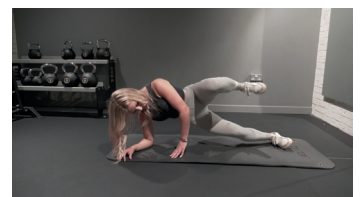
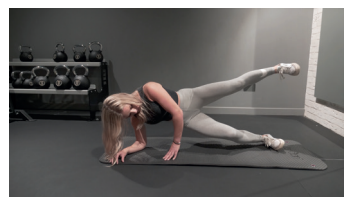
GLUTE BRIDGE



**HEELS ELEVATED
SQUAT**



**LYING FOREARM
SIDE KICK**



Gluteus Maximus

The gluteus maximus is the largest of the gluteal muscles. It is also the most superficial, producing the shape of the buttocks.
Extends and laterally rotates hip joint
Helps with abduction of hip
Helps with adduction of Hip

Gluteus Medius

The gluteus medius muscle is fan-shaped and lies between the gluteus maximus and the minimus.
Abducts & Rotates Hip

Gluteus Minimus

The gluteus minimus is the deepest and smallest of the gluteal muscles.
Abducts & Rotates hip
Helps with hip extensions

SHARE WITH A FRIEND

support@kierannichollsfitness.com

@kierannicholls_

www.kierannichollsacademy.com