

ACTIVE AT HOME

30 Minute Glute Blast Workout

NO EQUIPMENT NEEDED

Warm Up: 30 sec per exercise

Squat Walks
Regular Squat
4 Point Lunge Right Side
4 Point Lunge Left Side

Band Optional

Lunge Tap Back R
Lunge Tap Back L
Squat
Squat Hold
Squat Tap R
Squat Tap L
Goblet Squats
Wide Walks forward/back
Squat Jump Outs
Scissor Jumps
Repeat from *

Mat Work

Glute Bridge
Bridge hold/pulse
Clams R
Elevated Clams R
Single Leg Glute Bridge
Clams L
Elevated Clams L
Single Leg Glute Bridge
Donkey Kicks R
Donkey Kicks L
Rainbow R
Rainbow L
Repeat from *

Cool Down: 30 Sec per side

Calf stretch: Heel to floor, toe up on wall, lean into wall

Quad stretch: Cradle foot in same side hand, press hips forward, hold wall for balance

Hamstring Stretch: Forward fold, keep slight knee bend

Arm Stretch: Bring one arm across chest, press into extended forearm with opposite hand

Shoulder/Chest stretch: Clasp hands behind back or reach behind back and press down/away from body

Child's Pose: Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms

Breathe: Deep inhales & deep exhales

GREAT WORKOUT!



Remember to always exercise within your means. Modify or take breaks as needed!