

Straight Leg Kickback with Resistance



Anchor: Hands and feet

Start: On all fours with hands directly under your shoulders holding on to the ends of the band. The center of the band is wrapped around one of the feet.

Movement: Using your Glutes push the leg back straight, making sure there is tension on the band.

Tip: Keep the back flat.

Straight Leg Kickbacks



Anchor: None, body weight

Start: On all fours with hands directly under your shoulders

Movement: Using your Glutes, push the leg back straight.

Tip: Keep the back flat.

90 Degree Kickback



Anchor: None, body weight

Start: On all fours with hands directly under your shoulders

Movement: Using your Glutes and keeping the leg bent at 90 degrees, lift the leg so the quad is parallel to the floor. Return to starting position.

Tip: Keep the back flat.

Chair Bridge



Anchor: Feet on chair or bench

Start: Lie on your back with heels on the chair, legs at a 90 degree angle and arms at your side.

Movement: Using your Glutes, lift the butt off the ground until the body forms a straight line. Return to starting position.

Tip: Try not to push up with your arms.

Frog Lift

Anchor: None, body weight

Start: Lie on your stomach, knees bent and wide with feet touching, Quads on the ground.

Movement: Using your Glutes, lift your legs off the ground, keeping the feet together.

Tip: Do not lift stomach off floor.

Swan Dive

Anchor: None, body weight

Start: Stand straight with arms in front parallel to ground and hands together.

Movement: Lean forward on one foot, and lift the other leg straight behind you.

Tip: Try to form a straight line with your leg, back and arms while balancing.

Peak Kick

Anchor: None, body weight

Start: On elbows or hands and feet, butt up in air forming a triangle.

Movement: Using your Glutes, lift one leg straight up and back as high as you can. Return to starting position.

Tip: Try not to swing the leg up.

Chair Squat

Anchor: None, body weight

Start: Stand with feet just wider than shoulder width apart a few inches from the chair or bench.

Movement: Sit down as if sitting in the chair and gently tap the chair with the Glutes and stand back up.

Tip: Try not to fully sit down.

Seated Resistance Press



Anchor: Band at hands and feet

Start: Sit on a chair or bench with your hands at your side holding on to the ends of the bands. The middle of the band will be wrapped around the bottom of both feet.

Movement: Using your Glutes and legs, push both legs out straight.

Tip: Keep your abs tight and chest up.

Ballet Bridge



Anchor: None, body weight

Start: On your back with knees bent, feet flat on the floor and arms at your side.

Movement: Using the Glutes, lift the body up all the way to your toes, creating a straight line.

Tip: Keep abs tight and shoulders relaxed.

Bridge

Anchor: None, body weight

Start: On your back with knees bent, feet flat on the floor and arms at your side.

Movement: Using the Glutes, lift the body up, creating a straight line.

Tip: Keep abs tight and shoulders relaxed.

Single Leg Bridge

Anchor: None, body weight

Start: On your back with one knee bent, foot flat on the floor and arms at your side, other leg is in the air.

Movement: Using the Glutes, lift the body up all the way up using the one leg, creating a straight line.

Tip: Keep abs tight and shoulders relaxed.

Floor Resistance Press

Anchor: Band at hands and feet

Start: Sit on the floor with your hands at your side holding on to the ends of the bands. The middle of the band will be wrapped around the bottom of both feet.

Movement: Using your Glutes and legs, push both legs out straight.

Tip: Keep your abs tight and chest up.

Glutes

Exercise Library

