

# BEST BETS TO TARGET THE GLUTES

Side plank abductions

Kettlebell swing  
(with an emphasis on hip thrust  
with glute contraction)

Single leg squats

Hip bridges

Hip external rotations

Single-leg  
elevated hip thrusts



## ADDITIONAL GLUTE INTENSIVE WORKOUT

- Heavy barbell squats
- Split lunges
- Hamstring curls
- Leg extensions