

Certified Glute Specialist | **THE 3 BEST GLUTE EXERCISES**

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Why train glutes specifically? Well, your balance, lower body mobility, and core strength depend on it!

Glute training is so much more than squats, deadlifts, and lunges! Horizontal loading is the key to activating all three muscles of the glutes! Here are our top 3 favorite glute-specific exercises everyone should be doing!

#1- The Hip Thrust

Target the gluteus maximus and hamstrings (all the makings of a strong, well-rounded posterior chain!) with this horizontally loaded movement. It can be done in a hip thrust machine, with a barbell, dumbbells, and even bands!



#2- Hip Abduction

Ah, the forgotten movement pattern! Hip abduction can be performed with bands, cables, and a plate or dumbbell and is an ideal way to engage the gluteus medius and minimus for “full” glute engagement! Add external rotation to this movement pattern to engage all three muscles of the glutes together.



#3- Hip Extension

Whether from a quadruped position, standing, or kneeling, hip extension is a big activator of the gluteus maximus and medius. Add external rotation as a glute activator and to really engage the gluteus minimus as well.

