

WORKOUT

Without machines

GLUTES FOCUS

ROUND GLUTES WORKOUT

If you're determined to shape your glutes, add these exercises to your training plan.

For best results, perform this exercise routine three times a week. These exercises work all the glute muscles so effectively that you'll see results in the shortest possible time. It's important to recognize that these activities can positively contribute to your overall body function—not just your glutes, but your overall conditioning as well.

Warming up and stretching don't take much time—even a 10–15 minute stretching routine will help prevent injuries. For this reason, before starting any exercise program, you should perform warm-up movements first, followed by stretching exercises.

And don't forget to stretch again after you finish.

STRETCHING



2

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20"

ADDUCTOR MAGNUS STRETCH



2

20"

10"

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Flower
GUJA

GLUTES FOCUS

DONKEY KICKS



3 15 45"

PLANK LEG LIFT



3 15 45"

SUMO SQUAT



3 15 45"

WALL SIT



3 20" 45"

GLUTE BRIDGE



3 15 45"

SIDE-LYING CLAMSHELL



3 15 45"

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