

Fit Bit Friday 130

The Gold Medal Glutes Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: This routine consists of 2 parts: One with standing moves and one with exercises done on the floor (ideally, on a mat for comfort). Perform the first circuit twice through, resting for 1 minute after each round. Then move to an area with a mat to complete the second circuit, three times through. You'll need a step, a set of dumbbells, and a barbell heavy enough to challenge you for the standing circuit. For the second one, you'll want a weight plate or barbell and a stability ball.

	Exercise	How long?
Circuit #1 - Complete 2 times	Weighted Single-Leg Step-Ups - Stand facing a bench or high step with a barbell across the back of your shoulders. Step up with your right foot, keeping chest up and back tall. At the top, extend your left foot behind you, squeezing glutes. Lower back down on your left foot, keeping right foot on the bench at all times. Continue for all reps before switching legs.	1 minute
	Stiff-Leg Barbell Deadlifts - Stand gripping a barbell with both hands at your sides. Feet a couple of inches apart. Keeping only a slight bend in the knees, hinging from the hip and maintaining a long tall spine, perform a deadlift, lowering until the barbell nearly touches the floor. Squeeze through the glutes as you pull it back up, slightly thrusting hips forward at the top of the move.	1 minute
	Single-Leg Deadlifts - Hold dumbbells in each hand, fists facing the front of your hips. Tip forward from the hip, letting the dumbbells hang as you lift one leg straight back behind you. See if you can form a T with your standing leg, the lifted leg, and your torso before returning to standing. Don't let the lifted leg touch the ground - just hover it above as you finish each rep.	1 minute
	Sumo Goblet Squat - With a very wide stance and holding a dumbbell or kettlebell in your hands at your chest, perform sumo squats, maintaining a tall back and open chest.	1 minute
	30s Max Effort Cardio Interval - Do your choice of the following as fast as you can with good form: Tuck jumps, squat jumps, jumping lunges, high knees, or jumping jacks.	30s
	REST	1 minute
Circuit #2 - Complete 3 times	Lying Weighted Hip Thrusts - Lying face-up with a weight plate or barbell across your hips, bend knees and place feet directly below them. With weight in your heels, squeeze glutes to lift hips up toward the ceiling. Lower slowly, hovering just above the ground before going into next rep.	1 minute
	Donkey Kicks - Get on your hands and knees, knees positioned under hips. Lift one kneed and kick back as if trying to raise that heel to the ceiling. Return to start, hovering that knee just above the ground. Continue all reps on this side before switching.	1 minute
	Hamstring Ball Curl - Lying face up with heels on a stability ball, arms extended out to sides, lift hips and use heels to drag the ball towards you. Extend back out, and repeat.	1 minute
	30s Max Effort Cardio Interval - Do mountain climbers or ski abs (hopping feet side to side while arms are in high plank pose) as fast as you can with good form.	30s
	REST	1 minute
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