

## Fit Bit Friday 175

### The Glute Buster 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:** Do each of the moves below in circuit-fashion, resting 2-3 minutes after each round. Aim to complete 3 sets, and if you'd like to make any of the exercises more challenging, feel free to use heavier weights. Always be sure to prioritize proper form first!

What to Do		Reps/ Time
Cardio of choice - Running, cycling, elliptical, etc.		20 mins
3x	<b>Plie Squat</b> - With a wider than usual stance, point toes slightly outward. Let arms hang down, holding a single weight plate or large dumbbell with both hands. Lower into a squat, and at the bottom, rise up onto your tip toes while still staying in the squatting position. Lower heels, then stand. Repeat.	15
	<b>Single leg squat hop</b> - Stand on one leg with the other foot hovering just above the ground. Lower down as if doing a squat on one leg, then hop up and land again as softly as possible, with the standing knee bent. Continue for all reps then switch sides.	10 each side
	<b>Single leg deadlift</b> - Hold dumbbells in each hand with arms hanging down, and shift weight to one foot. Let the other foot hover above the ground while in the standing position. Tilt forward keeping a tall spine and extend the hovering foot behind you so that your body forms a T when you've got the dumbbells lowered to the floor. Reverse motion to stand. Do all reps then switch sides.	10 each side
	<b>Weighted glute bridge</b> - Lie face-up on a mat with a heavy dumbbell, bar or barbell across your hips, supported with your hands. Bend knees so feet are flat on the floor. Raise your hips so a straight line forms from your shoulders to knees, then slowly lower. Repeat.	15
	<b>Donkey kicks</b> - Loop a resistance band around one foot and kneel on a mat with the opposite knee. Hover the knee of the working foot (with the resistance band) about 1" off the ground and hold the ends of the band between your hands and the mat, directly under your shoulders. Pushing through the heel of the foot with the band around it, extend that heel diagonally up to the ceiling, then lower. Keep the knee hovering as you repeat.	20 each side
	<b>Rest 2-3 mins, then repeat.</b>	2-3 mins
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