

Workout With Ashley K

Building Better Glutes: Tips and Advice for Building a Better Backside

Warmer weather is just around the corner...which means we will be trading our jeans and sweat-pants for bikinis and shorts. Glutes are a favorite body part to train amongst a lot of women in hopes of a rounder, fuller bottom.

Check out my personal tips for training glutes!

1 Keep Weight in Heels. Focusing on pushing the weight through your heels can significantly increase the activation of your glute and hamstrings muscles for certain exercises such as squats, lunges and deadlifts.

2 Vary Your Foot Placement. Instead of keeping your toes forward, try placing them out at an angle. Try widening your stance as well as narrowing your stance. These will work exceptionally well with squats and deadlifts! You can also try single leg reps. When lunging, don't forget to try diagonal lunges and "curtsey" lunges.

3 Keep Toes In Line with Knees. Proper toe/knee alignment is important to prevent injury and to get the maximum result from your lifting. Make sure the knees don't shift or wobble in or out! If this happens, maybe it would be a good idea to lower the weight so that your form doesn't suffer.

4 Use Mind-Muscle Connection. Let's think about the exercise that we are performing and not just go through the movements. It's easy to lose focus when we are on our last few sets or reps. Concentrating on which muscle you

should be activating and where you are feeling the burn will maximize your efforts!

5 Use bands! Bands are a great way to increase the intensity of your workout while also targeting different areas of the glutes. I suggest adding bands to your regular lifts when possible.

6 Incorporate Glutes Into Your Cardio Regimen. Instead of standard running on the treadmill, why not try walking lunges on an incline on the same machine? A great time efficient way to do your cardio, put a little variety into your cardio and you will certainly feel the burn. I am also a fan of the StepMill (don't hold on) and Jacob's Ladder! These machines do a fantastic job of activating the glutes if done properly.

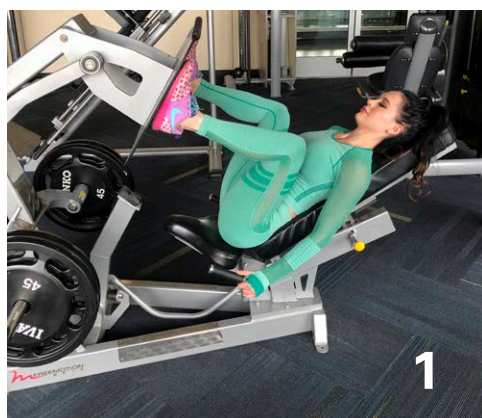
7 Vary Reps and Weight. Don't let your glutes become accustomed to a certain weight/rep amount. It's always good to switch things up and shock your body! Variety is always a great way to stay mentally motivated and keep you from getting bored with your regimen.

8 Incorporate Plyos in the Mix. Plyos are great for tightening and toning the glutes. Not only are they convenient to perform as they can be done almost anywhere, but they can also get your heart rate up. Plyometric exercises can also be an efficient pre exhaust exercise as well!

Happy Glute Training!

Here's an example of a great glute workout that you can try:

Pre-exhaust glutes with 1x20 cable kickbacks (each leg)



4x10 Inverted Leg Presses
Shoulder width stance,
feet high on the sled



4x10 Seated Hamstring Curls



3x10 Pistol Squats
Each leg



3x10 Wide Stance Deadlifts
With dumbbell



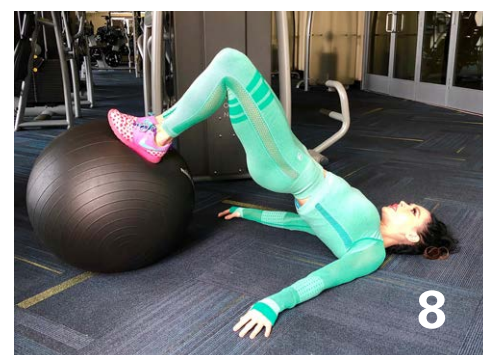
3x10 Curtsey Lunges
Each leg



3x10 Sumo Squats
With dumbbell



3x10 Single Leg Deadlifts *RDL*
With dumbbell



3x10 Glute Bridges
On stability ball