

# Build Your Butt With 5 Of My Go-To Glute Exercises

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Muscular and strong glutes don't just look good. This powerhouse muscle group is one of the most influential muscle groups in the human body, and often dictates how the body performs, looks, functions, and feels. Unfortunately, most people do not know how to train their glutes in a way that will help them achieve their performance, aesthetic, and health-related goals. I am here to help.

Here are 5 of my go-to glute exercises that will help you build your dream glutes, perform at a much higher level, and bulletproof your body against injury. I am also sharing 10 of my top glute articles I have written. Enjoy!

## 1. SINGLE LEG GLUTE BRIDGES



### Coaching Tips:

- Lie on your back. Place your shin so it is in a vertical position.

- Before each rep, take a deep breath in through your nose (360 degrees of air around your spine), brace your core (2-3 out of 10 in terms of the intensity of the brace), and actively tuck your ribcage down towards your hips.
- Now drive through your mid/back of your foot, squeeze your glutes, and pick up your hips. You should feel this in your glutes.
- Pause for a count in the top position.
- In the top position, your body should form a straight(ish) line from your knee to your shoulders.
- Lower yourself down in a controlled manner, reset, and repeat.
- Be extremely mindful that you do not rotate your pelvis and spine, and also engage the glute and core of the non-working side.
- Exhale after you have initiated the glute bridge and your body has left the floor.
- Reset before each rep.

### Regression:

You can make this exercise easier by performing the double leg glute bridge variation

### Progression:

You can make this exercise more challenging by performing negative reps and taking 3-5 seconds to lower down, pausing for 3-5 seconds in the top position, not touching the ground between

reps, or adding dumbbell resistance.

**Prescription:** Do 3 sets of 8-15 reps/leg. You can do these 3-5 days per week.

**Video:** <https://youtu.be/0iodSyUrSAE>

## 2. DOUBLE BANDED SEATED GLUTE ABDUCTIONS



### Coaching Tips:

- Sit on a bench or box, and place one resistance band so it is right above your knees (or mid thighs), and place another band so it is directly below your knees.

- Choose a tension that allows you to really feel your glutes. With this, and many band resisted exercises, less (as in tension) is often more effective.
- You can either keep your torso upright, or have a slight forward lean. Do what allows you to feel your glutes the most.
- Either way, keep your core braced, ribcage down, and spine in a neutral position.
- Now use your glutes to open your knees, and to control your legs as they close. Control 100% of the movements. This will make or break your results.
- There should be tension in the bands the entire time. You should feel your outer upper glutes (glute medius).
- Keep your core braced (2-3 out of 10 in terms of the intensity of the brace), and legs relaxed or else your legs will do the bulk of the work instead of your glutes.
- Maintain regular breathing throughout the duration of the set.
- Make sure that your mind-muscle connection is present at all times.

#### Regression:

You can make this exercise easier by using bands with less tension, using a single band, and by positioning the upper band higher up your thighs towards your hips.

#### Progression:

You can make this exercise more challenging by using a band

with more tension.

**Prescription:** Do 3 sets to burn-out. Stop if the focus leaves your glutes and shifts to other muscle groups. You can do these 3-5 days per week.

**Video:** <https://youtu.be/7cGgI5hXTUU>

### 3. BAND PULL-THROUGHS (can also use cable machine)



#### Coaching Tips:

- Fasten a resistance band around a secure pole, and set it so it is roughly shin to knee height. Choose a tension that allows you to maintain proper form at all times.

- Place your feet so they are roughly hip width apart, and have a very slight bend in your knees.
- Keep your elbows straight, arms rigid, and squeeze them into your sides. You can pretend that you are trying to crush something in your armpits.
- Before each rep, take a deep breath in (360 degrees of air around your spine), brace your core (4-5 out of 10 in terms of the intensity of the brace), and actively tuck your ribcage down towards your hips.
- Now hinge/push your hips backwards as far as you can while maintaining proper form. When you feel a mild stretch in your hamstrings, return to the starting position by driving through the mid/back of your feet, and squeezing your hamstrings and glutes.
- You can exhale when you are returning to the starting position.
- Lock out at the top by pushing your hips forward and squeezing your glutes and hamstrings, bracing your core, tucking your ribcage towards your hips, and driving your arms into your sides.
- Do not allow your lower back to hyperextend or ribcage to flare.
- Reset before each rep.

### Regression:

You can make this exercise easier by using a band with less tension.

### Progression:

You can make this exercise more challenging by using a band with more tension or by performing negative reps and taking 3-5 seconds to hinge your hips backwards.

**Prescription:** Do 3 sets of 8-15 reps. You can do these 1-3 days per week.

**Video:** <https://youtu.be/YZN94Ziqyfk>

## 4. SKATER SQUATS



Coaching Tips:

- Stand on one foot, and have a slight bend in your knee.

- Keep all of your weight over the middle/back of your foot, but keep your toes in contact with the ground. You can pretend that you are suctioning your foot to the floor.
- Before you descend into the squat, take a deep breath in through your nose (360 degrees of air around your spine), brace your core (4-5 out of 10 in terms of the intensity of the brace), and tuck your ribcage down towards your hips.
- Now simultaneously perform a single-leg squat, and stride back with your non-working leg. You can create a counterbalance by extending your arms ahead of you.
- Aim to lower yourself down in 2-3 seconds, and do so with complete control.
- Do not allow your knee of the squatting leg to collapse in or fall out, as this is a sign that your glutes are not doing their job.
- You have the option of touching the knee of your non-working leg down to the floor, or you can stop when it's a few inches above the ground. This will make the exercise more challenging.
- Return to the starting position by squeezing your glutes, quads, and hamstrings, and extending your knee.
- Maintain a neutral spine and do not allow your lower back to hyperextend or ribcage to flare.
- Exhale as you are returning to the starting position.
- Reset before each rep.

Regression:

You can make this exercise easier by touching your trailing leg down to the floor. Once you are able to do this, you can hold a weight ahead of you and can use the counterbalance for assistance.

Progression:

You can make this exercise more challenging by not touching your trailing leg down to the ground, or by holding a weight close to your body and not using it as a counterbalance.

**Prescription:** Do 3 sets of 5-10 reps/leg. You can do these 1-3 days per week.

**Video:** <https://youtu.be/igRbPVOonP0>

## 5. Negative 1.5 Rep Rear Foot Elevated Split Squats



## Coaching Tips:

- Place your back foot on a bench, box, or barbell that is set up in a rack. Both of your knees should be bent to roughly 90 degrees, and most of your weight should be on your front leg. While keeping a level pelvis, squeeze your glutes and push your hips forward a few inches as this will load the front (working) leg.
- Keep all of your weight over the middle/back of your front foot, but keep your toes in contact with the ground. You can pretend that you are suctioning your foot to the floor.
- Have a slight forward lean in your torso. Your spine should remain in neutral(ish) alignment for the duration of the exercise. I used the word "neutralish" as there is no single definition of neutral. It varies from person to person.
- Before you go, take a deep breath in through your nose (360 degrees of air around the spine), brace your core (4-5 out of 10 in terms of the intensity of the brace), and actively tuck your ribs towards your hips (close the space in your midsection). This will stabilize your pelvis and spine and will allow you to focus on your lower body.
- Now perform a split squat and take 3-5 seconds to lower yourself down, stand halfway up, lower back down to the bottom position, and push back up and return to the starting position. This is one rep.
- Your front leg should be doing most of the work. Try not to allow your weight to shift to your back leg.
- Your body should travel in a vertical path the entire time, not horizontally. I like to pretend that I have a wall directly in front of me and behind me, and if I fall forward or

backwards, my body will hit the wall.

- Exhale when you are pushing up and are completing the rep.
- Maintain control at ALL times. The same goes with the lockout. Locking out does not mean rest.
- Do not allow your knee to cave in or fall out. It should remain in line with your toes.
- Reset before each rep.

#### Regression:

You can make this exercise easier by using lighter dumbbells, using a regular tempo, or by performing this exercise with just your bodyweight.

#### Progression:

You can make this exercise more challenging by using heavier dumbbells, or adding band resistance.

**Prescription:** Do 3 sets of 5-8 reps/leg. You can do these 1-3 days per week.

**Video:** <https://youtu.be/ljsoVnfYgas>

# Articles:

Here are some of my favourite glute articles that I have written. To read the article, click on the link.

1. [Glutes, Glutes... And More Glutes! Breaking Down Glute Bridges And Hip Thrusts - via Meghan Callaway Fitness](#)
2. [4 Single Leg Exercises You Definitely Haven't Tried - via Girls Gone Strong](#)
3. [Properly Train The Glutes To Increase Performance, Bulletproof Pain, And Look Damn Sexy - via Dr John Rusin](#)
4. [7 Glute Training Mistakes Holding Back Your Backside via Bodybuilding.com](#)
5. [8 Unique Exercises For Stronger Glutes via Bodybuilding.com](#)
6. [Killer Landmine Variation For The Lower Body And Glutes via Meghan Callaway Fitness](#)
7. [Light Your Glutes Up With This Simple And Very Effective Exercise via Meghan Callaway Fitness](#)
8. [Blast Your Glutes And Anterior Core With This Bang For Your Buck Bodyweight Exercise via Meghan Callaway Fitness](#)
9. [Blast Your Quads, Glutes, And Core With This Goblet Variation You Likely Haven't Tried via Meghan Callaway Fitness](#)
10. [One Of The Toughest Single Leg Exercises You Probably Haven't Tried Before via Meghan Callaway Fitness](#)