

FREE

# The Female Fitness Academy

## GLUTE CIRCUIT

Below you will find a breakdown of each exercise from our FREE Glute Activation Circuit.

### Exercises- Repeat Circuit x 3-4

### Image

#### Clam

x10

- \*Lie on your side so that your hips and shoulders are in a straight line and your knees are 90° to your body
- \*Rest your head on your top arm as it is stretched out overhead
- \*Stack your hips directly on top of each other vertically. Do the same with your shoulders.
- \*Keep your big toes together as you slowly lift the top knee
- \*Open the knee only as far as you can go without disturbing the alignment of your hips.
- \*Slowly bring your knee back to the start position.



#### Lying Heel to Sky

x10

- \*Start lying face down on the floor, with your forehead resting on your hands and a neutral position of the pelvis
- \*Bend one knee to 90 degrees and flex the ankle
- \*Inhale to prepare and as you exhale, engage the bottom muscles of the leg with the bent knee
- \*You should be able to lift the leg off the floor slightly using the bottom muscles.  
if you can't lift without feeling it in the lower back, you must just engage the bottom muscles but do not attempt to lift just yet, until the glutes are stronger



#### Hip Bridge

x10

- \*Knees bent at hip width apart
- \*Pelvis in neutral
- \*No flaring of the bottom ribs, shoulders relaxed
- \*Inhale and relax pelvic floor & abdominal muscles
- \*Exhale and perform a pelvic tilt, before slowly lifting the hips until you are in a straight line from knee to shoulder. Pause and slowly return the pelvis to the mat.



#### Glute Stretch from Box

x20

- \*From a box position, slowly take one leg straight out behind you and across in the direction of the other leg
- \*Lengthen the leg and sit the pelvis backwards
- \*Try to come down as far as resting on your elbows
- \*Breathe deeply and relax, feeling the stretch in the hip and at the side of the bottom
- \*Hold for 20 secs and repeat on the other side

