Resistance Band Glute Workout

A long band and a mini band for the glutes from every side: walks, squats, bridges, a hinge and kickbacks, all at home.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Lower body	Intermediate	40 min	Resistance band

WARM UP

Once through, at an easy pace

Glute Bridge



10 reps

Clamshell



10 reps
each side

Leg Swing

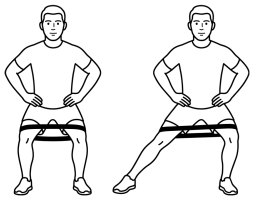


10 reps
each side

MAIN

All sets of a move, then the next

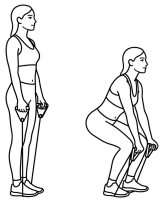
1 Band Lateral Walk



3 × 10
each side · rest 45 s

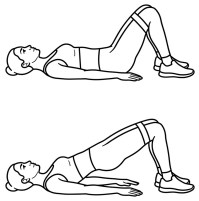
Stay low in a quarter squat; knees push out on the band

2 Band Squat



3 × 15
rest 60 s

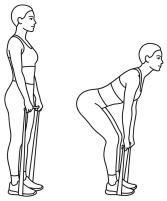
3 Band Glute Bridge



3 × 15
rest 45 s

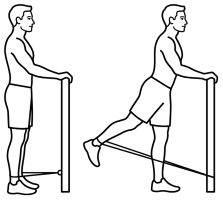
Squeeze at the top for a second

4 Band Romanian Deadlift



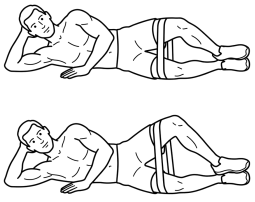
3 × 12
rest 60 s

5 Band Standing Glute Kickback



3 × 12
each side · rest 45 s

6 Band Clamshell

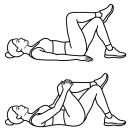


2 × 15
each side · rest 30 s

COOL DOWN

Once through, at an easy pace

Figure-4 Glute Stretch



30 s
each side

Pigeon Hip Stretch



30 s
each side

Kneeling Hip Flexor Stretch



30 s
each side