

Glute Camp

Do these moves twice a week. Complete the recommended sets and reps, opting for a weight at which you can barely eke out the last rep of your final set with perfect form.

1. Grand Plié Elvis Squat



Works core, hips, glutes, hamstrings, quads, and calves
Grab a 15- to 20-pound body bar with your hands wider than shoulder-width apart. Rest the bar across your shoulder blades and position your legs wider than shoulder-width apart with your toes turned out. Squat until your thighs are parallel to the floor (A). Rotate your entire body 90 degrees to the left (B). Return to center, stand, and squat again, this time rotating to the right. That's one rep. Do two sets of 12 to 15, resting for 30 seconds between sets.

SETS 2
REPS 12 to 15
REST 30 seconds

2. Front Lunge Push-Off

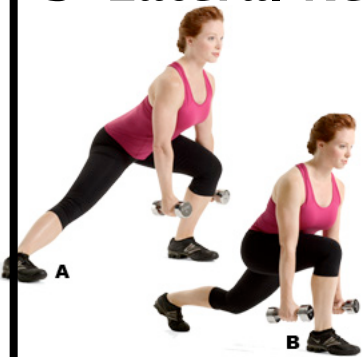
Works core, glutes, hamstrings, quads, and calves



Grab a pair of 10- to 15-pound dumbbells and stand with your feet together and your arms at your sides. Leading first with your left foot, lunge forward and lower your hips until both knees form 90-degree angles (A). With your right leg, pull yourself back to standing as you raise your left leg until your thigh is parallel to the floor (B). Balance on your right leg for one second, then return to start. Do 12 to 15 reps, then repeat on the other side. That's one set. Do three sets, resting for 30 seconds between sets.

SETS 3
REPS 12 to 15
REST 30 seconds

3. Lateral Reverse Lunge-Reach



Grab a pair of 10- to 15-pound dumbbells and stand with your feet together and your arms at your sides. Keeping your right leg straight and your toes facing forward, lunge to the left and lower your hips until your left thigh is parallel to the floor. Bend at the hips and lower the dumbbells so they're on either side of your left calf (A). Return to center. Next, perform a reverse lunge, stepping back with your left leg. Bend at the hips and lower the dumbbells so they're on either side of your right calf (B). Return to start. Do 12 to 15 reps, then repeat, lunging with your right leg. That's one set. Do three sets, resting for 30 seconds between sets.

SETS 3
REPS 12 to 15
REST 30 seconds

4. Curtsy Squat Rear Leg Lift

Works core, hips, glutes, hamstrings, and quads



Grab a pair of 12- to 15-pound dumbbells and stand with your feet hip-width apart, arms at your sides. Cross your right leg behind your left, slightly left of your left heel, and rest your toe on the floor about two feet behind you (A). Keeping your right heel up, squat down as far as you can without letting your left knee extend past your toes (B). Straighten your left leg and raise your right leg as high as possible behind you, lowering your torso toward the floor (C). Return to start. Do 12 to 15 reps and repeat on the other side. That's one set. Do three sets, resting for 30 seconds between sets.

SETS 3
REPS 12 to 15
REST 30 seconds

5. Sumo Squat And Leg Raise

Works core, hips, glutes, hamstrings, and quads



Grab a pair of 12- to 15-pound dumbbells and stand with your feet hip-width apart, arms at your sides. Cross your right leg behind your left, slightly left of your left heel, and rest your toe on the floor about two feet behind you (A). Keeping your right heel up, squat down as far as you can without letting your left knee extend past your toes (B). Straighten your left leg and raise your right leg as high as possible behind you, lowering your torso toward the floor (C). Return to start. Do 12 to 15 reps and repeat on the other side. That's one set. Do three sets, resting for 30 seconds between sets.

SETS 3
REPS 12 to 15
REST 30 seconds

6. Raised Lunge w/ Knee Balance

Works core, hips, glutes, hamstrings, and quads

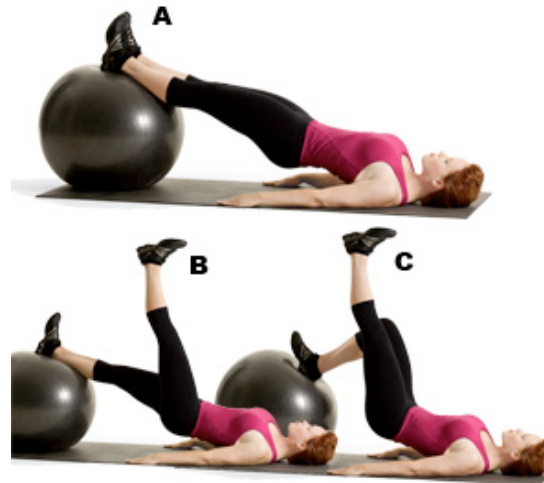


Grab a pair of 12- to 15-pound dumbbells and stand with your back to a 12-inch-high step two to three feet away. Place your right toes on the bench and sink into a lunge (A). Straighten your left leg as you bring your right knee in front of you and up until your right thigh is parallel to the floor (B). Balance on your left leg for one second, then return to start. Do 12 to 15 reps, then repeat on the other side. That's one set. Do three sets, resting for 30 seconds between sets.

SETS 3
REPS 12 to 15
REST 30 seconds

7. Hip Bridge And Heel Drag

Works core, glutes, hamstrings, quads, and calves



Lie on your back with your lower legs on a stability ball. Raise your hips until they're aligned with your feet and shoulders (A). Raise your left leg until the bottom of your foot is facing the ceiling (B). Press your right heel into the ball and roll it toward your butt (C). Roll the ball back out. Keeping your hips lifted, repeat the rolling motion for 12 to 15 reps. Repeat on the other side, resting for 30 seconds beforehand if needed. That's one set. Do three sets, resting for 30 seconds between sets.

SETS 3
REPS 12 to 15
REST 30 seconds



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