

Now that you've gone through the first set of exercises and understand the feel of the glutes, it's time to tune in even more and really get that booty to contract.

Glutes 2	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1	Glute Kick Up (Lying Leg Curl Machine)	30 seconds	4 sets	15 each	Set the bar to L or XL setting.
2	Diagonal Banded Kick Back	30 seconds	4 sets	15 each	
3	Bar Hip Thrust	30 seconds	3 sets	15	Do not arch and use your back. Its a pelvic thrust.
4	Double Grip Cable Plie Squat	30 seconds	3 sets	15	Feet narrowm, abduct your knees out at the bottom. Keep your torso straight.