

Like any other body part, I want you to focus on the mind-muscle-connection with these exercises. Don't just go through the motion, but really try to feel and analyze what part of your butt and how it is engaging. The more you feel out each rep, the more the brain sends signals to the targeted area helping it grow faster.

Glutes 1	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1	Glute Kick Back (Glute Machine)	30 seconds	3 sets	15 each	Contract your upper glutes
2	Abductor (modified)	30 seconds	3 sets	15	Hold the last rep
3	Frog Pump	30 seconds	3 sets	15	Push those heels together hard
4	Reverse Hyperextension	30 seconds	3 sets	15	Contract your upper glutes
5	Reverse V-Squat	30 seconds	3 sets	15	Keep those knees from buckling in.