



## THE BEST GLUTE-BUILDING EXERCISES

Think squats and lunges are all you need for toned glutes? Not quite. If you're sitting for hours daily, your glutes might be weaker than you think. Weak glutes can reduce strength and increase the risk of injuries to your hips, knees, and lower back.

To strengthen and shape your glutes, you need targeted exercises that activate and overload these muscles. Let's dive into the best moves to sculpt a strong, balanced backside.

### Glute Anatomy 101

Your glutes aren't just one muscle—they're made up of three:

- Gluteus Maximus (the largest muscle in your body!)

- Gluteus Medius
- Gluteus Minimus

These muscles work together to stabilize the hips, extend and rotate the leg, and help with balance and posture. Proper training is essential to strengthen and shape this powerhouse muscle group.

### Why Strong Glutes Matter

Strong glutes do more than just improve your appearance:

- Enhance balance and stability.
- Support lower-body movements like squats and running.
- Reduce the risk of back and knee injuries.

Plus, well-developed glutes can boost overall athletic performance and confidence.

### Top 3 Glute-Building Exercises

#### #1 Squats

Squats are a lower-body staple, engaging glutes, quads, hamstrings, and stabilisers like your core. Variations such as barbell squats, sumo squats, and front squats add versatility and challenge.

### #2 Deadlifts

A classic hip-hinge movement, deadlifts emphasize the hamstrings and glutes. Romanian deadlifts are particularly effective for glute activation, thanks to the deep stretch and strong contraction at the top of the lift.

### #3 Hip Thrusts

This glute-specific exercise isolates the gluteus maximus better than squats or deadlifts. Hip thrusts are highly effective for building strength and muscle while being easy to progressively overload as you grow stronger.

#### Worthy Mentions

Don't forget these bonus moves:

- Sprints
- Leg kickbacks
- Fire hydrants
- Side leg raises

Your glutes are key to strength, stability, and injury prevention. Whether it's squats, hip thrusts, or sprints, the right exercises can help you sculpt powerful glutes and enhance overall performance.

Need guidance? Our trainers can help you master the moves and build a program tailored to your goals.



## GET IN TOUCH

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