

Why strengthen your lower body and glutes?

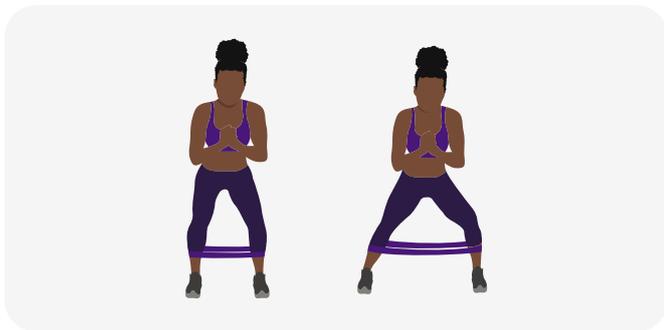
Your glutes and leg muscles play a vital role in everyday movements such as walking, climbing stairs, and getting out of a chair. Keeping these muscles strong helps you stay active, maintain independence, and support your long-term heart health at any age.

Strengthening your lower body can:

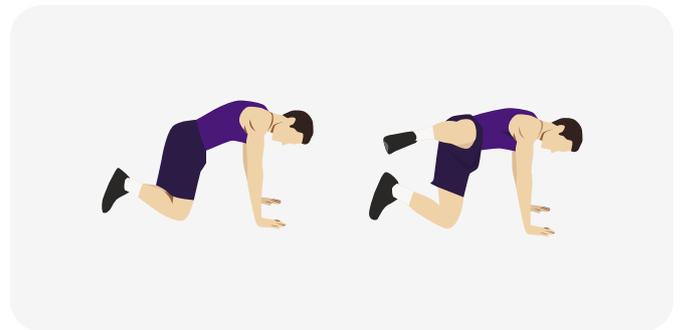
- Make everyday activities like walking and climbing stairs feel easier.
- Improve balance and stability, reducing the risk of falls.
- Help maintain muscle and bone strength as you age.
- Support healthy weight management by keeping your muscles strong.
- Reduce strain on your lower back, hips, and knees.

Recommended Warm-Up Exercises

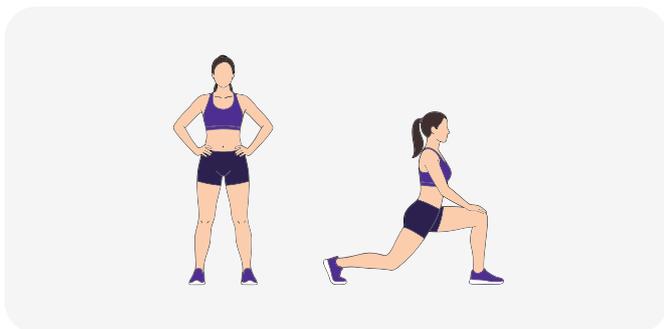
The goal is to feel ready, not fatigued before the workout. Pick two of the following:



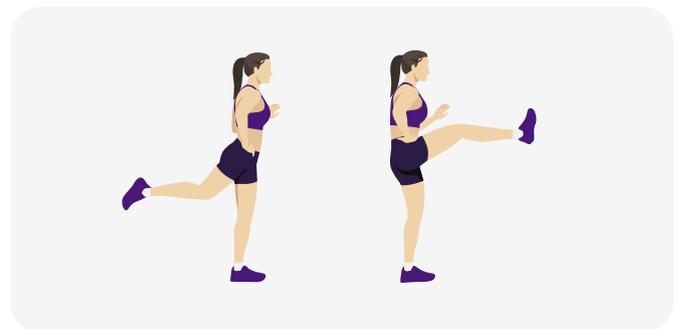
Banded Walks: Step side-to-side with a resistance band around the thighs or ankles, keeping knees slightly bent. Activates the glutes before exercises. 5-10 each side.



Fire Hydrants: On all fours, lift one knee out to the side while keeping the hip bent at 90° and the back neutral. Lower with control. Can be done with or without a resistance band to activate glutes before exercises. 5-10 each side.



Forward Lunges: Step forward with one leg, lowering your hips until both knees form roughly 90-degree angles, then push off your front foot to return to standing. 5-10 each side.



Leg Swings: Swing legs forward/back and side-to-side to loosen hips and activate glutes dynamically. 5-10 each side.

Main exercises

Glute Kickbacks

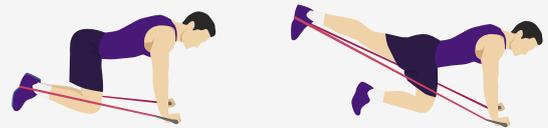
- Can be done on all fours or leaning at 45° against a chair, wall, or counter.
- Keep core tight and back neutral.
- Lift the leg using your glutes, not your lower back.
- Squeeze glute 1-2 seconds at the top, then lower slowly with control.

Beginner



- On all fours or standing (without any weights/bands).

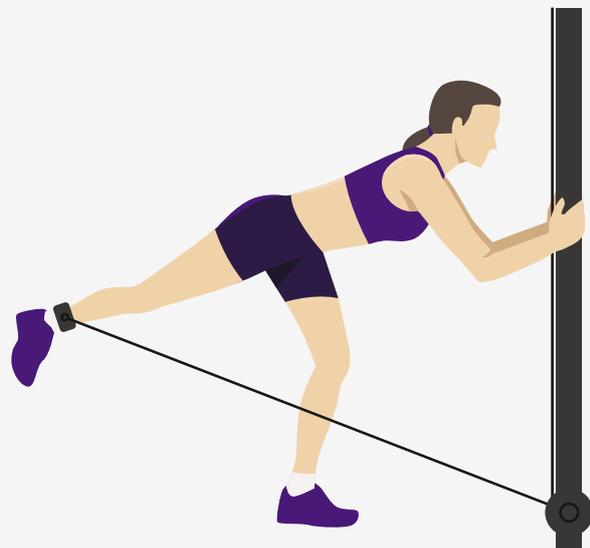
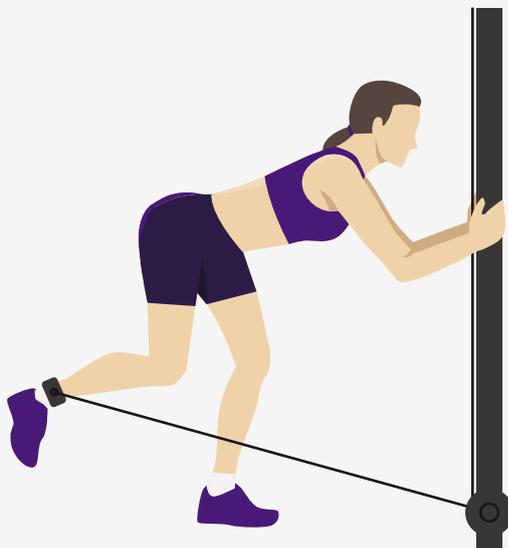
Intermediate



- Add resistance band.

Expert

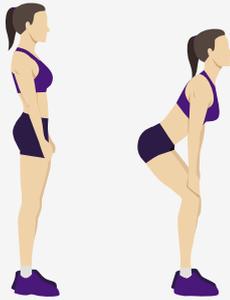
- Add ankle weights, stronger bands, or cable resistance.
- Can be performed standing without support for balance challenge.
- Lift leg with glutes, squeeze glute 1-2 seconds at the top, then lower slowly with control.
- Keep core engaged, back neutral, and avoid swinging.



Romanian Deadlift (RDL)

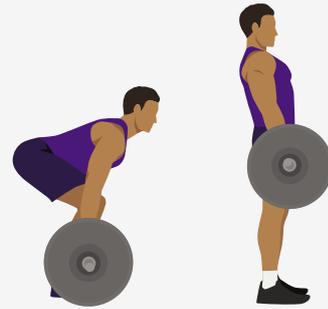
- Stand feet hip-width, with your hands or a broom in front of thighs. Knees slightly bent.
- Hinge at your hips: push hips back, lower weights along legs, keep your back straight by keeping your chest up.
- Pause, 1-2s, when you feel a stretch in hamstrings, don't round your back.
- Drive hips forward to stand tall, squeezing glutes at the top.
- Keep movement slow and controlled; weights stay close to your body throughout the movement.

Beginner



- No weights.

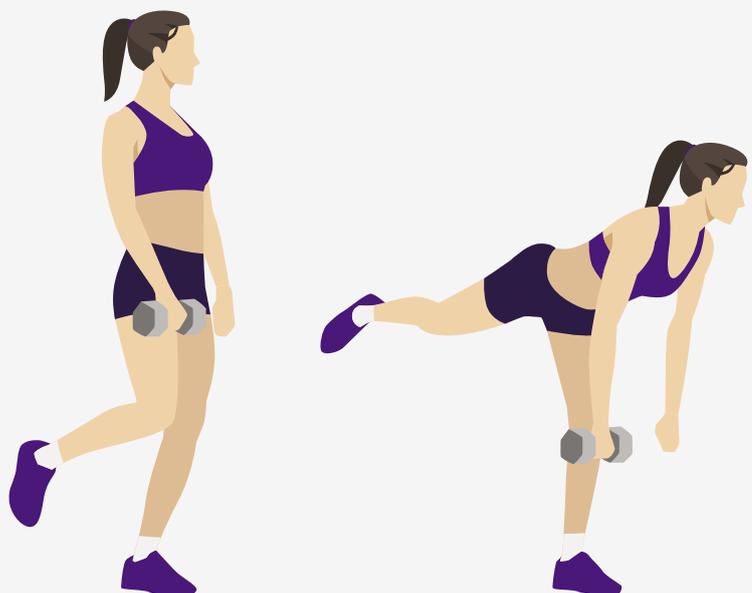
Intermediate



- Add weights or resistance bands.

Expert

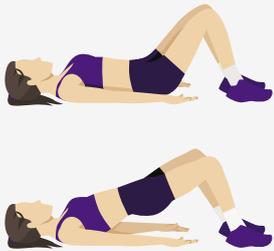
- Stand on one leg, hold a dumbbell in the opposite hand. Knee slightly bent.
- Hinge at your hip: push your hips back, lowering the weight toward the floor. Extend the free leg straight behind you for balance.
- Keep your back straight and chest up; stop when you feel a stretch in the standing leg's hamstring/glute.
- Drive hips forward and bring the free leg down to return to standing, squeezing glutes.
- Move slowly and controlled, focus on balance, weights stay close to your leg.



Glute Bridges

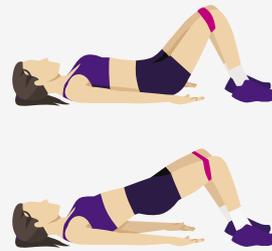
- Lie on your back, knees bent, feet hip-width on the floor, arms by your sides.
- Push through your heels to lift hips toward the ceiling.
- Squeeze glutes at the top, keep core engaged, don't arch your lower back.
- Lower slowly back down, maintaining control.
- Keep movement steady and focus on strong glute contraction.

Beginner



- No weights

Intermediate



- Add resistance (weight on hips or resistance band)

Expert

- Lie on back, knees bent, feet hip-width, place a weight on hips and lift one leg straight.
- Drive through your heel(s), lift hips high, squeezing glutes hard.
- Maintain neutral spine, avoid over-arching lower back.
- Lower slowly; if single leg, keep extended leg straight and controlled.
- Move with control, focusing on strong glute contraction.



Step-Ups

- Stand facing a sturdy bench or step, feet hip-width apart.
- Use wall or rail for balance if needed.
- Step one foot onto the bench, press through the heel to lift your body up.
- Bring the other foot up to meet it, standing tall at the top.
- Step back down one foot at a time, keeping control.
- Focus on driving through the working leg's heel and engaging glutes.

Beginner



- Low step, no weights.

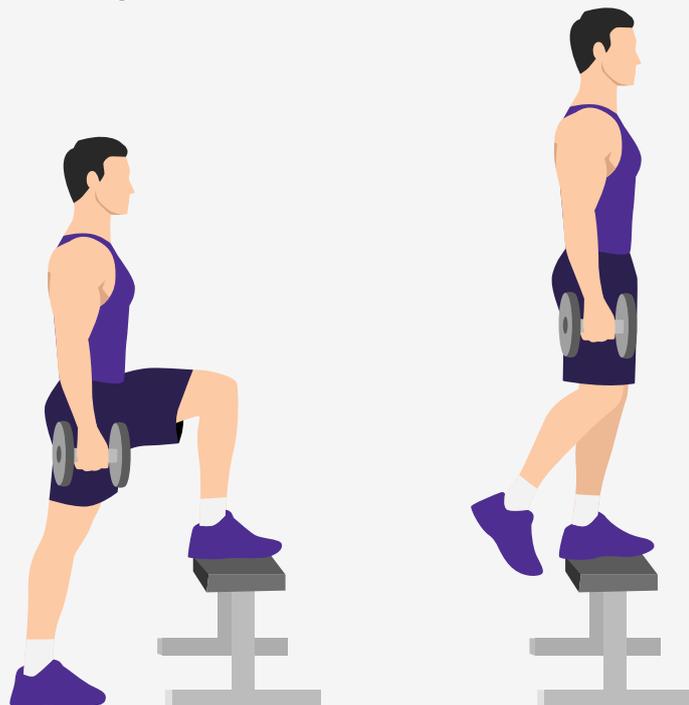
Intermediate



- Step-ups onto a higher step, no hand support.
- Focus on controlled lowering.

Expert

- Use a higher step and hold weights in each hand.
- Step onto the bench, drive through the heel, fully extend the hip at the top.
- Control your descent; do not collapse onto the lower leg.
- Keep chest up, core engaged, and glutes active throughout.



Squats

- Sit on a sturdy chair, feet hip-width apart, toes forward or slightly out.
- Use hands on chair if needed for support.
- Stand up slowly, squeezing your glutes at the top.
- Lower back down with control, avoiding plopping or knees caving inward.
- Keep chest up, back straight, and move steadily throughout.
- Focus on driving through the working leg's heel and engaging glutes.

Beginner



- No weights.

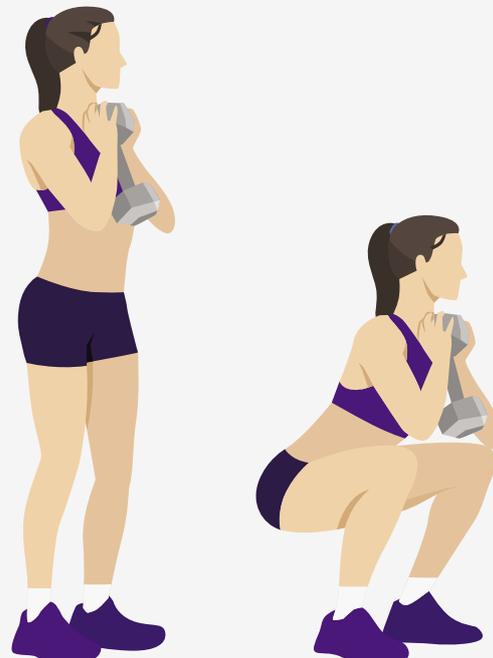
Intermediate



- Without any support, lower down until you lightly touch the chair, then stand straight back up without fully sitting.

Expert

- Stand feet hip-width apart, toes forward or slightly out.
- Lower into a squat, pushing hips back and bending knees, keeping chest up and back straight.
- Go as low as comfortable (ideally thighs parallel to floor/90 degrees), then drive through heels to stand.
- Squeeze glutes at the top, maintain control throughout.



DIY workout

To create your own workout: Start with one set of each exercise for 8-15 reps. Focus on mastering the technique first before increasing sets, reps, or resistance. Gradually progress as your strength and confidence improve.