



LISA MALOY

**GLUTE GUIDE
EDUCATE & EMPOWER**

UNLOCK YOUR BEST GLUTES | A COMPREHENSIVE GUIDE TO
SCULPTING AND STRENGTHENING YOUR GLUTES



Sculpt, Lift, Thrive

Embark on a transformative fitness journey. Unlock a series of dynamic and effective exercises meticulously designed to target and activate every muscle in your glutes. From booty-building basics to advanced sculpting moves, this comprehensive workout plan caters to all fitness levels. With step-by-step instructions, illustrations, and pro tips, you'll navigate your glute workouts with confidence, ensuring maximum results and a firm foundation for a stronger, more defined posterior. Elevate your fitness routine and embrace the power of well-toned glutes with this essential workout guide.

LISA MALOY

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About Me

Lisa Maloy is a fitness professional that has been in the business for over 30 years. She is a Master Personal trainer, Advanced Nutrition Specialist as well as a Holistic Nutrition degree!

She also is an NPC National and Head Judge as well as an IFBB, Pro League Judge. She also competed as an IFBB Pro athlete from 2003 to 2021!

Lisa's passion and commitment to the health and wellness of her clients is like none other. She is truly inspired by helping people become the best versions of themselves!

Exercise Instructions

For each exercise below, perform 3-4 sets of 12-15 reps.

The best results, superset two of the exercises with no rest time in between for the 3-4 sets.

Once finished, move onto the next couple of sets of exercises with about one minute in between the transition.

GLUTE WORKOUTS

01

45 DEGREE ANGLED SMITH GLUTE BRIDGE

The 45-Degree Angled Smith Glute Bridge is a targeted glute exercise where you position yourself beneath a Smith machine bar at a 45-degree angle. With your upper back and shoulders resting on a bench, you lift your hips toward the ceiling, engaging your glutes and hamstrings.

[CLICK HERE](#)

02

BANDED STEP BACK LUNGES

Performing the Banded Step Back Lunge adds a dynamic challenge to your leg workout. Secure a resistance band around your thighs, just above the knees. Start by standing with your feet hip-width apart. Take a step backward with one foot, lowering your body into a lunge position, ensuring both knees form 8=90-degree angles. Push through the front heel to return to the starting position. The resistance band adds lateral tension, targeting your glutes and outer thighs. Alternate legs and repeat for a comprehensive lower body workout.

[CLICK HERE](#)

03

MACHINE BOSU GLUTE ADDUCTIONS

Performing Adduction Machine Bosu Glute Adductions combines the benefits of the adduction machine with the stability challenge of the Bosu ball. Set up the Bosu ball beside the adduction machine. Sit on the machine, securing your legs with the pads. Place your back against the Bosu ball. Adduct your legs by bringing them together against the machine's resistance while maintaining balance on the Bosu ball. Focus on controlled movements to engage the inner thigh and glute muscles effectively.

[CLICK HERE](#)

GLUTE WORKOUTS

04

INCLINE BENCH SMITH MACHINE DONKEY KICKS

To perform Incline Bench Smith Machine Donkey Kicks, set up an incline bench at a slight angle below a Smith machine bar. Position yourself on the bench facing down, securing your hands on the bar for stability. With one knee on the bench, lift the opposite leg upward, keeping it bent at a 90-degree angle. Squeeze your glutes at the top of the movement before lowering the leg back down. This exercise targets the glutes effectively with the added challenge of stability. Alternate legs and incorporate it into your routine for a dynamic lower body workout.

[CLICK HERE](#)

05

PRONE LEG CABLE GLUTE EXTENSION

To perform Prone Leg Cable Glute Extension, lie facedown on an incline bench at a slight angle with a cable machine at your feet. Attach an ankle cuff to one leg and adjust the cable to a low setting. Keep your core engaged and extend the cuffed leg backward against the cable's resistance, focusing on activating your glutes. Ensure controlled movements and a straight leg extension. Hold for a moment at the top and then return to the starting position. This exercise targets the glutes effectively and adds resistance for increased muscle engagement.

[CLICK HERE](#)

GLUTE WORKOUTS

06

BANDED LATERAL SQUAT WALK WITH ADDUCTIONS

Performing the Banded Lateral Squat Walk with Adductions is an excellent way to target your inner and outer thighs. Secure a resistance band around your thighs, just above the knees. Start in a squat position with feet shoulder-width apart. Take a lateral step to the side, maintaining a slight squat, and then bring the other leg towards the midline of your body, engaging your inner thighs. Alternate sides with each step. This compound movement combines lateral squat walks with adduction, providing a comprehensive workout for your lower body. Keep the band taut for optimal resistance.

[CLICK HERE](#)

GLUTE STRETCHES

01

BUTTERFLY STRETCH

To perform the Butterfly Stretch, sit on the floor with your knees bent and the soles of your feet together, allowing your knees to fall outward. Hold onto your feet with your hands, sit up tall, and gently press your knees toward the floor using your elbows. Feel the stretch in your inner thighs and groin. You can gently flap your knees up and down, resembling butterfly wings, for a dynamic stretch. Hold the stretch for 15-30 seconds, breathing deeply. This stretch helps improve flexibility in the hips and is a great addition to your warm-up or cool-down routine.

[CLICK HERE](#)

GLUTE STRETCHES

02

LYING DOWN GLUTE|HIP STRETCH

To perform the Glute/Hip Stretch, start by sitting on the floor with your legs extended straight in front of you. Bend one knee and cross it over the other leg, placing your foot on the floor beside the opposite knee. Hug your bent knee with the arm on the same side and gently twist your torso towards the bent knee, feeling the stretch in your glutes and hips. Hold the stretch for 15-30 seconds, then switch to the other side. This stretch helps release tension in the hip area and is beneficial for those looking to improve flexibility and alleviate tightness.

[CLICK HERE](#)

03

BENCH SINGLE LEG GLUTE STRETCH

Performing the Bench Single Leg Glute Stretch involves sitting on a bench or elevated surface. Start by crossing one ankle over the opposite knee, creating a figure-four shape with your legs. Gently press down on the elevated knee to feel a stretch in the glute of the crossed leg. Keep your back straight and hinge slightly forward at your hips for a deeper stretch. Hold the position for 15-30 seconds and then switch to the other leg.

[CLICK HERE](#)

CONCLUSION

Are You Ready *To Embark On Your Journey?*

In concluding this guide, I want to commend you for taking the first step toward a healthier, more vibrant life. Embracing a fitness journey is a powerful decision, and I'm here to support you every step of the way. Your path to wellness begins now. Click the link below to kickstart your transformation - commit to a healthier, stronger you.

Remember, each small effort adds up to significant change. Let's embark on this journey together, and may your pursuit of health be rewarding and fulfilling. Click the link, and let the transformation begin!



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