

Glute and Core workout

-With Aligned Wellness

Why should everyone work their glutes?

Your glute muscles (also known as your bottom) are important for walking, running, balance, supporting lower back muscles, pelvic floor alignment and so much more.

As moms we can catch ourselves clenching our glutes when walking, standing or holding little ones. Its so important to have strong glutes and core for your lower back, lifting and completing daily tasks we are faced with every day.

Heres a free glute workout for you!

Disclaimer: I am not a licensed personal trainer, I do have a Bachelors in Care Health and Society with a minor in Nutritional Sciences. I am a momma to two and have been lifting weights for nearly nine years. I love to share info with others about how they can enter into the fitness world with Christ and watch their lives change drastically. Always speak with your Doctor before beginning exercise, you know your body best and advocate for yourself!

Scripture: Psalm 46:5 “God is within her, she will not fall. ”

- Hip Thrusts Super Set (SS) with Dead Bugs 4x20
- Wide stance Goblet Squats SS with Curtsey Lunges 4x20
- Jump Squats SS with elevated Hip Thrusts 4x10
- Sit Ups SS with Lying leg raises 5x10
- Deep belly breathing, 10-15 breaths

***Some tips:**

- Warm up with 5-10 minuets of cardio or a cardio exercise, such as jumping jacks or a brisk walk.
- Focus on engaging your core muscles throughout the workout to maintain good posture and stability.
- Remember to breathe consistently and avoid holding your breath during exercises.
- Take breaks as needed and listen to your body to prevent overexertion or injury.
- Cool down with some stretching exercises to help improve flexibility and prevent muscle soreness.
- Stay hydrated by drinking water before, during, and after your workout to keep your body functioning properly.
- Enjoy the process of exercising and celebrate your progress, no matter how small it may seem. Every step forward counts towards a healthier you!