Your Leg Day Is Missing These 3 Glute Exercises Transcript

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Intro and workout overview

Follow this Follow this quick quick quick recovery recovery recovery leg workout with me and leg workout with me and I guarantee I guarantee you'll you'll get better get better results from results from your leg day on heavier days. I'm your leg day on heavier days. I'm Deborah Atkinson, Deborah Atkinson, the founder of Flipping 50, and the founder of Flipping 50, and many of you many of you often say, "I'd often say, "I'd love for you to love for you to make a make a workout video that I workout video that I can do can do with you." Well, with you." Well, here it is, short and here it is, short and simple. So, I want simple. So, I want you to know that this is you to know that this is great for great for traveling. Of course, traveling. Of course, if I'm traveling by if I'm traveling by plane, I won't take a plane, I won't take a weight vest, weight vest, but right now I'm at home.

but right now I'm at home. I just have very I just have very limited time. You have limited time. You have days like that too. days like that too. I want to exercise.

I want to exercise. I have it planned. I need this. I'm. I need this. I'm late for late for training because I wo training because I wo n't have time tomorrow either. I need to. I need to do this, if only to do this, if only to tell myself: “You are tell myself: “You are consistent. You consistent. You play sports. " play sports. " Stimulate those muscles." Stimulate those muscles." This is what we do. So I choose a slightly. So I choose a slightly lighter load. I'm lighter load.

Band setup and side steps

I'm not going to add not going to add any any any additional weight to this. So, think in threes. We're, think in threes. We're going to do going to do this three times. That's all this three times. That's all for the buttocks. We will for the buttocks. We will focus on the focus on the gluteus medius gluteus medius muscles, which we muscles, which we use when we stand use when we stand or walk on one or walk on one leg, practice leg, practice balance, or balance, or do other do other work. You will work. You will feel it. So I want feel it. So I want you to buy yourself a you to buy yourself a set like this. This is from set like this. This is from Perform Better. This is simply Perform Better. This is simply my favorite my favorite company. They are company. They are about 8 about 8 inches in diameter, and if you are inches in diameter, and if you are larger, you larger, you can get them in can get them in 12 inches diameter.

12 inches diameter. So, you put this on So, you put this on above your knees. I want above your knees. I want you to put it on you to put it on if, like me, you can if, like me, you can use a use a use a weight vest.

weight vest. I will make you do it I will make you do it. I hope. I hope my microphone my microphone is on and doesn't is on and doesn't conflict with the conflict with the weight weight weight vest. Let's see.

vest. Let's see. So, here's my feed. So, here's my feed. It is placed It is placed above the knees, above the knees, so we get so we get resistance but don't resistance but don't create unnecessary create unnecessary pressure on the knee itself.

pressure on the knee itself. So, I want you to So, I want you to stand straight. We stand straight. We will will will use this in use this in a few different a few different ways. You stand ways. You stand on your full foot, but on your full foot, but squat. So, squat. So, as you move from as you move from side to side, I want side to side, I want you to notice that I'm wearing a different color shirt and pants.

different color shirt and pants. I want you to I want you to notice that you notice that you shouldn't lean from shouldn't lean from side to side. No side to side. No swinging.

swinging. Stay low, Stay low, take steps, take steps, keep your balance, move confidently,, move confidently, and

turn and turn back. You will know you have back. You will know you have reached fatigue reached fatigue when you can no longer when you can no longer maintain maintain maintain this stability. This is this stability. This is very convenient to do very convenient to do if there is a mirror in the room if there is a mirror in the room or if you are or if you are recording yourself on recording yourself on video. Watch video. Watch yourself on video—this way you'll yourself on video—this way you'll get get get feedback on what's feedback on what's really happening. So, I really happening.

Squats and pulse movements

So, I want you to want you to walk around the room again walk around the room again with these side with these side steps. We use the steps. We use the gluteal muscles both during gluteal muscles both during the step and the step and when pulling up when pulling up the leg. Do not let the the leg. Do not let the tape tape tape snap back abruptly.

snap back abruptly. Great work for Great work for your your your glutes. There and glutes. There and back again. Please note that I am without shoes. Sometimes it's nice. On Sometimes it's nice. On easy training days, I easy training days, I prefer prefer barefoot running shoes, flip-flops, flip-flops, flip-flops, socks, or socks, or just barefoot. But just barefoot. But the choice is yours. If the choice is yours. If you have plantar you have plantar fasciitis, your doctor fasciitis, your doctor will probably advise you not to will probably advise you not to go barefoot and to go barefoot and to always wear shoes.

always wear shoes. Stay where Stay where you are. We will do you are. We will do squats. Now that squats. Now that we've walked from we've walked from side to side and side to side and activated the muscles, you activated the muscles, you 'll feel the 'll feel the squat a little squat a little differently. If you are at home, differently. If you are at home, have a tape measure and have a tape measure and realize that it is realize that it is too long, wide, too long, wide, or old, it does not provide the or old, it does not provide the necessary resistance. There are several things you can do several things you can do. If you order. If you order them in packs of 10, them in packs of 10, they cost they cost a maximum of $2.5–3 a maximum of $2.5–3 per piece. They are not per piece. They are not eternal. Over time, they eternal. Over time, they lose their lose their elasticity. You elasticity. You can wear two can wear two ribbons at once. This way ribbons at once. This way you will get a little you will get a little more tension. But more tension. But both should still both should still be above the knees.

be above the knees. Stay below. Stay below. We're just going to do We're just going to do this easy squat. this easy squat. So, we've done So, we've done side steps, side steps, squats, squats, squats, and now push-ups.

push-ups. push-ups. We descend: one, two, We descend: one, two, three. These are impulse three. These are impulse movements. This is not jumping. movements. This is not jumping.

These are not the knees, you These are not the knees, you need to feel the need to feel the buttocks. buttocks. Stay low, Stay low, tighten your muscles, and tighten your muscles, and spread your knees out to the spread your knees out to the sides. Press your heels sides. Press your heels into the floor, then into the floor, then rise and rise and press again.

press again. Spread your knees to the sides, Spread your knees to the sides, create tension, don't create tension, don't let the tape let the tape bring them together. Okay, bring them together. Okay, let's get up. These were let's get up. These were your two exercises. And your two exercises. And now I'm going to ask you to now I'm going to ask you to take it off. If you have take it off. If you have trouble keeping your trouble keeping your balance, balance, balance, use a support and then put and then put it aside. Now—on it aside. Now—on one leg. Stand one leg. Stand on one leg, and if on one leg, and if you have a weight, you can you have a weight, you can grab it now.

Single-leg hinge and balance work

Any weight will do, the main thing is to stand on one leg. The other leg can be other leg can be taken back for taken back for balance; Now balance; Now bend over, bend over, holding the dumbbell in your holding the dumbbell in your opposite hand, and opposite hand, and lightly touch lightly touch it to the outside of your little

finger, just barely reaching the, just barely reaching the floor. In fact, floor. In fact, as you can see, I'm not as you can see, I'm not touching the floor, but I'm straining my gluteus maximus so much straining my gluteus maximus so much that I can already feel a that I can already feel a slight burning sensation. I slight burning sensation. I keep everything right. I press my heel against press my heel against the floor, rise and the floor, rise and fall, and do it fall, and do it two more times. You need to two more times. You need to perform 10–12 perform 10–12 repetitions, then repetitions, then relax and relax and switch to the other side.

switch to the other side. I'll stay standing the same way I'll stay standing the same way so you can see so you can see the difference. Remember, the difference. Remember, my weight will be my weight will be here now. So, this here now. So, this gluteus muscle is gluteus muscle is working now. The hand with the heavy load working now. The hand with the heavy load is brought out.

is brought out. The toes of the hind leg are The toes of the hind leg are only for insurance. They help They help maintain balance. They don't take on They don't take on weight.

weight. Lower yourself, then Lower yourself, then press your heel into press your heel into the floor. When you the floor. When you press with your heel, you engage your press with your heel, you engage your buttock.

buttock. If you put If you put a lot of weight on your toe, a lot of weight on your toe, you will immediately feel the you will immediately feel the strain on your strain on your knee. So, know knee. So, know that you need to shift your that you need to shift your weight back to your heel.

weight back to your heel. Press on the heel. Press on the heel. Press on the heel. Press on the heel. The toe is on The toe is on the floor only for the floor only for balance. It does not balance. It does not carry the main weight.

carry the main weight. Great job. Great job. One last time and back. One last time and back. Good. OK. Good. OK. Put the weight aside. There Put the weight aside. There were three exercises. Are you were three exercises.

Repeat set and technique cues

Are you ready? Let's repeat it again ready? Let's repeat it again. I accidentally. I accidentally picked up a very old picked up a very old tape. This one is not that tape. This one is not that old, I can feel it.

old, I can feel it. So, now I'll do it like this So, now I'll do it like this. I will. I will lean to the side and lean to the side and turn, to the side and turn, to the side and back. I try back. I try to keep a straight to keep a straight line between the white line between the white T-shirt and the green T-shirt and the green pants. Without pants. Without swinging. You swinging. You can see that the hull is can see that the hull is stable. Your stable. Your core muscles are working core muscles are working very actively. So, very actively. So, if you do if you do this with your arms, no one this with your arms, no one has to tell has to tell you to pull your stomach in, you to pull your stomach in, to tense up, you to tense up, you just do it. This is one just do it. This is one great great great example of how example of how weight training weight training is a great is a great workout for the workout for the core muscles. You don't need to core muscles. You don't need to pump the bar on the floor. In fact, it's. In fact, it's probably the least probably the least effective job for effective job for your core when it comes to your core when it comes to helping helping helping with daily with daily activities. OK.

activities. OK. Bring this back to Bring this back to the middle. Wonderfully the middle. Wonderfully done. done. done. Stay here, but Stay here, but spread your legs wider.

spread your legs wider. Weight on the heels. And when Weight on the heels. And when you're down, I want you're down, I want you to push your you to push your knees out.

knees out. Push outward. Push outward. Keep it outside. Keep it outside. Keep it outside. Keep it outside. Good. Down. Good. And Good. Down. Good. And push through the heel.

push through the heel. Remember, your heel is Remember, your heel is your connection to your your connection to

your buttocks. And if we're buttocks. And if we're here to focus here to focus on the glutes, you on the glutes, you need to need to engage them and keep them engage them and keep them tight. You tight. You stay downstairs.

stay downstairs. Spring your heels Spring your heels down, buttocks back, down, buttocks back, chin up, chin up, chest forward. Perfectly. chest forward. Perfectly.

Push yourself up. Push yourself up. Good. We're going down to Good. We're going down to five. And four. Good. five. And four. Good. I'm checking the microphone.

I'm checking the microphone. Three. And two. And one. Three. And two. And one. Stay down. Stay down. One. Two. Three. Four. One. Two. Three. Four. And five. Good. So, the And five. Good. So, the first exercise, first exercise, gluteus medius.

gluteus medius. Squatting. Large Squatting. Large gluteal muscles. But gluteal muscles. But yes, we feel them yes, we feel them because we push our because we push our knees out to the sides.

knees out to the sides. Third exercise. Then Third exercise. Then we go back to we go back to one leg lunge. So, toe back, So, toe back, opposite hand to opposite hand to foot, we lower, foot, we lower, transferring weight to the transferring weight to the heel, and then heel, and then push up.

Keep the sock Keep the sock as light as possible. Rarely will as light as possible.

Stretching and hip flexor release

Rarely will anyone be able to hold on anyone be able to hold on and sink deeply and sink deeply without without without leaning on their toes at all. You don't have to You don't have to do this, just do this, just keep it keep it as light as possible. If as light as possible. If you feel like you you feel like you can lift it, can lift it, you're on the right you're on the right track, okay?

track, okay? Lower and Lower and press deeply with this press deeply with this leg. Lower. Press. leg. Lower. Press. Good job. Good job. Get down. And Get down. And lastly, the other lastly, the other side. So, here's the side. So, here's the sock back. I sock back. I shift my weight beyond the shift my weight beyond the toe, closer to the toe, closer to the front of the front of the foot. And the weight goes to the foot. And the weight goes to the heel. Press your heel heel. Press your heel into the floor and into the floor and push yourself up.

push yourself up. Good. You want Good. You want to feel the gluteus medius to feel the gluteus medius muscle on the side of your muscle on the side of your thigh. You want to thigh. You want to feel it feel it turn on. Without turn on. Without any tension in the lower any tension in the lower back. Press back. Press up. Easy on the toe.

up. Easy on the toe. Chin up. And Chin up. And if you feel if you feel tension in your tension in your lower back, you may be lower back, you may be rounding your back too much rounding your back too much. You may. You may have to have to have to stop in midair.

stop in midair. Without touching Without touching the floor. So the main thing is the correct technique. correct technique. This is not necessarily an This is not necessarily an exercise to the exercise to the floor. Perfectly. Another floor. Perfectly. Another one. And up. Good.

one. And up. Good. It was three. Are you ready? The last approach. You? The last approach. You must be feeling it by now must be feeling it by now and thinking that two and thinking that two approaches would be approaches would be enough, right? And that enough, right? And that might be okay might be okay if you're just if you're just starting out. But starting out. But let's do it again let's do it again. If, like me, you. If, like me, you don't have don't have time to workout tomorrow time to workout tomorrow because of the trip. You because of the trip. You will do it here.

We take a step and We take a step and control it, control it, step, control, step, control, step, control. We do step,

control. We do n't let the tape n't let the tape pull the leg pull the leg inward. We inward. We resist. Good. And if I resist. Good. And if I wanted a little more wanted a little more tension, I could tension, I could put on two of these put on two of these bands. There and back.

bands. There and back. And I know someone And I know someone will think, "But if I will think, "But if I wore them on my wore them on my ankles, it would be ankles, it would be better." This could better." This could put unnecessary put unnecessary strain on your strain on your knees. And I think that knees. And I think that at our age, in our 40s, in our at our age, in our 40s, in our 50s, in our 60s, we don't 50s, in our 60s, we don't need to create need to create problems for ourselves, right?

problems for ourselves, right?

Final squat sequence and cooldown

We don't need to We don't need to look for ways to look for ways to add stress add stress to our joints. Instead, to our joints. Instead, we can we can safely move, safely move, perhaps from green perhaps from green to red tape, and to red tape, and add support above the add support above the knee where it is knee where it is safe. Good. And safe. Good. And back. Now back. Now we return to the center, we return to the center, keep our legs wide keep our legs wide and squat. We started.

and squat. We started. So, let's do it 10 times. So, let's do it 10 times. Weight on the heels. Weight on the heels. Push yourself into your heels. Push yourself into your heels.

Keep your knees Keep your knees apart. Down and apart. Down and push out. Good. push out. Good. Down and press. Down and press. Perfectly. This is the third and Perfectly. This is the third and final approach, you final approach, you should already be saying: "Yes, thank God." Truth?

, thank God." Truth? You really have to You really have to feel it. And if not, feel it. And if not, I would recommend getting a I would recommend getting a heavier tape or two. I like to. I like to use two use two green ones with my green ones with my clients because it clients because it helps maintain helps maintain proper technique, proper technique, unlike the red one, unlike the red one, which can cause a loss of which can cause a loss of range of motion. And we range of motion. And we don't want to don't want to do that. Continue do that. Continue to spread your knees out to the to spread your knees out to the sides. I'm watching you.

sides. I'm watching you. Good job. Down. Good job. Down. Push with your heels. Push with your heels. Down. Keep your back Down. Keep your back straight. Hold straight. Hold your posture. Good. And your posture. Good. And another pause.

another pause. Hold for one, Hold for one, two, three and four. This is two, three and four. This is your last resort. your last resort. You will not see You will not see this exercise again.

this exercise again. Hold on. And Hold on. And we push it out. Good. Let's we push it out. Good. Let's take this off. Perfectly. take this off. Perfectly.

Now let's be Now let's be frank. This is not what frank. This is not what I would call a I would call a regular regular regular leg workout. But this is what leg workout. But this is what I would call I would call very effective for very effective for muscle groups that we muscle groups that we often don't find often don't find time for and that time for and that need " waking up".

Let's go. With the Let's go. With the opposite weight, opposite weight, reach toward reach toward the outside of the the outside of the front foot, front foot, pressing the heel into pressing the heel into the floor. My gaze the floor. My gaze is directed forward, is directed forward, not downward. So I don't not downward. So I don't round my back. I round my back. I do a hip tilt. The hind leg stands. The hind leg stands quite easily. And quite easily. And we push. Great we push. Great job. Down and up.

job. Down and up. Okay, and if Okay, and if you feel tired and you feel tired and lose control, and can't do it any more efficiently— stop. Great, stop. Great, I'm already on that edge.

I'm already on that edge. Okay, relax. Okay, relax. So if you have So if you have two or three exercises left, two or three exercises left, finish them. And then finish them. And then join me join me on the other side. It's on the other side. It's smart to know that smart to know that if I do more, if I do more, I'll lose proper I'll lose proper technique. It's better technique. It's better to focus on to focus on quality repetitions, quality repetitions, only quality ones.

only quality ones. OK. OK. OK. Back leg position, arm Back leg position, arm crossed, and let's begin. Press your heel into. Press your heel into the floor. Good job. You may notice. You may notice that that that you you you feel the feel the feel the muscle contraction much better on one side.

For me, this is another For me, this is another side. This is the side. This is the side where I don't side where I don't feel the feel the contraction as much, contraction as much, which means it which means it needs it needs it more than the other.

Using the strong Using the strong side first side first gave me an understanding of gave me an understanding of how it should feel, so that as I got stronger, so that as I got stronger here, I knew I was doing it here, I knew I was doing it right when right when the difference between the the difference between the sides decreased. I'll do another one because I. I'll do another one because I really feel it.

really feel it. Great job. Okay. Three exercises, simple,. Three exercises, simple, three sets, a three sets, a weight vest is weight vest is not required, but not required, but it always adds a little bit of it always adds a little bit of load.

load. By the way, this does not affect By the way, this does not affect bone density. bone density. Can help with Can help with posture. If you are posture. If you are a little weak, have a little weak, have bad posture, a bad posture, a weight vest weight vest may even may even make it worse. So I would make it worse. So I would n't necessarily wear n't necessarily wear it during exercise.

it during exercise. But I want you to But I want you to do some stretching. We do some stretching. We need to relax need to relax these muscles. So I these muscles. So I lean against a wall, a lean against a wall, a bookshelf, a bookshelf, a sofa, or a chair.

I lift one leg and I lift one leg and put it down, forming a " four", and you four", and you see why. And then I see why. And then I move my pelvis back move my pelvis back until I feel a until I feel a deep stretch deep stretch in the thigh of the leg that in the thigh of the leg that is on top. My is on top. My weight is on the heel of my foot, weight is on the heel of my foot, which I'm leaning on, which I'm leaning on, using all the using all the technique and mechanics technique and mechanics we just learned.

The weight on the heel engages The weight on the heel engages the buttocks, the chin the buttocks, the chin and chest are raised. and chest are raised.

No pressure on No pressure on the knee in front, chest the knee in front, chest raised. Exhale, raised. Exhale, continue pushing your continue pushing your knee down. You knee down. You do this by do this by using using using leg tension. Now leg tension. Now press down with your hand.

press down with your hand. Good. And then Good. And then lift back up. Hold the stretch for lift back up. Hold the stretch for 15 to 30 seconds 15 to 30 seconds. The. The other side.

other side. Lift. And then Lift. And then sit back. sit back. Again, the weight is on Again, the weight is on the heel. Chin the heel. Chin raised. And if I raised. And if I feel pressure on feel pressure on the front of my the front of my knee, it's because knee, it's because my weight is shifting my weight is shifting forward on my toe forward on my toe more than it should.

more than it should. Sit back. Sit back. Lift your chin. You are making a tilt here.. You are making a tilt here. You

push that You push that knee down and to the side.

knee down and to the side. Sit a little lower Sit a little lower if you can. Perfectly. if you can. Perfectly. Chin and chest Chin and chest are raised. Hold for are raised. Hold for 15-30 seconds. And if you 15-30 seconds. And if you feel like your feel like your hips are really hips are really tight, it might be tight, it might be worth repeating this on worth repeating this on each side. So, I'll say goodbye to each side. So, I'll say goodbye to you you you before you before you do. But I'm also going to do. But I'm also going to show you how we show you how we open up the hip flexors open up the hip flexors. Push. Push your heel down. Push your your heel down. Push your hip forward.

hip forward. Keep your heel Keep your heel pressed against pressed against the mat. Push your the mat. Push your hip forward. You can hip forward. You can raise one or raise one or both arms up. And both arms up. And we stretch the we stretch the anterior kinetic anterior kinetic chain. And then chain. And then drop it and change drop it and change sides. Push your sides. Push your heel down, push your heel down, push your hip forward, and hip forward, and then, holding, then, holding, raise your arm and raise your arm and bring it back.

bring it back. Good job. Good. Good job. Good. Now I'm going to lower myself into a Now I'm going to lower myself into a deep squat. We are deep squat. We are unencumbered.

unencumbered. unencumbered. You may not You may not be able to go be able to go that low, but I want you to really open your hips if you can, by you to really open your hips if you can, by going down like that. My. My feet may be feet may be flat. They flat. They stay flat when I'm in this when I'm in this deep squat.

deep squat. If your heels If your heels are coming off, I want are coming off, I want you to only go as low as you can while keeping your while keeping your heels on the floor.

heels on the floor. Keep your chest Keep your chest up. up. up. You may need You may need support to hold on. support to hold on. But we're here But we're here exposing the hips exposing the hips we just engaged.

These thighs are well These thighs are well warmed up. Great warmed up. Great job. Exhale and job. Exhale and relax. It's also relax. It's also great for your lower back.

When we release When we release our hips, we our hips, we relieve relieve relieve the lower back, and this is often the lower back, and this is often beneficial for our knees.

beneficial for our knees. So we always So we always look at the joints look at the joints above and below. If above and below. If we have a problem, we have a problem, we check if the lower back is too tense. Are your hips back is too tense. Are your hips too tight too tight, causing, causing strain on your strain on your knees or upper knees or upper back?

back? back? Place your feet Place your feet flat on the floor. flat on the floor. Twist your pelvis, Twist your pelvis, twist, twist, twist, rise and rise and reach your arms reach your arms up. A short up. A short workout of three workout of three exercises that will help exercises that will help wake up your hips. And wake up your hips. And tomorrow they might tomorrow they might hurt a little. As you hurt a little. As you walk up the stairs, you'll feel, "Oh, I, you'll feel, "Oh, I felt that." felt that." Do the stretch again.

Do the stretch again. Repeat the Repeat the stretching exercises we already stretching exercises we already did. The " four" exercise can four" exercise can be performed both standing be performed both standing and lying down. If and lying down. If you have any questions, you have any questions, write them below. And write them below. And then save this then save this video. This quick video. This quick workout will work on workout will work on your glutes' weak spots your glutes' weak spots, and everyone has them, and everyone has them. We don't. We don't play like children anymore. We play like children anymore. We hardly do hardly do lateral movements unless lateral movements unless you play pickleball all the time you play pickleball all the time, but it, but it will improve your game.

will improve your game. Even at pickleball, you Even at pickleball, you will become better. will become better. Let

me know how it Let me know how it