

# Movement of the Month Club

GLUTES

For details go to [bit.ly/MOTMCGlutes](https://bit.ly/MOTMCGlutes)

Do each move for 60 seconds. Complete 3 rounds.

<b>Day 1</b> Squat + Extend	<b>Day 2</b> Downward Facing Dog + Calf Pump	<b>Day 3</b> Squat + Reach	<b>Day 4</b> Alternating Knee Hug	<b>Day 5</b> Kneeling Hip Flexor Stretch	<b>Day 6</b> Pigeon Pose	<b>Day 7</b> Supine Glute Stretch
<b>Day 8</b> Good Morning	<b>Day 9</b> Standing Glute Kickback	<b>Day 10</b> Romanian Deadlift	<b>Day 11</b> Weighted Glute Bridge	<b>Day 12</b> Goblet Sumo Squat	<b>Day 13</b> Alternating Reverse Lunge	<b>Day 14</b> Fire Hydrant
<b>Day 15</b> Glute Bridge	<b>Day 16</b> Dead Bug	<b>Day 17</b> Dumbbell Deadlift	<b>Day 18</b> Weighted Scissor Kick	<b>Day 19</b> Squat + Pulse	<b>Day 20</b> Heel Tap	<b>Day 21</b> Oblique Crunch
<b>Day 22</b> Fire Hydrant + Extend	<b>Day 23</b> Kneeling Glute Kick- back Pulse	<b>Day 24</b> Glute Bridge + Opening	<b>Day 25</b> Double Pulse Squat	<b>Day 26</b> Hinge + Open	<b>Day 27</b> Alternating Lunge	<b>Day 28</b> Step Tap