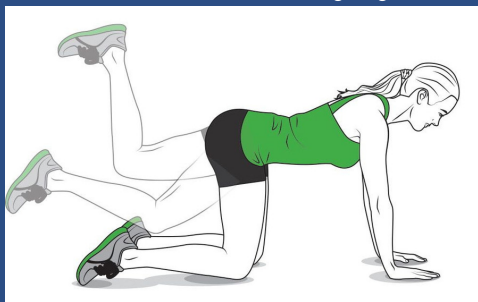




# Red, White, and Glute

## July Wellness Challenge

**Gluteal Bridge with leg raise:** Starting in bridge position with both glutes activated and left heel driving into the ground, straighten your right leg in the air. Complete bridge pulses in this position before switching legs.

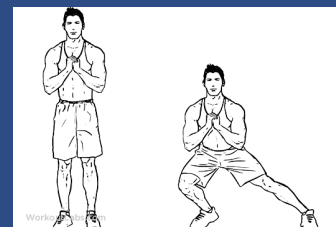


**Donkey Kicks:** Starting in a dog position with hands directly under the shoulders and knees directly below the hips, engage the core to keep a flat back. Contract your glutes to lift your leg behind you, driving with the heel of your flexed foot. Raise leg until knee reaches hip level before slowly returning to the floor, ensuring the core is engaged for proper and full glute activation.

**Hip Extension:** Standing with feet-hip distance apart and core engaged, contract and squeeze your right gluteal muscle to controllably lift your leg to a 45 degree angle no more than 3-5 inches off the ground. Slowly control your leg back to the ground before repeating.



**Squat with front kick:** Start with feet hip-distance apart and perform a squat. As you come up from your squat, controllably lift one leg and kick it out in front of you before gently placing your foot back on the ground. Use your core to help you control your kick.



**Side Lunge:** Starting with feet hip-distance apart, step your right leg out to the side while simultaneously pushing your booty back and keeping the left leg straight, to end in a side squat with the legs forming a triangle position. You should feel a slight stretch in your inner thighs.