

# Glute Kicks



**Description:** Stand in place and perform 20 seconds of glute kicks, bending knees and alternating each leg. Repeat 3 times.

## Instructions

1. Start standing with your feet together and arms at a 90 degree angle by your side.
2. Keep knees together and bend one knee back towards your glutes.
3. Hop and switch sides, bringing the opposite knee back and foot towards your glutes
4. Continue for 20 seconds, and repeat 3 times.

## Tips & Modifications

- Try to get your heart rate up by doing this warm up fast.
- If you are having trouble, slow the pace down.



Click here or scan the QR Code to the right to watch video instructions!

