



Harder Gluteal Bridge: Lift one leg in the air while you perform your bridge by bringing your butt off the floor. Make sure you don't rotate your body as you lift your butt and realize that this exercise will be more challenging for your low back.



Fire Hydrant: Get on all fours and then slowly lift one leg out to the side, focusing on that butt muscle to make this move happen. You can also add bands between your knees to add resistance. Don't add resistance until your butt is feeling strong and you can protect your back.



Gluteal Bridge: Lie face up with your knees bent and then lift your butt while fully extending your hips. Focus on contracting your butt muscles to make the exercise work.