



THE BETTER BOOTY GUIDE

10 Moves for Building a Better Butt



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Strong glute muscles aren't just for looking good (but we'll admit, having a little extra junk in the trunk *does* add a little something). Having a behind that can work, will help you in everyday life—from adding explosive movements to your workout routine, shredding down the mountain side, to your long-distance road cycling race—basically everything you do.

If you work at a desk job and spend the majority of your day sitting, your glutes can actually “turn off.” This can lead to injury like back pain, knee pain, and tightness across your hips (which can bring on a whole other list of injuries!).

While having a great looking butt in your favourite jeans might be a major win, your whole body can see the benefits.

To make sure your behind doesn't get left... behind, it's important to incorporate glute strengthening exercises into your weekly fitness routine. These eight exercises are sure to get all of your glute muscles fired up, and even activate many of the other muscles in your body!

Add this to your routine 1-2x per week, and complete the full routine twice.

OUR **BIG TIP**

Make sure your core is engaged during all of these exercises! This will help to support your lower back, and stabilize you during exercises that require balance—plus it'll help work those abdominal muscles and tighten your core.

FEATURED IN

THE BETTER BOOTY GUIDE

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8. Side Lunges
9. Clam Shell Leg Lift
10. Glider Lunges

JUMP TO THE COMPLETE BETTER BOOTY WORKOUT ON PAGE 8



1.

SUMO SQUATS

Target

- Adductor (inner thigh muscle)
- Gluteus maximus

Benefit

A great exercise to target the inner thighs and getting into a deep squat that targets the glutes.

How to

1. Start with your legs slightly wider than shoulder-width, toes at a 45-degree angle. Hold a weight in your hands, between your legs.
2. Slowly enter into a sitting position. Push your knees outward, staying over your toes (a 90-degree bend in the knee).
3. When you reach the bottom of the movement, squeeze your glutes and drive upward to the starting position.



2.

SINGLE-LEG WEIGHTED DEADLIFT

Target

- Gluteus muscles
- Hamstrings
- Adductor magnus
- Lower back extensors

Benefit

It's a great functional exercise, that targets all the muscles for a healthy rear-end!

How to

1. Start with a dumbbell in each hand
2. Balancing all of your weight on your left leg, slowly drive your right leg back. Ensure there is a slight bend in your standing leg
3. Allow your body to move down as your leg comes up, with the weight moving towards the ground directly below your shoulders.
4. Press back up.

TIP

If you're new to this exercise, or just started training, lose the dumbbell and focus on keeping your alignment.



3.

LATERAL GLUTE BAND WALK

Target

- Glute medius

Benefit

If you work a desk job or spend much of the day sitting, this exercise will help to activate the outer glute muscles.

How to

1. Place a resistance band just above your knees, ensuring it is tight enough to slightly push your knees together when relaxed.
2. Start with your feet hip-width apart, your toes straight, knees slightly bent, shoulders back and chest up.
3. Step to the side (laterally) with one foot. Keep your toes pointed straight out, and your knees over your toes.



4.

WALKING PULSE LUNGES

Target

- Quadriceps
- Gluteus maximus
- Hamstrings

Benefit

Isolating each leg can help to rebalance your hips. The pulse motion in the lunge will provide an extra squeeze to the glute muscle.

How to

1. For this exercise, you can either use two dumbbells (one in each hand), or a barbell placed on your back.
2. Step into a forward lunge. Your leading leg should be slightly less than 90 degrees, and your back leg forming a 90-degree angle.
3. After you enter into the lunge, rise up slightly (approx. a quarter of the way up), then re-enter the lunge.
4. Drive up onto your leading leg, focusing on squeezing your glute.
5. Alternate legs.



5.

SKATER JUMPS

Target

- Quadriceps
- Abductors
- Adductors
- Glutes

Benefit

Jumping is a great way to tone the legs and develop power and mobility.

How to

1. Start on your left foot, with your knees and hips slightly bent.
2. Extend your left hip, knee, and ankle to jump forward and to the right at a 45-degree angle.
3. Pause on the landing to engage every muscle in the leg, then jump off your right leg in the opposite direction.



6.

CURTSY LUNGE

Target

- Inner thighs
- Gluteus medius

Benefit

It adds a bit more “perk” than the average lunge, which helps to build strength and sculpt.

How to

1. Starting from standing, bring your left leg behind you and to the right, like you’re crossing your thighs (like a curtsy!).
2. Return to standing, and switch sides.

7.

GLUTE BRIDGES WITH BAND OR WEIGHT

Target

- Glutes
- Hamstrings
- Rectus abdominus
- Erector spinae
- Adductors

With weight or Band:

- Hip flexors
- Quads
- Obliques

Benefit

The band or weight adds extra resistance, meaning more of a glute burn.

How to

1. Laying with your back and feet flat on the ground, wrap a band around the space right above your knees.
2. Drive through your heels and push your hips up off the ground. Hold at the top with glutes and abs engaged. Lower, repeat.

TIP

The closer your heels and bum are, the more glute isolation you will have.

8.

SIDE LUNGES

Target

- Quads
- Glutes
- Hamstrings
- Inner and outer thighs

Benefit

By moving side-to-side rather than straight forward/back you work on more balance and stability.

How to

1. Stand with feet slightly wider than shoulder width, with toes pointed forward.
2. Step to one side, bending your knee until it reaches 90-degree angle; the other leg is straight.
3. Step back to starting position, and switch legs.

9.

CLAM SHELL LEG LIFT

Target

- Gluteus medius
- Tensor fascia latae
- Gluteus minimus

Benefit

Helps with hip mobility, and preventing loss of mobility through aging.

How to

1. Lay on one side with both knees bent, one leg on top of the other.
2. Open your knees, but keep your feet together.
3. Lower back to starting position. Complete one full round, then switch sides.

10.

GLIDER LUNGES

Target

- Quadriceps
- Gluteus maximus
- Adductor magnus
- Soleus

Benefit

The glider gives an unstable surface, making you activate your glutes more, and engage your core (basically, you work harder).

How to

1. Start standing with one gliding disc under each foot, with your hands on your hips.
2. Slide one leg back as far as you would a normal lunge, with your front leg going no further than 90 degrees.
3. Slide back to starting, and switch legs.

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BETTER BOOTY WORKOUT

ROUND 1

COMPLETE FULL ROUTINE TWICE

SUMO SQUATS

12-15 REPS



SINGLE-LEG WEIGHTED

DEADLIFT 12-15 REPS EACH SIDE



LATERAL GLUTE BAND WALK

20 REPS PER SIDE



WALKING PULSE LUNGES

10-12 REPS PER LEG



SKATER JUMPS

12-15 REPS PER LEG



ROUND 2

COMPLETE FULL ROUTINE TWICE

CURTSY LUNGE

12 REPS ON EACH SIDE



GLUTE BRIDGES WITH BAND OR

WEIGHT 20 REPS



SIDE LUNGES

*3X, 15 REPS EACH SIDE



CLAM SHELL LEG LIFT

20 REPS EACH SIDE



GLIDER LUNGES

10 REPS EACH SIDE



YOUR NUTRITION MATTERS TOO!

Building that booty doesn't end at the gym. Just like abs, what you put in your body can directly impact the perkiness of that peach.

For the most part, it's all about having a clean diet, that's a good balance of protein, fats and carbohydrates.

- To build muscle, focus on high-protein meals, including whole eggs, lean chicken, wild-caught fish, and turkey.
- To sustain energy, make sure you're consuming complex carbohydrates like quinoa, sweet potatoes, or oatmeal.
- Healthy fats are necessary for overall body health. So focus on avocados, chia seeds, and coconut oil. And after a big booty-building day, take an Omega-3 supplement to minimize the day-after burn.

Here are a few ways to ensure you're getting in all of the necessary macronutrients:

SERVES 1

BOOTY-FUL SMOOTHIE

Ingredients

- ½ avocado
- 2 handfuls fresh spinach
- 1 scoop of your favourite protein powder
- ½ frozen banana
- ½ tsp. cinnamon
- 1 cup (or more if you like it watery) unsweetened, dairy-free milk
- A few ice cubes

Directions

1. Blend spinach with dairy-free milk of choice
2. Add in the rest of the ingredients and keep blending!
3. Drink and enjoy. We like this one best post-leg day.

SERVES 1

OPEN-FACED CHICKEN SALAD SANDWICH

Ingredients

- 1 slice whole grain, or sprouted bread
- 1 chicken breast
- ½ avocado
- 1/4 English cucumber
- 1 slice Havarti or Swiss cheese

Directions

1. Chop up chicken breast into approximately 1 cm cubes, and cucumber into ½ cm cubes.
2. Mash avocado, then mix with chicken breast and cucumber.
3. Toast bread, and top with cheese and chicken/cucumber/avocado mix

TIP

Save leftover chicken to add to big green salads.

SERVES 2-3

QUINOA SALAD

Ingredients

- 1 cup cooked quinoa
- ¼ cup halved cherry tomatoes
- 1 orange pepper (diced)
- 1 cup shredded spinach

Dressing

- Tbsp. tahini
- Juice of 1 lime
- ½ tsp. coarse sea salt
- 2 cloves roasted garlic

Directions

1. Add all salad ingredients in a large bowl.
2. Blend dressing ingredients in blender or mash garlic and shake up all ingredients in a glass jar or shaker bottle.
3. Mix dressing and salad together.
4. Serve alongside roasted salmon, chicken breast, or protein of choice.



ABOUT

STEVE NASH FITNESS WORLD & SPORTS CLUB

At Steve Nash Fitness World & Sports Club, we're dedicated to developing the most effective training programs just for you, whatever your goals are. Our community of members and staff share an energy that inspires the potential in us all. We've been helping people live a healthier life over the last 50 years. We're all on a mission to achieve results and we're not afraid to work for it.

Our supportive team of highly skilled professionals will provide you with the latest knowledge on our wide-selection of innovative fitness classes, focused workout programs, the benefits of nutrition, as well as progressive personal training techniques, and the most advanced equipment to maximize your experience. We know life gets busy, so our convenient locations and hours have been established to support your commitment to fitness success.

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