

best glute exercises reddit

best glute exercises reddit discussions provide valuable insights into effective workouts for strengthening and sculpting the glute muscles. Reddit, known for its diverse fitness communities, offers a wide range of recommendations and personal experiences that highlight the most efficient and popular glute exercises. This article delves into the best glute exercises recommended by Reddit users, exploring their benefits, variations, and proper execution techniques. Additionally, it covers key tips for maximizing glute activation and avoiding common mistakes. Whether the goal is hypertrophy, strength, or functional improvement, understanding these exercises and community-tested strategies can significantly enhance your lower body training regimen. Following this introduction, a clear table of contents outlines the main topics covered in detail.

- Top Recommended Glute Exercises on Reddit
- Proper Technique and Form for Glute Activation
- Equipment and Variations for Glute Workouts
- Tips for Maximizing Glute Growth and Strength
- Common Mistakes to Avoid During Glute Training

Top Recommended Glute Exercises on Reddit

Reddit fitness forums frequently highlight several exercises as the best glute exercises reddit users swear by. These exercises target the gluteus maximus, medius, and minimus muscles effectively, promoting muscle growth and strength. The top recommended movements include compound lifts and isolation exercises that can be adapted for different fitness levels.

Hip Thrusts

Hip thrusts are often considered the gold standard for glute development. This exercise involves extending the hips against resistance while the upper back rests on a bench. Reddit users emphasize its ability to isolate the glutes and provide maximal muscle activation compared to squats or deadlifts.

Bulgarian Split Squats

Bulgarian split squats are unilateral exercises that place significant load on the glutes and quads. They help correct muscular imbalances and improve balance, making them a favorite among Reddit fitness enthusiasts for building strong, well-shaped glutes.

Romanian Deadlifts

Romanian deadlifts target the posterior chain, particularly the glutes and hamstrings. The movement involves hinging at the hips with a slight bend in the knees, emphasizing the stretch and contraction of the glute muscles throughout the motion.

Glute Bridges

Glute bridges are a simpler alternative to hip thrusts, performed on the floor without a bench. They are widely recommended for beginners and for activating the glutes before progressing to more advanced exercises.

Step-Ups

Step-ups engage the glutes by requiring hip extension and stabilization. They can be performed with body weight or added resistance, making them versatile for building strength and endurance.

Donkey Kicks and Fire Hydrants

These bodyweight exercises target the smaller glute muscles, such as the gluteus medius, which are essential for hip stability and aesthetic shape. They are often used as supplementary movements in Reddit glute workout routines.

Proper Technique and Form for Glute Activation

Executing exercises with proper form is critical for maximizing glute activation and preventing injury. Reddit users frequently discuss key form cues and adjustments that help isolate the glutes and engage them more effectively during training.

Engaging the Glutes Before Starting

Pre-activation techniques, such as performing glute bridges or clamshells, help ensure the glutes are firing properly before heavier compound exercises. This strategy enhances mind-muscle connection and overall workout effectiveness.

Hip Hinge Mechanics

Many top glute exercises require a hip hinge movement pattern. Redditors emphasize maintaining a neutral spine, pushing the hips back, and avoiding excessive knee bend to target the glutes optimally during deadlifts and hip thrusts.

Foot Placement and Weight Distribution

Adjusting foot position can change the emphasis on different parts of the glute muscles. For example, placing feet slightly wider during hip thrusts or squats can engage the gluteus medius more effectively. Keeping weight distributed through the heels also encourages glute activation instead of quad dominance.

Equipment and Variations for Glute Workouts

Reddit fitness communities often share equipment options and exercise variations that enhance glute training. Utilizing different tools can provide progressive overload and prevent workout plateaus.

Barbells and Dumbbells

Using barbells for hip thrusts, deadlifts, and squats allows for heavier loading and progressive strength gains. Dumbbells offer versatility for unilateral exercises like Bulgarian split squats and step-ups, allowing for balanced muscle development.

Resistance Bands

Resistance bands are popular for adding extra tension during glute activation exercises like glute bridges, donkey kicks, and lateral band walks. Reddit users highlight bands as an effective way to increase muscle engagement without heavy weights.

Machines and Cable Systems

Glute kickback machines and cable attachments provide constant tension throughout the range of motion, which is beneficial for targeting the glutes in isolation. These tools are often recommended for accessory work and rehabilitation purposes.

Exercise Variations

Incorporating variations such as single-leg hip thrusts, deficit Romanian deadlifts, and weighted step-ups can challenge the glutes differently and promote continuous progress. Reddit fitness discussions emphasize rotating exercises to stimulate muscle growth and prevent adaptation.

Tips for Maximizing Glute Growth and Strength

Beyond selecting the best exercises, certain training principles and lifestyle factors are crucial for optimizing glute development. Reddit communities provide numerous evidence-based tips to help users achieve their goals efficiently.

1. **Progressive Overload:** Gradually increasing weight, reps, or intensity ensures continuous muscle growth and strength improvements.
2. **Consistency:** Regular training with appropriate volume and frequency is necessary for long-term results.
3. **Proper Nutrition:** Consuming adequate protein and calories supports muscle repair and hypertrophy.
4. **Rest and Recovery:** Allowing sufficient recovery time prevents overtraining and promotes muscle growth.
5. **Mind-Muscle Connection:** Focusing on feeling the glutes contract during exercises enhances activation and effectiveness.

Common Mistakes to Avoid During Glute Training

Many Reddit users caution against pitfalls that can hinder glute development or lead to injury. Awareness of these mistakes can help trainees maintain proper form and training effectiveness.

Overusing the Quads

Failing to engage the glutes properly often results in the quads dominating movements like squats and lunges. This reduces glute activation and limits growth potential.

Neglecting Hip Mobility

Poor hip mobility can restrict range of motion and prevent full glute engagement. Incorporating mobility drills and dynamic stretching can improve movement quality.

Improper Weight Selection

Using weights that are too heavy can compromise form, while weights that are too light may not provide enough stimulus. Finding the right balance is essential.

Ignoring Warm-up and Activation

Skipping warm-up sets or glute activation exercises can lead to inefficient workouts and increased injury risk. Preparing the muscles beforehand is a common recommendation on Reddit.

Inconsistent Training

Irregular workouts and lack of progressive overload prevent meaningful

progress. Consistency is key to achieving the desired glute development.

Frequently Asked Questions

What are the best glute exercises recommended on Reddit for beginners?

Reddit users often recommend glute bridges, bodyweight squats, and donkey kicks as effective beginner-friendly exercises to activate and strengthen the glutes.

Which glute exercises have the highest activation according to Reddit fitness communities?

Hip thrusts, Bulgarian split squats, and cable kickbacks are frequently cited on Reddit for producing high glute activation and muscle engagement.

Are resistance bands effective for glute workouts according to Reddit users?

Yes, many Reddit users praise resistance bands for adding tension during exercises like lateral band walks, clamshells, and glute bridges, making workouts more effective.

How often should I train glutes for optimal growth based on Reddit advice?

Most Reddit fitness threads suggest training glutes 2-3 times per week with a mix of heavy compound lifts and accessory movements for balanced growth and recovery.

What is a good Reddit-approved glute workout routine?

A popular routine includes hip thrusts, Bulgarian split squats, Romanian deadlifts, glute bridges, and banded lateral walks, performed 3 sets of 8-12 reps each, focusing on progressive overload.

Do Reddit users prefer bodyweight or weighted glute exercises?

Reddit discussions often favor weighted exercises like barbell hip thrusts and deadlifts for strength and size, but also recommend bodyweight moves for activation and beginners.

What common mistakes should I avoid in glute exercises according to Reddit?

Common mistakes highlighted include not engaging the glutes properly, relying too much on the lower back, using improper form, and neglecting progressive overload.

Additional Resources

1. *Glute Gains: The Ultimate Guide to Building Stronger, Firmer Glutes*

This book compiles top glute workout routines that have been highly recommended on Reddit fitness communities. It covers beginner to advanced exercises with detailed instructions and tips for maximizing muscle activation. Readers will also find nutritional advice to complement their training for optimal results.

2. *Reddit's Best Glute Workouts: Proven Exercises for Maximum Growth*

A comprehensive collection of glute-focused workouts sourced from popular Reddit threads. This guide provides step-by-step exercise breakdowns, common mistakes to avoid, and progress tracking methods. It's perfect for those looking to sculpt their glutes efficiently with tried-and-true methods.

3. *The Glute Bible: Science-Backed Exercises Loved by Reddit Fitness Enthusiasts*

Combining scientific research with community-tested workouts, this book explains the anatomy and function of the glute muscles. It offers a variety of exercises that target all three glute muscles, ensuring balanced development. Additionally, it includes recovery strategies and tips to prevent injury.

4. *Booty Boosters: Top Glute Exercises from Reddit's Fitness Forums*

This book highlights the most effective glute activation exercises shared by Reddit users, perfect for enhancing shape and strength. It features workout plans adaptable for home or gym settings and emphasizes proper form and technique. Readers will also find motivational stories from the Reddit fitness community.

5. *Glute Training 101: Beginner to Advanced Exercises Inspired by Reddit*

Designed for all fitness levels, this book breaks down essential glute exercises into manageable progressions. Drawing inspiration from Reddit advice, it ensures readers build a solid foundation before advancing to more challenging moves. The book also includes troubleshooting tips for common training plateaus.

6. *Strong Glutes, Strong Body: Reddit's Favorite Glute Workouts Explained*

Focusing on the functional benefits of strong glutes, this guide presents workouts that improve posture, athletic performance, and injury prevention. It incorporates feedback from Reddit users who have experienced real results. The book also covers warm-ups and cool-down routines tailored for glute training.

7. *The Glute Activation Manual: Reddit's Top Techniques for Muscle Engagement*

Activation is key to effective glute training, and this manual emphasizes exercises and drills to wake up dormant muscles. Based on Reddit discussions, it provides activation sequences to be used before main workouts to enhance muscle recruitment. The book is ideal for those struggling to feel their glutes working during exercises.

8. *Booty Building Secrets: Insider Tips from Reddit's Fitness Community*

This book reveals lesser-known tips and hacks shared by Reddit users that accelerate glute growth. It covers topics like exercise variety, frequency, recovery, and nutrition strategies tailored for glute development. The engaging writing style makes it a practical and enjoyable read.

9. *Glute Shaping Workouts: Reddit's Curated Programs for a Sculpted Rear*

Featuring curated workout programs from Reddit's top fitness contributors,

this book offers routines designed to shape and lift the glutes. It balances resistance training with plyometrics and mobility work for all-around improvement. Detailed progressions and modifications ensure accessibility for all fitness enthusiasts.

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body yet, no thinking needed with this workout notebook! Simply follow the workouts as laid out for you in the workout journal / workout planner and watch your Glutes grow! Happy lifting!

best glute exercises reddit: The Science Of: Glute Building Emmanuel Salami, Emmanuel Salami Bsc, 2018-03-20 I often get members at gyms I have worked at asking, what exercises are best for developing the glutes or our asking how often they need to squat to develop their glutes or should they be using glute resistance bands when they perform squats and will performing certain exercises give them a produce a better result. I even get asked recommendations about machinery and which glute trainer is most effective These questions are all understandable, there are countless opinions about the best exercises and training styles that end up leading to overall confusion. This book looks at the training of the gluteus maximus (or just the butt or booty as it's better known to my clients) from a scientific stand point using peer reviewed studies to eliminate opinions and simply look at methods that have been proven by research. The books touches on squats and whether they are really to go to, touches on the hip thrust and why it might be bio-mechanically superior we have succinctly and concisely gathered the research and presented them in one convenient location to give you an understanding of what exercises are shown to be superior for building the glutes. This book can be used as a guide on glute workout for women but athletes (men and women) can also benefit from this book as a lot of sporting action and movement uses power generated from the hips which of course is mechanized by the gluteus maximus. We have included a 6-week glute training program.

best glute exercises reddit: Glute Lab Bret Contreras, Glen Cordoza, 2019-09-17 WALL STREET JOURNAL BESTSELLER IMPROVE YOUR PHYSIQUE, BUILD LEAN MUSCLE, AND INCREASE STRENGTH For more than twenty years, Bret "the Glute Guy" Contreras has been on a quest to improve human performance, focusing his research on the gluteus maximus, the largest muscle in the human body. What started as an effort to improve his own weak, flat backside quickly evolved when he discovered the wide range of functional movements to which the glutes contribute. Properly trained glutes not only help you lift heavier, jump higher, sprint faster, and swing harder but also help prevent knee, hip, and lower back pain and injuries. Bret went on to earn a doctorate in sports science and is now known as one of the world's foremost experts on strength and physique training. After helping thousands of people reach their strength goals and achieve their ideal physique in his world-renowned training facilities, Bret brings you Glute Lab, which pulls his field-tested and scientifically proven methods and techniques together into an all-in-one glute training system that will help you develop leaner, rounder, stronger, higher-performing glutes. This all-encompassing guide explains why glute training is important for health and performance, how the glutes function, what critical role they play in the body, and how to design the optimal training program to accomplish your aesthetic and performance goals. This book offers thirty-six weeks of programming and several training templates for those who want to dive right in, breaking down each technique with step-by-step photos and descriptions. Bret also reveals the most common faults people make when performing these movements and offers hundreds of tips for getting the most out of every training session. You can implement his system in your local gym or even in the comfort of your own home. Glute Lab is more than just a book on glute training. These principles and methods can help you maximize muscle growth and strength, improve body composition, overcome training and physique plateaus, train around injuries and discomfort, determine ideal training frequency and exercise selection, design periodized programs, and so much more. In short, this book gives you the tools to make strength and physique gains and design balanced programs that cater to a wide range of goals and work for your entire body. Whether you're a regular person looking to improve your appearance, an athlete looking to boost your performance, a physique competitor or bodybuilder looking for an edge over the competition, a powerlifter looking to increase your strength, a CrossFitter inspired to gain knowledge, a personal trainer interested in offering your clients cutting-edge training techniques, or a physical therapist looking to improve your clients' health, Glute Lab will equip you with the information you need. In this book you will learn: • The fundamentals of optimal glute training • The anatomy and function of the glutes • How to select

exercises based on your physique and training goals • How to perform the most effective exercises for sculpting rounder, stronger glutes • Variations of the hip thrust, deadlift, and squat exercises • Sample training templates and splits that cater to different training goals and preferences • How to implement advanced methods into your training routine • Diet strategies to reach weight loss and body composition goals • Sample glute burnouts and templates • Twelve-week beginner, intermediate, and advanced full-body training programs with a glute emphasis • How to design your own customized training programs • How to overcome plateaus in training, strength, and physique

best glute exercises reddit: MEGA BUTTOCKS Ing. Iván Salinas Román, 2022-06-18 The gluteus, whether you are a woman or a man, is undoubtedly one of the largest and most powerful muscle groups in the body, which undoubtedly looks great when it is well worked. In this book you will learn how to perform a scientifically-based glute training, to make the most of its development, you will learn the techniques of the best exercises, you will get tips and guidelines to take your glutes to the next level. You will understand that the mistakes you are making in your training, to never make mistakes again.

best glute exercises reddit: Gluteus to the Maximus - Base Training Nick Nilsson, 2012-04 Many women and men suffer from flat missing-in-action glutes that never seem to grow - even with heavy leg training. Why? Because they're not training the right way. By following the exercises and programs in this groundbreaking book, you will fill out your jeans quickly, efficiently, and get that head-turning butt you've always wanted, once and for all. This book contains over 50 unique glute-specific exercises expertly demonstrated with photographs, detailed instructions, tips and tricks on how to incorporate the exercises into your workout, and how to avoid common errors. It doesn't matter whether you're a complete beginner or an advanced trainer, or whether you train at home or at a gym, this book is guaranteed to get you results.

best glute exercises reddit: *Naturally Voluptuous* Diverne J Ingraham, 2024-08-10 Unlock the secrets to building a naturally bigger, stronger, and more sculpted butt with this comprehensive guide that combines science, fitness, and self-love. Whether you're new to working out or looking to take your glute gains to the next level, this book offers everything you need to achieve the results you've always dreamed of. What You'll Discover: Glute Building Workouts: Say goodbye to ineffective routines and hello to targeted, powerful glute workouts that deliver real results. From beginner to advanced, this book provides detailed workout plans that progressively challenge your glutes, ensuring you build strength and muscle efficiently. Learn how to properly execute key exercises like squats, hip thrusts, and deadlifts, and discover how to incorporate resistance bands, weights, and bodyweight moves to maximize your gains. Natural Butt Enhancement: Forget about quick fixes and risky procedures-this book is all about enhancing your natural assets through safe, sustainable methods. You'll learn the importance of proper nutrition, rest, and recovery, and how these factors play a crucial role in building a bigger butt naturally. We break down the myths and misconceptions surrounding butt enhancement and provide evidence-based strategies that work. Strength Training for Glutes: Strength training is the foundation of any effective glute-building program, and this book shows you how to do it right. Whether you're lifting weights at the gym or working out at home, you'll find expert advice on how to progressively overload your muscles, build strength, and avoid injury. We cover the best strength training exercises for glutes and how to create a balanced routine that targets all three gluteal muscles for a well-rounded, shapely result. Bigger Butt Exercises: Discover the best exercises to activate and grow your glute muscles. From traditional movements like lunges and deadlifts to innovative exercises like cable kickbacks and Bulgarian split squats, this book is packed with routines that target your glutes from every angle. You'll also find variations to keep your workouts fresh and challenging, ensuring continuous progress. Glute Muscle Growth Tips: Unlock the secrets to maximizing your muscle growth with insider tips from fitness experts. Learn about the role of macronutrients, the importance of hydration, and how to optimize your diet for muscle gain. We also delve into the science of muscle hypertrophy, explaining how to tailor your workouts for maximum glute growth. Plus, you'll find practical advice on tracking your progress and making adjustments to your routine as you advance. Body Positivity and Fitness: Building a bigger

butt isn't just about aesthetics-it's about embracing your body, cultivating self-love, and feeling confident in your own skin. This book encourages you to celebrate your progress at every stage of your journey, focus on your unique strengths, and maintain a positive mindset. You'll find inspiring stories, motivational tips, and practical advice on how to stay motivated, overcome setbacks, and enjoy the process of transforming your body. Why This Book is Different: Unlike other fitness guides, this book takes a holistic approach to glute building, emphasizing the importance of self-love, body positivity, and overall well-being. It's not just about achieving a certain look; it's about feeling strong, confident, and healthy in your own skin. With easy-to-follow routines, expert advice, and a supportive tone, this book is designed to empower you on your fitness journey, helping you achieve sustainable, long-term results. Whether you're a fitness enthusiast or just starting out, this book is your ultimate resource for building a naturally bigger butt and embracing the body you've always wanted. Get ready to transform your glutes, boost your confidence, and love the journey every step of the way!

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best glute exercises reddit: Exercises to Grow Your Booty from Home S. Cardenas, 2018-06-20 Are you ready to grow and shape your booty from home? Then this book was made for you! Discover 17 of the most effective glute workouts for those who are ready to exercise and follow a routine to a better lifestyle! Home workouts can be just as effective as gym workouts with the right routine and instruction. 17 effective glute workouts are listed and instructional photos of each workout is included! So there is no guessing or trying to read and understand how an exercise is performed with just words; Pictures are there to assist you and make sure each workout is performed correctly! Pictures shown are from start to finish of each workout listed so there is no mistake or confusion on how to perform each exercise. Whether you are a beginner or advanced in the world of fitness, the exercises listed in this book can be added to any routine. Weight lifting and incorporating weights is also important to increase the size of the glutes. How to incorporate these weights is explained for each exercise. Ladies, no more misconception of bulkiness when it comes to weights. It is time to gain a rounder, bigger booty! There are also tips included on how to make each exercise more challenging and how to see results sooner. You will feel the burn and feel a difference by following each workout. Not only will you grow and shape your booty, you will improve your energy levels and overall health! You will get stronger and lose any excess fat as well as shaping your booty. You will tone other areas of the body and get stronger as a result of most of these exercises. Its time to start your routine to a more curvier figure. Look better and feel better! What you will get from this book: -A curvier, lifted, thicker booty -Much more energy -tips and tricks on how to challenge and see results sooner -Better overall health -Weight lifting to gain the booty without worrying about bulkiness for woman And much more!

best glute exercises reddit: Best Butt Workout Exercises Jordan Miller, 2016-04-11 No more wondering which Booty exercises to do So you want to learn which exercises to do to build the booty, but you don't know where to start. No worries this book contains 50 proven booty building exercises. I have you covered. I have them broken down into 6 exercise types. 1. Squats 2. Lunges 3. Deadlifts 4. Hip-Thrusts 5. Booty Building Machines 6. Accessory Movements Top 50 Booty Building exercises These six booty building movements are broken down into my top 50 exercises. Each movement has many variations and accessory versions. Each movement plays a different role in glute development. I've put together this book to help you find which exercises you need to put together the perfect glute workout. Step by Step Each core movement has been broken down step by step, and are easy to follow. Each exercise also has the breakdown of how this movement can

help you, and where it may fit into your routine. I've also linked helpful YouTube videos to show visually how all exercises are performed. You have no more reasons to be lazy, high five. Procrastinate no longer. Forget about the Starbucks coffee today. Make your own coffee and purchase this book instead. Just scroll up a little and click the Buy button.

best glute exercises reddit: Butt Workout Done Easy Jordan Miller, Jordan Miller Jm, 2016-04-11 The Truth about Building the Booty So you want to build a booty, do you? Do you want to build that booty that breaks necks? Of course you do, the booty is power, this book is fire, if you follow everything in this book you will be on your way to the booty! Not your cookie cutter boring fitness book No need to wonder if this book is going to help you, it is going to help you. If you take in the knowledge, there is nothing your booty can't do. Here is a little sneak peak of what's to come. Debunking silly myths about building the booty, for example, weight training makes you bulky. The truth about building the booty, progressive overload, form, and motion for gains. 7 powerful booty building tips to add to your butt building arsenal. Getting your mind primed to go to war for the booty gains. Taking away any excuses you have and replacing them with action, booty action. Real knowledge, real results This is not a generic fitness book; this is a book for the people who are ready to make some booty gains, like yesterday. Well, good job you came to the right place. The contents of this book can help you whether you are a beginner and you have never performed a squat before, you're an intermediate and you have been training the booty for a bit, even if you're a seasoned booty veteran, you will still learn and grow from this book. Procrastinate no longer. Forget about the Starbucks coffee today. Make your own coffee and download this book. Just scroll up a little and click the Buy button.

best glute exercises reddit: Simple Leg Workout Plan At Home: Get Toned Legs, Thighs and Butt Dorian Carter, 2024-01-20 Want to strengthen your legs, glutes and thighs at home? Build stronger muscles, burn more fat and boost metabolism? Are you looking for a workout plan that is simple and extremely effective? If the answer is yes, this book is for you! What you'll learn: - Why you should start strengthening your lower body muscles - How to warm-up properly - Types of stretching you can do - When and how should you stretch - Only three exercises you need to tone your legs and glutes - Vital tips on how to perform all exercises correctly - Bilateral and unilateral exercises - why are they so essential - No weights? No problem! Practical methods to make your leg workout significantly more difficult without using external weights - How to build a lean body mass? The secrets to building lean legs - A simple strategy to design your leg workout plan at home Grab your copy right now!

best glute exercises reddit: Glute Gains Laura Anderson, AI, 2025-03-14 Glute Gains offers a focused guide to building stronger, more defined glutes through targeted resistance training. Addressing the desire for improved lower body strength and appearance, the book emphasizes understanding glute anatomy and biomechanics, including how the gluteus maximus, medius, and minimus function. It dispels common myths, moving beyond basic squats and lunges to explore varied exercises and progressive overload strategies. Interestingly, the book highlights the importance of posterior chain strength, often overlooked, for overall athletic performance. This exercise guide is structured into three parts: glute anatomy and muscle hypertrophy principles; detailed exercises with form instructions; and programming/nutrition strategies for glute growth. It integrates biomechanics, exercise physiology, and nutrition science, providing a comprehensive approach. The book supports its claims with exercise science research and real-world case studies, emphasizing individualized program design for fitness enthusiasts and trainers. The approach of Glute Gains is both informative and motivational, balancing scientific accuracy with practical guidance. It acknowledges debates on optimal training frequency and volume, guiding readers to personalize their workouts. Readers will learn to create personalized workout programs and track their progress.

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