

10-Minute Glute Activation Workout Planner for Women

This workout is designed to activate and strengthen your glutes in just 10 minutes. Perfect for busy women aged 25-60, you can do it at home with no equipment or with optional resistance bands for extra challenge.

Exercise	Duration	Rest	Rounds
Glute Bridges	45 sec	15 sec	2
Donkey Kicks	45 sec/side	15 sec	2
Fire Hydrants	45 sec/side	15 sec	2
Side-Lying Leg Lifts	45 sec/side	15 sec	2
Squat Pulses	45 sec	15 sec	2

■ Pro Tips: - Do this workout 3-5 times per week for stronger, more toned glutes. - Add resistance bands for extra intensity. - Great as a warm-up before strength training or cardio. - Consistency is key — pair this with good nutrition for best results. Total Time: ~10 minutes — Perfect for quick glute activation anytime!