

5-Minute Band Burner:

Glutes & Hips

Quick resistance band workout to activate strength, support posture, and power daily movement.



Overview

<i>Why This Matters</i>	Your glutes and hips are your body's engine room – they drive strength, balance, and protect your lower back. This quick burner switches them on, whether you're training, walking, or just starting your day.
<i>Goal</i>	To activate and lightly fatigue your glutes and hips using a loop band – no sweat session needed.
<i>Expected Outcome</i>	<ul style="list-style-type: none">● Improved hip mobility and glute engagement● A sense of strength and “switched on” support● Can be used as a standalone or pre-training primer
<i>Setup</i>	<ul style="list-style-type: none">● Use a loop-style mini band● Place it just above your knees for all lower body moves● Have a mat or soft floor space ready● Do barefoot or in flat shoes if possible
<i>The Circuit</i>	Do 1-2 rounds. Reps = each side if applicable. Move with control.
<i>Progress</i>	If needed start with lower reps, just remember and build from there. As you become <i>more proficient</i> and it gets easier, add in more rounds, if times allows. go up a coloured band, or slow down the movement, by counting to 3 or 5, trust me, you'll feel it - simple.

The Circuit

<i>Banded Glute Bridges</i> <i>12-15 reps</i>	Setup: Lie on your back, knees bent, feet flat, band above your knees. Cue: Press your knees out. Drive through heels. Squeeze at the top. Purpose: Activate glutes and hamstrings.
<i>Standing Banded Side Steps</i> <i>10-12 each way</i>	Setup: Stand with feet hip-width apart, band above knees, knees soft. Cue: Stay low. Toes forward. Don't let the band snap you back. Purpose: Wake up the outer glutes and stabilisers.
<i>Kickbacks (All fours or Standing)</i> <i>12 each side</i>	Setup: On hands and knees with band around thighs, or stand and hold a wall. Cue: Straight line from head to heel. Keep your core still. Purpose: Isolate glute max and build connection.
<i>Banded Squats</i> <i>12-15 reps</i>	Setup: Stand tall, feet shoulder-width, band above knees. Cue: Sit between your heels. Knees track out. Drive up with control. Purpose: Integrates glute activation into a functional full-range movement.

Total Time: ~5 Minutes

Rest 20-30s between moves if needed. Add a second round for a stronger burn.

Want More?

This is one of the four Garage Champions Freebies. You can grab the rest – no kit circuits, strength habit builders, and Friday Five weekly drops – and considering support the project via the website.

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