Place your feet a little more than shoulder width apart from each other
Your feet are turned slightly outwards
Important: knees and toes always point in the same direction
Keep your arms horizontal in front of your body and bend your upper body minimally forward
Bend your knees until your thighs are parallel to the floor (push your glutes back)
Return your body to the starting position by putting pressure on your heels
Important: Always keep your back straight

Muscle groups: glutes
Pelvis lift

- Lie on your back
- Angle your legs and translocate your weight on your heels, lifting the tops of your feet
- Feet should be about shoulder width apart
- The distance of the feet to the glutes can be determined individually, learn at which distance you feel your glutes the most
- Tense your torso and abdomen
- Push your knees apart
- Start the exercise by pushing your hips upwards while constantly tensing your glutes and abdominals, then lower them back to the floor

Muscle groups: glutes
Fire Hydrant

✓ Start on all fours
✓ Lift one leg sideways, but only enough so that your torso doesn’t tip to the side
✓ Keep your back straight and make sure your posture is stable
✓ Place the leg (with the knee) back on the floor
✓ Repeat the exercise with the other leg

Muscle groups: glutes