



# INSTRUCTIONS

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## GLUTE CIRCLES

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/glute-circles>

Glutes

Hip Flexors

Lower Body



### STEPS:

- Start with your hands directly below your shoulders and knees below your hips.
- Pull one knee directly to your elbow, out to the side and behind until your back at start.

Repeat 10 times on each side.