



Set Up: Lie on your back on the floor with your feet comfortably apart (15 to 20 inches). Place a weight plate across your pelvis (as shown), holding it in place with your hands [A].

Action: Raise your hips as high as possible [B], lower and repeat. Your feet can be flat on the floor or you may choose to keep only your toes on the floor [C]. The up-on-the-toes position will activate additional stabilizer muscles in your core and isolate the hamstrings a bit more than the flat-footed version.

Tip: At the conclusion of your set, you can perform a dozen quick pulses to maximize the intensity in the glutes area (i.e., at the top of the movement where your hips are raised, perform a series of quick pulses where the up-down action is limited to just two to three inches).

Side Lying Hip Abduction

Side lying hip abduction is amongst the most effective exercises for targeting your gluteus minimus and all you need is a mat. The exercise utilizes your own body weight as resistance. Lie on your side with your legs stacked atop each other and your head resting on your hand. While keeping your legs straight, slowly lift up your top leg. This movement hits both your gluteus maximus and gluteus minimus. However, you can put more emphasis on the gluteus minimus by internally rotating your top hip, which is done by twisting your leg forward so that your toe is pointed slightly towards the floor. Perform the exercise with your leg held in this internally rotated position and you'll feel your gluteus minimus screaming quickly.

Machine Hip Abduction

Hip abduction can also be completed while seated upright in a hip abduction machine that's available in most gyms. With your knees set against the thigh pads, push against the pads to spread your legs open against the resistance. Control your legs back together. The machine hip abduction exercise targets all of your hip abductors, including your gluteus minimus.

Inverted Flyers

Inverted flyers will not only hit your gluteus minimus, but it will provide a balance challenge and thus require contribution from your surrounding stabilizing muscles. Inverted flyers also hit your gluteus maximus and hamstrings. Stand on one leg with the other knee bent and foot lifted up behind you. Keep the leg you're standing on straight as you tilt forward at the waist, driving your free leg backwards, and then rise back up to a standing position.

Crossover Lunges

Crossover lunges take the traditional lunge exercise, which is predominately a gluteus maximus exercise, and tweaks it so that the gluteus minimus because more involved. From a standing position, cross one leg over the other and set your foot on the floor. Push your hips back and bend your knees so that you lower into a lunge. As you come up out of the lunge, bring your crossed leg back to where it started. On the next repetition, cross over with your opposite foot. If you want to kick up the intensity a notch, hold a pair of dumbbells.

Bent Knee Side Bridge

The bent knee side bridge will work out both sides of your butt at the same time in slightly different ways. Lie on your right side. Place your right elbow under your right shoulder and your right forearm perpendicular to your body. Place your left hand on your left hip. Bend both knees to 90 degrees and keep them bent. Keep your hips fully extended. Push into your right forearm and lift your right hip off the floor. Simultaneously lift your left leg up. Slowly lower to the floor. Complete three sets of 15. Repeat on the other side.