

One Month Glute Workout

Week 1

- 1 *Standing (3x)*
- 2 *Abs*
- 3 *Plank (3x)*
- 4 *Rest*
- 5 *Floor (3x) + Abs*
- 6 *Rest*
- 7 *Standing + Plank + Floor (1x)*

Week 2

- 8 *Rest*
- 9 *Standing (3x) + Cardio*
- 10 *Rest*
- 11 *Plank + Floor (3x) + Abs*
- 12 *Rest*
- 13 *Standing + Plank + Floor (1x)*
- 14 *Cardio + Abs*

Week 3

- 15 *Rest*
- 16 *Standing + Plank + Floor (1x)*
- 17 *Rest*
- 18 *Floor (3x) + Abs*
- 19 *Cardio*
- 20 *Standing + Plank + Floor (1x)*
- 21 *Rest*

Week 4

- 22 *Rest*
- 23 *Standing + Plank + Floor (1x)*
- 24 *Abs + Cardio*
- 25 *Rest*
- 26 *Standing (3x) + Cardio*
- 27 *Abs*
- 28 *Rest*

Week 5

- 29 *Standing + Plank + Floor (1x)*
- 30 *Abs + Cardio*
- 31 *Rest*

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