

CABLE GLUTES KICK-BACKS



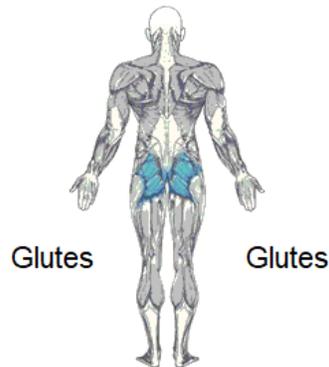
1. Stand a couple of feet away while facing a pulley machine or a cross cable machine. Place two small plates on top of each other just a few inches to the left side of the pulley, then step on the plates with your left foot to gain some height. Attach your right ankle to the bottom of the pulley machine. Keep your feet close to each other and fully extended, with a very slight bent at the knees. Now raise your right heel up by bending at the knee with the ankle strap attached to it. Both your feet should be a couple of feet away from the pulley so your glutes & hamstrings are kept under constant tension once your right ankle is strapped to the pulley. Lean forward at the hip/waist, while grabbing on to the handles of the machine to give you support. This will be your starting position.
2. Now use right leg's glutes muscles to start kicking back with your right leg, while simultaneously extending it where the bottom of your foot is facing backwards. **Tip:** Make sure NOT to swing your leg when performing this exercise, but rather use a slow and controlled motion to get the best out of this exercise. The rest of your body should remain stationary throughout the entire movement.
3. Slowly bring your right leg back to it's starting position while keeping your glutes muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch plates positions and legs, then perform the same movement for the same amount of repetitions with your other leg.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any glutes, hamstrings, hips and/or lower back injury. STOP immediately if you felt any sharp pain in your hips and/or lower back. Make sure to keep both your feet flexed and pointing forward throughout the entire movement.

ALTERNATIVE EXERCISES: [Bench Weighted Glutes Kick-Backs](#) / [Cable Hip Abductions](#) / [Machine Hip Abductions](#)

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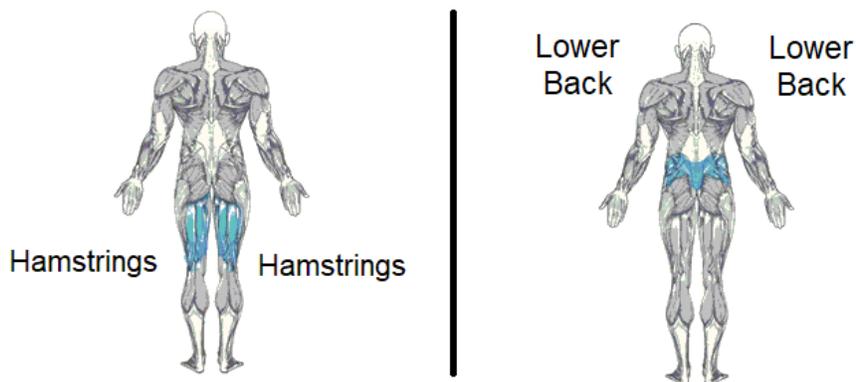
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20** when performing this exercise.

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