
10-Minute
Core & Glutes
Cheat Sheet
A QUICK, EFFECTIVE
ROUTINE TO FIRE UP
YOUR CORE & GLUTES

CORE & GLUTE STRENGTH

Why it matters

Your core and glutes are more than muscle groups. They're the **foundation of your strength, stability, and posture.** When these muscles are strong and active, your body moves better and *feels* better.

Whether you're sitting at a desk, chasing kids, or easing back into fitness, these muscles matter. Enter this quick core & glutes flow. It'll help you build strength in just 10 minutes, without any fancy equipment.

Top Benefits of Core & Glutes Training

Having a strong core and glutes doesn't just make you look better in your jeans. It offers loads of benefits to your body, including:

- ✔️ Enhances posture and alignment
- ✔️ Supports low back and pelvic stability
- ✔️ Improves balance and coordination
- ✔️ Helps you move with better control and less strain
- ✔️ Activates muscles that tend to weaken from sitting
- ✔️ Reduces risk of pain and injuries, especially in the hips and low back





ALIGNMENT & BREATH

Top tips

Proper alignment protects your joints, supports your spine, and helps prevent injuries. Pair it with intentional breathing, and every move becomes more effective. Here are some tips to help you stay safe and strong throughout your routine:

Tip #1: Neutral spine

Maintain the natural curve of your spine. Avoid overarching or tucking the pelvis and keep your head in line with your spine.

Tip #2: Ribcage over hips

Stack your ribcage directly over your hips for better core engagement.

Tip #3: Shoulder away from the ears

Create space in your neck by drawing your shoulders gently down and back. Think “long and open” through your collarbones.

Tip #4: Exhale on the effort

Breathe out during the hardest part of each move (e.g., when lifting). Your exhale is what activates your deep core muscles.

Tip #5: Inhale into your ribs

Instead of shallow chest breathing, aim to expand your ribcage out to the sides as you inhale.

QUICK WARM-UP

Prep for movement

Before jumping into the routine, take a few moments to warm up your hips and core. Here are a few moves to get your muscles firing and prep your body for better alignment:

Move #1: Cat-Cow

1. Start on your hands and knees.
2. As you inhale, gently arch your spine and tilt your head up. As you exhale, round your spine and lower your chin towards your chest.
3. Repeat 5-8 times.





Move #2: Glute Bridge Pulses

1. Lie on your back with knees bent, feet hip-width apart.
2. Lift hips and pulse at the top for 10-15 reps.



Move #3: Standing Hip Circles

1. Stand tall with your hands on your hips, feet hip-width apart.
2. Slowly move your hips in a circular motion (like you're hula hooping) for 5-10 repetitions.
3. Reverse directions and repeat.



10-MIN CORE & GLUTES FLOW

Quick routine

Onto the routine! You'll cycle through 5 exercises that target your core and glute muscles. Keep your spine neutral, move with control, and focus on good form over speed.

Let's get to it!

How it Works:

1. Set a timer for **45 seconds** on, **15 seconds** off.

2. Complete **2 rounds** for a 10-minute session.

Focus on control, quality, and showing up for YOU!

Move #1: Glute Bridge March

This move strengthens your glutes and challenges your core to keep your hips stable as you move.



1. Lie on your back with knees bent, arms by your sides with palms facing down.
2. Lift your hips into a bridge position.
3. Slowly lift one knee towards your chest, keeping your hips still.
4. Pause and then gently lower your foot back to the floor, keeping your hips up.
5. Repeat on the other side and continue this "marching" motion for 45 seconds.

Move #2: Dead Bug

A powerful core stabilizer that targets your deep abdominal muscles and improves coordination between your upper and lower body.



1. Lie on your back with your legs bent at a 90° angle and your arms extended up toward the ceiling.
2. Engage your core, pressing your lower back gently into the floor.
3. Slowly lower your right arm above your head, while lowering your left leg straight out, stopping just above the floor.
4. Slowly return your arm and leg to the starting position and repeat on the opposite side (left arm and right leg).
5. Continue alternating sides in a slow and controlled motion.

Move with control, keep your core engaged, and focus on quality over speed. You're building strength and stability with every rep!



Move #3: Donkey Kicks

This move targets your glutes and supports core control, hip stability, and posture.

1. Start on your hands and knees in a tabletop position. Wrists are under shoulders, knees under hips.
2. Engage your core and keep your back flat and stable.
3. Keeping your knee bent at a 90° angle, lift one leg up toward the ceiling, focusing on squeezing your glute at the top.
4. Pause at the top, then slowly lower your knee back to the starting position.
5. Repeat on the other side and continue alternating for 45 seconds.

Move #4: Side Plank

This move strengthens your core, obliques, and glutes while improving stability and balance.



1. Lie on your side with your legs extended and stacked.
2. Place your forearm on the floor directly under your shoulder.
3. Lift your hips off the floor, creating a straight line from your head to your heels.
4. Engage your core and glutes and hold.
5. Hold for 45 seconds, then switch to the other side.

TIP: Focus on form over speed. Quality reps build strength and protect your body. You've got this!

Move #4: Mountain Climbers

A dynamic move that gets your heart rate up while strengthening your core, shoulders, and glutes.



1. Start in a high plank position with your hands under your shoulders and your body in a straight line.
2. Engage your core.
3. Drive your right knee toward your chest, then quickly switch and drive your left knee forward.
4. Continue alternating knees in a fast and controlled motion.
5. Keep your hips low and your core tight for 45 seconds.

COOL DOWN & STRETCH

Recovery time

Take a few minutes to stretch and reset. These moves help reduce tension, improve flexibility, and support muscle recovery.

Stretch #1: Child's Pose

A gentle pose that stretches your lower back and hips while calming your nervous system.



1. Kneel on the floor with your big toes touching and knees hip-width apart.
2. Sit your hips back toward your heels and extend your arms forward.
3. Rest your forehead on the floor and relax your shoulders.
4. Take 5–8 deep breaths.



Stretch #2: Hip Flexor Stretch

Opens up your hips and releases tension from your lower body.

1. Step your right foot forward into a lunge position, keeping your left knee on the floor.
2. Tuck your pelvis slightly and gently press your hips forward.
3. Lift your chest and keep your core engaged.
4. Hold for 30–45 seconds, then switch sides.

TIP:

Consistency is key! Just 10 minutes a day can help you build strength, improve posture, and feel more confident in your body.

10-MIN CORE & GLUTES

Cheat sheet

Your quick guide to the entire routine. Follow along and give it your all!

WARM UP



CAT-COW

5–8 reps



GLUTE BRIDGE PULSES

10–15 reps



HIP CIRCLES

5–10 each direction

CORE & GLUTES

2 ROUNDS • 45 SEC ON • 15 SEC OFF



GLUTE BRIDGE MARCH

45 sec



DEAD BUG

45 sec



DONKEY KICKS

45 sec



SIDE PLANK WITH LEG LIFT

45 sec each side
Switch sides next round



BIRD-DOG

45 sec each side
Switch sides next round

COOL DOWN



FIGURE 4 STRETCH

30–45 sec each side



SPHINX/COBRA

30–45 sec



CHILD'S POSE

30–45 sec each side