



Stronger Glutes. Happier Back.

Why Your Lower Back Might Need Your Glutes to Step Up

Lower back tightness is one of the most common complaints people have when they work out, sit too much, or start getting more active.

But here's something most people miss:

Your lower back may not be the real problem.

Sometimes your back is just the area doing too much work because your glutes are not doing enough.

Your glutes are not just for looks. They are some of the most important muscles in your body for strength, posture, balance, and lower-back support.

When your glutes are strong and working properly, they help your hips move the way they are supposed to move. When your glutes are weak, inactive, or not firing at the right time, your lower back often has to jump in and compensate.

That can lead to tightness, fatigue, poor movement, and discomfort.

Your Glutes Are Built to Drive Movement

Your glutes help you:

Stand up from a chair

Climb stairs

Walk and run

Squat

Deadlift

Lunge

Step up

Stabilize your hips and pelvis

Protect your lower back during movement

The glutes are supposed to create power from the hips.

Your lower back is supposed to stabilize and support.

That difference matters.

When your hips and glutes do their job, your lower back does not have to work overtime.

Why Sitting Makes This Worse

Most people sit more than they realize.

Sitting keeps your hips bent for long periods of time. Over time, this can make the hip flexors tight and leave the glutes underused.

Then you stand up, go to the gym, start exercising, and your body may still be moving with “sleepy” glutes.

That is when the lower back often takes over.

This is why some people feel their lower back during exercises that should mostly work the legs and glutes.

They squat and feel their back.

They deadlift and feel their back.

They step up and feel their back.

They do glute bridges and somehow still feel their back.

The goal is not just to work harder.

The goal is to move better.

The Simple Rule

Your hips should create the power.

Your core should brace.

Your lower back should stay stable.

If your lower back is always taking over, it may be time to train your glutes more intentionally.

Important Note

This workout is designed to help improve glute strength, hip control, and lower-back support.

It is not medical treatment.

If you have sharp pain, pain running down your leg, numbness, tingling, weakness, pain after a fall, or pain that keeps getting worse, speak with a qualified medical professional.

If you are dealing with general tightness, poor glute activation, weakness, or back fatigue during workouts, this routine is a great place to start.

The Club 24 Glute & Lower Back Support Workout

How Often to Do It

Do this workout 2 to 3 times per week.

Go slow.

Control every rep.

Focus on feeling the glutes work without letting the lower back take over.

This is not about rushing.

This is about teaching your body to move better.

Warm-Up

1. Hip Flexor Stretch

30 seconds per side

Start in a half-kneeling position with one knee on the floor and the other foot in front.

Gently tuck your pelvis under like you are pulling your belt buckle toward your ribs.

Squeeze the glute on the back leg.

You should feel a stretch in the front of the hip.

Do not arch your lower back.

Why it helps:

This opens the front of the hip and helps the glute on the back leg wake up.

2. Cat-Cow

8 to 10 slow reps

Start on your hands and knees.

Slowly round your back.

Then slowly extend your spine.

Move gently and stay in a comfortable range.

Why it helps:

This helps your spine move before you begin strengthening.

3. Bodyweight Hip Hinge

10 slow reps

Stand tall with your feet about hip-width apart.

Push your hips back like you are trying to close a car door with your butt.

Keep your chest proud, ribs down, and knees slightly bent.

Squeeze your glutes to stand tall.

Why it helps:

This teaches your body to move from the hips instead of the lower back.

Glute Activation Circuit

Do 2 rounds.

Rest 30 to 45 seconds between exercises.

1. Glute Bridge

12 to 15 reps

Lie on your back with your knees bent and feet flat.

Brace your core lightly.

Push through your heels.

Squeeze your glutes to lift your hips.

Pause for 1 second at the top.

Lower slowly.

Coaching tip:

Do not arch your lower back at the top. If you feel this mostly in your lower back, lower your hips slightly and focus on squeezing the glutes.

2. Side-Lying Clamshell

12 to 15 reps per side

Lie on your side with your knees bent.

Keep your feet together.

Open the top knee without rolling your hips backward.

Pause at the top.

Lower slowly.

Coaching tip:

You should feel this on the outside of your hip, not in your lower back.

3. Bird Dog

8 to 10 reps per side

Start on your hands and knees.

Brace your core.

Reach one arm forward and the opposite leg back.

Keep your hips level.

Pause for 1 second.

Return to the start.

Coaching tip:

Do not arch your lower back. Move slowly and stay controlled.

Strength Circuit

Do 3 rounds.

Rest 60 to 90 seconds between exercises.

1. Hip Thrust or Weighted Glute Bridge

8 to 12 reps

Use a bench for hip thrusts or stay on the floor for weighted glute bridges.

Drive through your heels.

Keep your ribs down.

Squeeze your glutes hard at the top.

Pause for 1 second.

Coaching tip:

The top of the rep should feel like a glute squeeze, not a lower-back arch.

2. Romanian Deadlift

8 to 10 reps

Use dumbbells, kettlebells, or a barbell.

Keep the weight close to your body.

Push your hips back.

Keep your spine neutral.

Lower until you feel tension in your hamstrings and glutes.

Drive your hips forward to stand tall.

Coaching tip:

This is a hip movement, not a lower-back lift.

3. Step-Up

8 to 10 reps per leg

Use a box or bench around knee height or slightly lower.

Place your whole foot on the step.

Drive through the working leg.

Stand tall at the top.

Lower slowly.

Coaching tip:

Do not bounce off the back foot. Make the front leg do the work.

4. Lateral Band Walk

10 to 15 steps each direction

Place a resistance band above your knees or around your ankles.

Slightly bend your knees and hips.

Step side to side under control.

Keep your toes forward and knees from caving in.

Coaching tip:

You should feel the outside of your hips working.

Finisher

Single-Leg Glute Bridge

2 sets of 8 to 10 reps per side

Lie on your back with one knee bent and the other leg lifted.

Brace your core.

Push through the heel of the working leg.

Lift your hips by squeezing the glute.

Keep your pelvis level.

Coaching tip:

If your hamstring cramps or your lower back takes over, switch back to the regular two-leg glute bridge.

Cool Down

1. Figure-Four Glute Stretch

30 seconds per side

Lie on your back.

Cross one ankle over the opposite knee.

Gently pull your legs toward your chest.

2. Hip Flexor Stretch

30 seconds per side

Repeat the half-kneeling hip flexor stretch from the warm-up.

3. Easy Walk

3 to 5 minutes

Walk at an easy pace to relax the body and reinforce normal movement.

Beginner Version

Do this workout 2 times per week.

Use bodyweight only for the first 2 weeks.

Focus on control, not weight.

Your goal is to feel the glutes working without the lower back taking over.

Intermediate Version

Do this workout 3 times per week.

Add resistance to hip thrusts, Romanian deadlifts, step-ups, and band walks.

Only increase weight when your form stays clean and your lower back does not take over.

Progression Rule

Do not make the workout harder just because you can.

Make it harder when you can complete every rep with control.

Progress by adding:

More reps

More resistance

Slower tempo

Longer pauses

Better range of motion

Better control

What You Should Feel

You should feel:

Glutes working

Hips moving better

Core lightly braced

Better control during lower-body exercises

Less lower-back takeover over time

You should not feel:

Sharp pain

Pain shooting down the leg

Numbness

Tingling

A strong pinch in the lower back

Your lower back doing all the work

Final Reminder

Your lower back is not supposed to do everything.

Your glutes are built to create power.

Your hips are built to move.

Your core is built to brace.

Your lower back is built to stabilize.

When your glutes do their job, your lower back can finally stop doing everyone else's.

Stronger glutes. Better movement. Happier back.

Club 24 Concept Gyms

Real Gyms. Real Goals. Real Results.

