

THE BEST GLUTE AND HAMSTRING EXERCISES AND WORKOUTS

Created by: [Murshid Akram](#)

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10 Glute and Hamstring Exercises to Build Muscle at the Gym

[1. Romanian Deadlift](#)

[2. Machine Leg Curl](#)

[3. Good Morning](#)

[4. Weighted Step up](#)

[5. Hip Thrust](#)

[6. Weighted Glute Bridge](#)

[7. Cable Pull Through](#)

[8. Belt Squat](#)

[9. Reverse Lunges](#)

[10. Hex Bar Deadlift](#)

5 Best Glute and Hamstring Workouts to do at Home

[1. Nordic Hamstring Curl](#)

[2. Resistance Band Leg Curl](#)

[3. Resistance Band Leg Kickback](#)

[4. Glute to Hamstring Bridge](#)

[5. Leg Slide](#)

60-Minute Glutes and Hamstrings Workout to Build Mass

You can use the above exercises to create a workout routine.

When designing a workout routine, it's important to include [compound exercises that work multiple muscle groups](#) and isolation exercises that target specific muscles. Combining both can help you achieve optimal results.

It is also crucial to focus on gradually increasing the load and the intensity over time to continue making progress.

Here's an example of a [one-hour gym workout routine](#) to build stronger and bigger glutes and hamstrings.

Please note: Perform dynamic stretching to prepare your muscles for resistance exercises and maintain the proper form during each exercise to prevent injury.

Week 1 and 3

1. Weighted Step up – 3 sets of 12, 10, and 8 reps
2. Barbell Romanian Deadlift – 3 sets of 8, 6, and 4 repetitions
3. Hamstring Curl – 3 sets of 12, 10, and 8 reps
4. Weighted Glute Bridge – 3 sets of 12, 10, and 8 reps
5. Barbell Hip Thrust – 3 sets of 10, 8, and 6 reps

Week 2 and 4

6. Split Squat / Lunges – 3 sets of 12, 10, and 8 reps
7. Hex Bar Deadlift – 3 sets of 8, 6, and 4 repetitions
8. Barbell Good Morning – 3 sets of 10, 8, and 6 reps
9. Cable Pull Through – 3 sets of 10, 8, and 6 reps
10. Belt Squat / Hamstring Curl – 3 sets of 12, 10, and 8 reps

Related Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

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