



The deadlift is the ultimate hip-dominant exercise because no other movement targets as many hip muscles with such heavy loads. In other words, it's ideal for putting massive tension on your glutes, hamstrings, and adductors, which is crucial for building muscle and strength.

That said, the conventional deadlift (shown above) isn't for everyone, especially if you have lower back issues. If it feels uncomfortable or awkward, try the sumo or trap-bar deadlift instead. These variations train your hip muscles just like the conventional deadlift but can be gentler on your spine.

DEADLIFT

relentless-spirit.com



The Romanian deadlift is another top-tier hip-dominant exercise because it trains the same muscles as the regular deadlift—glutes, hamstrings, and adductors—without being as taxing. This makes it perfect for training your hip muscles more frequently without burning you out.

Another benefit of the Romanian deadlift is that it trains your hamstrings in a stretched position. [Research](#) shows that this is significant because training a muscle while stretched can boost muscle growth.

ROMANIAN DEADLIFT

relentless-spirit.com




The deficit deadlift increases the [range of motion](#) by elevating your feet on a weight plate or step. This forces your hamstrings and glutes to work even harder while stretched, making it a fantastic hamstring-dominant exercise for building mass and strength.

Not everyone has the flexibility to perform the deficit deadlift correctly, however. If you can't lower the weight without rounding your back, stick with the regular deadlift until your flexibility improves.

DEFICIT DEADLIFT

relentless-spirit.com



Research shows that the hip thrust is a powerhouse for glute development, especially when combined with other effective glute exercises. One of its main benefits is that by positioning the barbell in your lap, it forces your glutes to work hard throughout the entire range of motion—something few other exercises achieve. Another advantage of the hip thrust is you perform it with your back supported on a bench, making it a solid glute-dominant exercise for those with lower back issues.

HIP THRUST

relentless-spirit.com



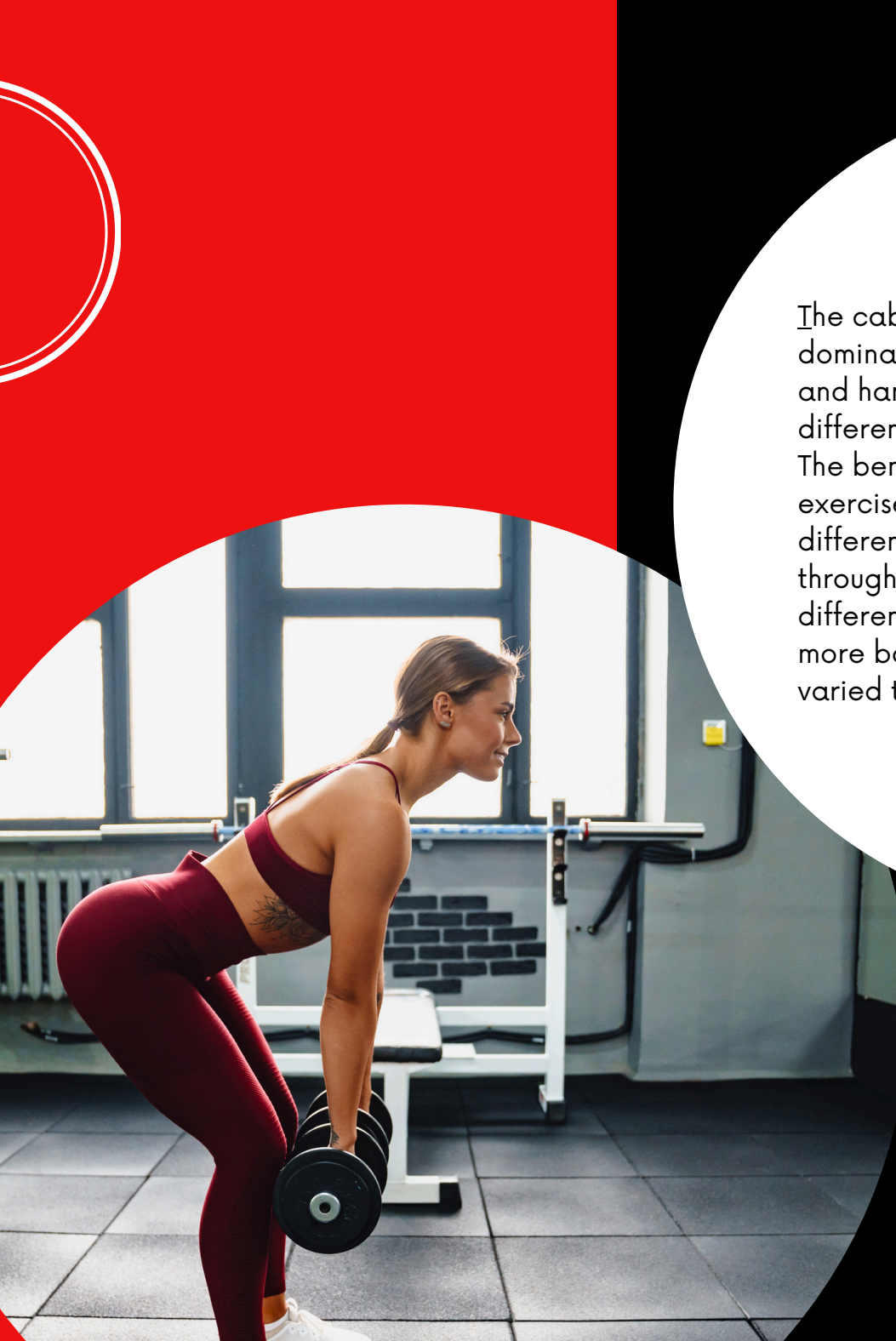
The single-leg hip thrust trains each side of your body independently, which helps you gain symmetrical glute mass.

What's more, studies suggest unilateral exercises (those that train each leg separately) are superior to bilateral hip-dominant exercises (those that train both legs simultaneously) for developing smaller muscles around the hips, like the [gluteus minimus](#). The instability of training one leg at a time forces these muscles to work harder, which spurs them to grow.

In other words, to maximize all-around growth, it's sensible to include a mix of unilateral and bilateral hip-dominant exercises in your routine.

SINGLE-LEG HIP THRUST

relentless-spirit.com



The cable pull-through is a fantastic hip-dominant exercise for training the glutes and hamstrings because it provides a different stimulus to free weights. The benefit of doing hip-dominant exercises that train your muscles in different ways—with different equipment, through different ranges of motion, and at different angles—is that it helps you **build** more balanced size and strength than less varied training,

CABLE PULL- THROUGH

relentless-spirit.com