

Glute Activation

10. Strengthening gluteus med.

- Lie on your side with a band around your thighs, just above your knees.
- Your hips should be flexed slightly and your head supported.
- Keep your feet together and open the top knee to externally rotate the hip.



13. Glute bridge and pushout

- Lie on the back, with the knees bent and a rubberband around the thighs, just above the knees.
- Lift the hips as high as possible without arching the lower back and open the thighs against the resistance of the rubberband.
- Quickly open the knees for the prescribed time/repetitions.
- Lower the hips at the end of the set.



. Single leg glute bridge

- Start in crook lying.
- Lift on leg off the floor and go up into a shoulder bridge, peeling one vertebrae at a time.
- Keeping the leg out straight and the thigh in line with the other thigh, lower yourself on the ground and lift yourself back up, peeling one vertebrae at a time.



Squat with mini-band

- Stand with your feet facing forward at hips width.
- Tie elastic around your knees, just above them. The band should be taut and applying a tension that pulls the knee inward.
- Lower your body to a squat position by pushing your hips backward, bending your knees while keeping your back neutral.
- Squeeze your buttocks to resist the pull of the band and keep the your knee caps aligned with the center of your feet (2nd toes). Do not let the band pull your knees inward.
- Return to the standing position and repeat.

