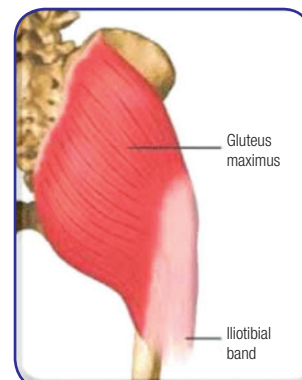


Glutes

The Gluteus Maximus is one of the largest and strongest muscles in the body.

The Gluteus Maximus originates along the pelvic bone crests and attaches to the rear of the thigh. Not shown are the Gluteus Medius and Minimus, which lie directly underneath the Gluteus Maximus.

The primary function of the Gluteus Maximus is hip extension (moving the thigh to the rear). The Gluteus Medius and Minimus serve to abduct (move away from the centerline of the body) the leg.

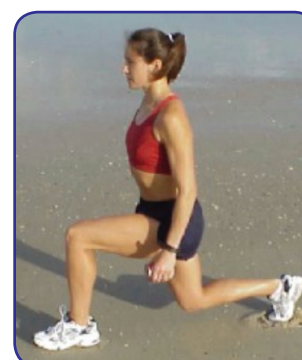


SQUATS

- Keeping the head up and the back straight bend your knees until they reach no more than 90° then straighten
- Ensure your knees do not come forward over the front of your toes
- Extend both arms forward to assist with balance when doing a squat
- If required hold on to a secure handle/door frame, etc for better balance
- This exercise can be done with a stability ball, dumbbells and barbells!

LUNGES

- Stand upright with your feet shoulder width apart
- Take a 2-3 foot step forward
- Once the stepping foot is planted, the upper body and the front knee should not move forward during the lowering and rising of the body
- Keeping the upper body vertical, dip your lower body straight down until back knee comes close to the ground
- Hold the tension in the front of your leg, then raise your body straight up and return to starting position
- You may do repeated repetitions on a single leg before switching or alternate legs
- You may use dumbbells to add resistance



LYING SINGLE LEG LIFT

- Lie on your left side on the floor, both legs in line with the torso and left leg slightly bent
- Rest your head on your arm and place right hand on floor in front of chest for support
- Keeping torso stationary, lift right leg as high as you can without rolling forward or backward
- Lower leg to starting position
- Perform one set of repetitions, then repeat with the opposite side
- Strengthens upper hip and gluteus medius (side of bottom)



GLUTE KICK BACKS

- Position yourself on the floor resting on your hands and knees
- Bend and pull your right knee in to your chest
- Straighten your leg, lifting it upwards and backwards, extending your knee and hip as far as possible
- Be careful to complete the movement slowly and deliberately
- Perform one set of repetitions, then repeat with the opposite side



GLUTE LIFT WITH RAISED LEG

- Start on your back (there should be a small, natural, arch under your lower back)
- Holding your back stable in that same position push your hips up – bridging from your shoulders to your feet
- Hold that position for 10sec, then, still maintaining the same arch in your back, slowly lower yourself down to the floor
- Repeat 10 times
- As your strength improves you can increase the difficulty by lifting one foot off the floor when raised into the bridge position
- Make sure you maintain a stable position

