

# Glutes - muscle activation exercises - sheet 1

The exercises shown here are used to help 'activate' certain muscles, or muscle groups



## Exercise 1 - gluteus maximus (Gmax) activation (inc. core strength)

- Using a step position yourself as in picture no.1 across, with 1 leg hanging off the side.
- Keeping your core engaged and trying not to lean to the side extend the hip backwards as in picture no.2 across
- Ensure your Gmax is activated and hold for a count of 10
- If your Gmax is not activating, return to the relevant mobilisation exercises shown to you by your practitioner.
- Make sure you activate both sides by repeating the exercise on the opposite leg



## Exercise 2 - gluteus medius (Gmed) activation

- Lying on your side with a lightweight rehab band around your knees, as per picture no.1 above, lift the knee using the clam exercise as per picture no.2 above.
- Do 10 repetitions of lift, hold (2 secs) and relax
- Make sure you only lift the knee a few inches, as otherwise you'll end up using your back muscles to help
- If your Gmed is activating you should feel a burn in your glutes, if you feel cramping in the front of your hip instead, then return to the relevant mobilisation exercises shown to you by your practitioner