

Glutes - muscle activation exercises - sheet 2

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



Exercise 1 - gluteus maximus (Gmax) isolated activation

- Lying on the floor position yourself as in picture no.1 across
- Keeping your stomach flat on the floor, bend one knee to roughly 90°
- From here lift the leg with the bent knee off the floor being careful not to twist your pelvis and back to achieve the lift, see picture no.2
- Hold this lift for 10 seconds
- You should immediately feel your Gmax 'fire' when lifting the bent leg.

- If you cannot tell, or are unsure, press a finger into your glute, if the area is firm and difficult to press into the Gmax is activated. If the area is soft it is not.

- Alternate between lifting and resting the bent leg to see if you can feel a change in 'density' to the area.
- If Gmax does not activate, repeat the relevant mobilisation exercises shown to you by your practitioner.

- If you start to get cramping in your hamstring, or back then return to the relevant mobilisation exercises shown to you by your practitioner.

- To check the Gmax fires up with a straight leg, repeat the exercise without bending the knee, as in picture no.3. If Gmax does not activate, repeat the relevant mobilisation exercises shown to you by your practitioner.