



The Gluts: Three muscles constitute the glut:

Glut med, Glut min and Glut max.

Glut Max:

It is the largest of the three glut muscles, and the most superficial muscle that comes off your back- if you have no glutes (flat) I say you have a “long back”, meaning non-existent butt and your back just continues into your hamstrings

- it stabilizes the Sacroiliac joint as some of the fibers cross this joint
- the muscle functions in hip extension (lifting leg back behind you), external rotation (knee and foot rotates away from the midline of the body), and abduction taking the leg away from the midline of the body
- there is an upper and lower subdivision and to target your upper glutes you do abduction exercises and to target both upper and lower parts a hip thrust or glut bridge will do the trick
- Best way to activate the glut and take out hamstring is when the knee is bent (hip thrust)



In order to isolate the different muscles of the gluteus maximus, sit on a elevated surface, knees bent with a band around your knees 1) lean back keeping hips and core engaged you can either take both legs or one leg away from the center of the body (external Rotation)



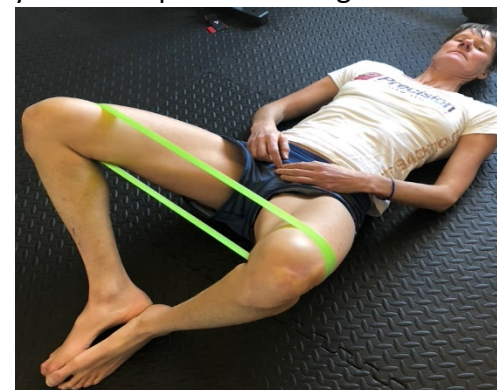
2) The same as #1 but the body will be upright- again push both legs away from the center or do one at a time



3) Same as above but lean the body forward



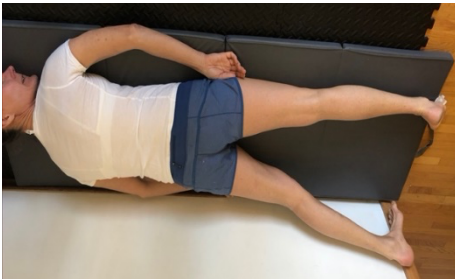
In order to take the hamstrings out of the equation- you can bend the back knee and do kickbacks- the key here is keep glutes and core engaged. When you raise your leg (with knee bent) ensure you don't rotate your hips, pulse your foot up to the ceiling.



Glut frog: Lying on back band around knees- keep hips level and take the knees away from the center of the body. Do not let the hip drop towards the floor. To challenge yourself do one knee at a time

Gluteus Medius: Are referred to as the small gluteal muscles (includes Glut Min)

- Is the major stabilizer of the hip when walking, balancing on one leg and running- if this muscle is weak then you are more likely to have your knee cave in and cause problems at IT band, knees and hip
- Glut Med is slightly above the hip joint, is a fan shaped and covers the glut min (lies underneath), it inserts into the hip bone (the greater trochanter)
- This muscle provides some shape to the upper butt region



- There are 3 subdivisions to the glut med muscle- anterior, medial and posterior- each playing a diff role in movement
- This muscle is hard to isolate alone- lateral band walks isolate the glut med and upper glut max

If you are finding that you cannot activate your glut med without activating the TFL (tensor Fasciae Latae) then we must start from the beginning. The glut medius job is a major stabilizer of the hip- but if it isn't working properly then the TFL will take over and activate 1st (this will cause hip problems). The glut med should come on initially during hip abduction (taking the leg away from the center

of the body). In the photo above in order to take the TFL out while doing glut med work, lie on your stomach close to the wall. Lift the leg closest to the wall up, point your foot down towards the floor and then push your ankle foot into the wall (keep your hip on the ground and your leg straight)- you should feel your upper butt pop up.



Fire Hydrants:

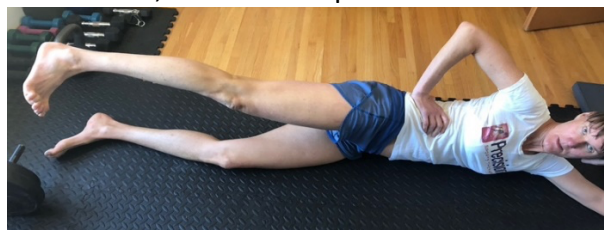
Once you have activated your glut med without the TFL coming on, you can progress to this exercise.

Start on all 4's engage your glutes and core to stabilize your hips so when you raise one leg to the side, your hip doesn't rotate.

The goal here is lifting your knee up towards the ceiling without moving your hips- you should feel in the side where your glut med is. To increase the difficulty, add a band to your knees (again ensuring to never rotate the hips)

Challenging Glut med sequence:

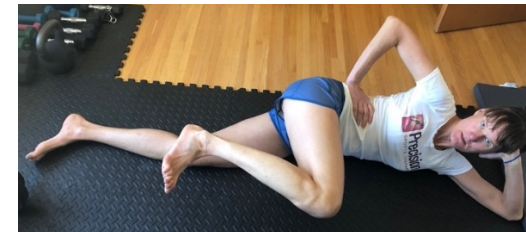
- 1) Lying on your side with your hips level, foot, knees and hips in line



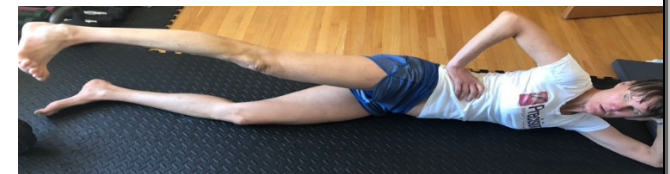
- a) Make small scissors with your foot (up and down motion)



- b) Large scissors- move foot higher keeping hips square (up and down motion of foot)



- c) Ride the bicycle: lead with your top foot like you are riding your bike (in a circular motion)- keep upper leg elevated



- d) Point toe in and make a circle with your foot one way and then rotate in the other direction

Ensure you do not drop the leg at any time during this exercise- you will feel at burn at the side of the hip