

# Glute Activation Exercises

For Injury Prevention





## GLUTE EXERCISES

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### Gluteal Ignavus – Lazy Glutes

What's all the fuss about Glutes? Well the Gluteus Maximus is the largest muscle in your body, one you want to keep strong and more importantly make sure you are engaging properly into your exercise program. These days most people have lazy glutes which have shut down due to inactivity. There are many reasons as to why this is an important muscle; I'm going to discuss two:

1. Strong Glutes will help keep you injury free
2. Strong Glutes will give your bottom a nice lifted appearance

We live in a very quad dominant society. Especially women who tend to have stronger quads (front of the leg) as opposed to strong behinds. No matter what your sport or lifestyle, strong glutes will prevent overload injuries and pain, whether you are; picking up children, lifting groceries, perfecting your squat technique or running marathons. Strong Glutes are essential for a healthy lower back and lower limbs. If your glutes are not being engaged properly other muscles will take over the work, i.e hamstrings, calves, lower back and over time this causes those muscles to be tight and has the potential to lead to other injuries.

The 2<sup>nd</sup> reason why Glutes are important is to define your behind and give it a well-deserved lift (now this is especially important for the ladies, but of course Men can have nice butts too)! Who doesn't want to have that nice firm butt in a pair of jeans or feel good about their derrière when popping on the swimmers? By placing emphasis on the glutes during lower body exercises you can make those changes. Instead of just going through the motions of the movement think about the muscles you want to train.

Below is a list of exercises for GLUTE ACTIVATION. Incorporate these exercises into your weekly program for 1-4 weeks and retrain your lazy glutes to be strong! Try each exercise for 60 seconds at a time, single leg exercises 30 seconds each leg for 3 Sets.





## SINGLE LEG GLUTE CONTRACTIONS

First and foremost, can you feel your glutes contracting? Raise one leg and squeeze your bottom (glutes) on the side of the raised leg. Try and isolate into that side only then switch legs.

30 Seconds of contractions per leg

## GLUTE BRIDGE

Lie on your back with bent knees and your feet flat on the floor. Engage your core and lift your hips up away from the floor. Avoid lifting too high and overarching your lower back, keep your core strong and engaged during the lift and engage and tighten in the glutes. Make sure you relax the hamstrings and focus on the glutes.

60 Seconds per set



## SINGLE LEG GLUTE BRIDGE



Same as the Glute Bridge but take one leg extended out and in line with your bent knee and raise the hips upward and downward. This will be noticeably more challenging than the Glute Bridge. Care must be taken to engage the core and keep the pelvis from anteriorly tilting. You should not feel any pain in the lower back.



## SIDE LYING CLAM

Take a side lying position then raising your upper knee to a 45 degree angle while your feet stay together, don't allow your pelvis to move and make sure your torso remains stable.

Keep your Glutes and Core engaged through each movement. This exercise will target the Glute Medius which is situated on the side of your hip. This exercise is also beneficial for hip stability.

60 Seconds per set



## SIDE LYING HIP ABDUCTION

Lying on your side, keeping your core and glutes engaged raise your upper leg. Make sure you are in a straight line and avoid moving or leaning backwards during the movement. Place your hand on your glutes to make sure you can feel them engaging!



60 Seconds per set



## DONKEY KICK



Raise one leg bent upward from the hips. Keep your back flat and core engaged as you lift upwards isolating into the glutes. Make sure you are working the glutes and not engaging the hamstrings.

60 Seconds per set

## BIRD DOG



An excellent exercise for core and pelvis stability. Take opposite hand and opposite leg and fully extend outwards whilst keeping your torso stable. Engage into your core and glutes as you alternate your opposing limbs.

60 Seconds per set

OK How did that all feel? If you're not feeling any of this in your glutes and your hamstrings are tight or you feel pressure in your lower back then you are not engaging the glutes and you need to spend more time practicing these exercises. If your glutes are burning and you can feel this working you are well on your way to having nice strong glute muscles!

