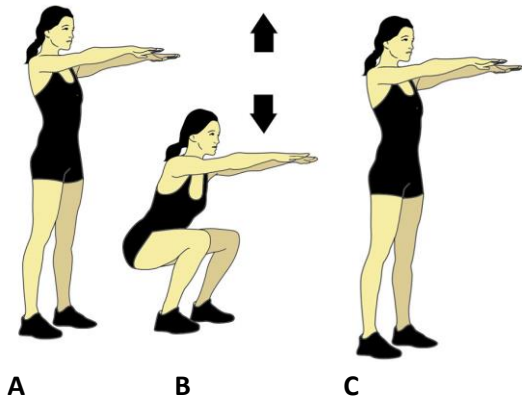


## Home exercises

# GLUTEAL STRENGTHENING

**Bodyweight Squat:** Perform 1 – 3 sets of 10 repetitions



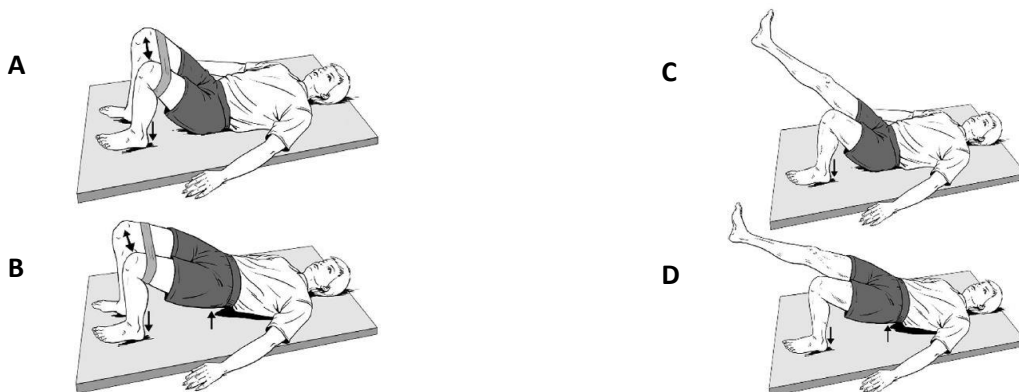
**A:** Stand with your feet slightly wider than hip width, with toes pointed out slightly. Look straight ahead and focus on a point in front of you for the whole duration of the squat.

**B:** Initiate the movement by inhaling and unlocking the hips, slightly bringing them back. Keep sending hips backward as the knees begin to bend as if you want to seat far away. As you descend, focus on keeping the weight in your heels. While the butt starts to stick out, make sure the chest and shoulders stay upright.

**C:** Engage core and, with bodyweight in the heels, explode back up to standing, driving through heels. Imagine the feet are spreading the floor (left foot to the left, right foot to the right) without actually moving the feet

*Keep a neutral spine at all times and never let your knees go in or over your toes.*

**Glute bridge:** Perform 1 – 3 sets of 10 repetitions holding the position for 2 seconds



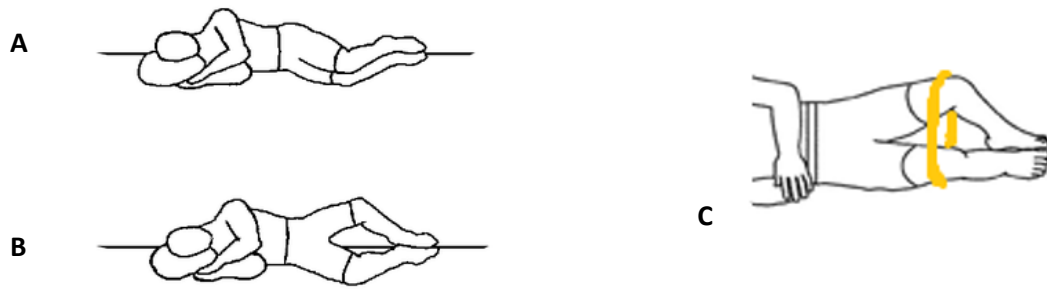
**A:** Start lying on your back with your knees bent.

You can also have an elastic band around the legs just below the knees but start without it.

**B:** Slowly lift your bottom pushing through your feet, until your knees, hips and shoulders are in a straight line. Tighten your bottom muscles as you do this.

**C-D:** Add an extra challenge by doing it with one leg raised as in picture **C** and **D** but be careful not to rotate your pelvis.

**Hip abduction:** Perform 1 – 3 sets of 10 repetitions each leg holding the position for 2 seconds

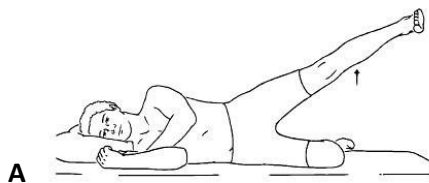


**A:** Start lying on one side with knees bent at right angle and hips and ankle aligned.

**B:** Slowly lift your upper knee away from your other leg, keeping your ankles together, your pelvis still and tightening your buttock muscles.

**C:** Add an extra challenge by doing it with an elastic band around your knees

**Hip abduction 2:** Perform 1 – 3 sets of 10 repetitions each leg holding the position for 2 seconds



**A:** Start lying on your side. Keeping your back and knee straight and foot facing forwards, slowly take your leg to the side tightening the muscles at the side of your hip.

**Monster walk:** Perform 1  
minute walk for 1 – 3 times



Tie a resistance band below your knees, not too tight, you will have to walk with it.

Stand upright, the feet are shoulder width apart. Hold the hands in the hips. Your upper body is straight, look ahead, your knees are slightly bent.

Make a small steps in different directions: diagonally ahead and outwards, laterally.

Keep the knees remain bent and the elastic band always in tension.



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