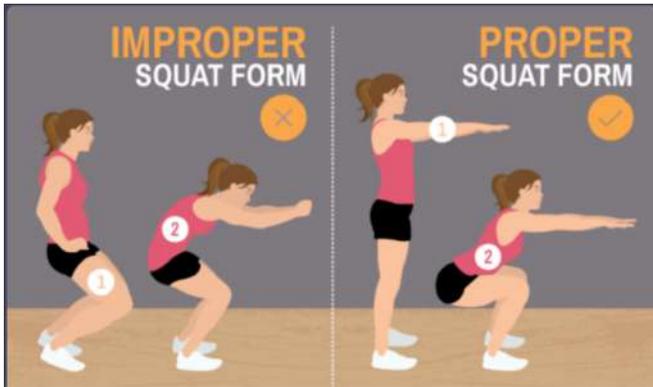


august THE MONTHLY MOVE GLUTES

Equipment Needed: Begin these exercises without weight to ensure that you are executing with proper form. When you feel it is time to add resistance, you can hold dumbbells in each hand or a kettlebell while performing the exercises. Start with lighter weights and increase over time.

How: Perform 3 rounds, 10-15 repetitions of each exercise. 20 seconds of rest between each exercise.

SQUATS



- Start with legs straight and arms pointed forward. Keep back straight, abs engaged (pull belly in towards the spine) and focus attention on your glute muscle as you squat down. Your glutes should be doing the majority of the work instead of your thighs.

**** Optional:** If you would like to increase the challenge, place a resistance band right above your knees during squats and bridges and spread your knees outward to the side while performing the exercises.

BRIDGES



- Lay flat on your back, arms by your side and feet hip distance apart. As you lift your glutes off the ground, engage your core and squeeze your glute muscles at the top. Hold for 3 seconds and lower back down.

BACKWARD LUNGES



- Start by standing with feet hip distance apart. Bring right leg back behind you to come into a lunge. If you notice that your front knee is past your toes, widen your lunge so that your knee is at a 90 degree angle. Come back to standing position, squeezing your glutes, and lunge back with your left leg.

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THE MONTHLY MOVE

EXERCISES TO IMPROVE HIP MOBILITY

»» THE IMPORTANCE

It's crucial to have good hip mobility. A simple restriction on range of motion at the hip can magnify itself over the years to become a significant issue, *particularly if you spend a lot of time sitting*. Improving your hip mobility can prevent lower back pain and injuries. If mobility and strength in the hips are compromised, a person will compensate when lifting weight with their back muscles rather than their legs (this is a HUGE NO and how serious injuries occur!)

»» EXERCISES TO IMPROVE

Lying Hip Rotations:

- Lie on your back with both knees bent.
- Cross one ankle over the opposite knee.
- Move in and out of the stretch by rotating the hip in and out.
- For the hold, use your hand for assistance to press into the knee.



Piriformis Stretch:

- Cross one leg fully over the opposite thigh.
- Pull the crossed knee toward your opposite shoulder, stretching the piriformis muscle.



Butterfly Stretch:

- Sit up with feet together, moving the knees down toward the ground.
- Use your hand to press into the ground and move your groin closer to your heels.
- Keep back straight



The Psoas March:

- Lie supine with a resistance band around both feet. While focusing on maintaining a neutral spine, lift one knee towards your chest, stopping at ~90 degrees of hip flexion, and then return to supine. This is then repeated on the opposite leg.

