



## **Gluteus Maximus Exercises**

### ***LEVEL 1***

#### ***Starting position***

Lie face down with the hips and back relaxed and the legs straight.



#### ***Action***

Pull the stomach up and in to contract the deep abdominals. Maintain this contraction whilst gently squeezing both buttocks.

Hold \_\_\_ seconds and repeat \_\_\_ times.

### ***LEVEL 2***

#### ***Starting position***

Lie face down with the hips and back relaxed and the legs straight.



#### ***Action***

Pull the stomach up and in to contract the deep abdominals. Maintain this contraction whilst gently squeezing both buttocks.

Hold this contraction and slowly bend the \_\_\_ knee. Do not let the back arch or the pelvis twist. Hold for a few seconds then relax

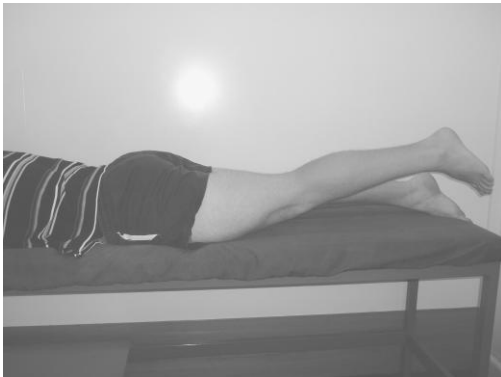
Repeat \_\_\_ times on the \_\_\_ leg / both legs



### ***LEVEL 3a***

#### ***Starting position***

Lie face down with the hips and back relaxed and the legs straight. Lie on \_\_\_ pillows.



#### ***Action***

Pull the stomach up and in to contract the deep abdominals. Maintain this contraction whilst gently squeezing both buttocks.

Hold this contraction and slowly lift one straight leg about 5 cms from the floor. Do not let the back arch or the pelvis twist.

Ensure the contraction of the stomach and both buttocks is maintained.

Hold for \_\_\_ secs and repeat \_\_\_ times on the \_\_\_ leg / both legs

### ***LEVEL 3b***

#### ***Starting position***

Lie face down with the hips and back relaxed and one knee bent



#### ***Action***

Pull the stomach up and in to contract the deep abdominals. Maintain this contraction whilst gently squeezing both buttocks.

Hold this contraction and slowly lift the bent leg about 5 cms from the floor. Do not let the back arch or the pelvis twist. Ensure the contraction of the stomach and both buttocks is maintained.

Hold for \_\_\_ secs and repeat \_\_\_ times on the \_\_\_ leg / both legs



## ***The Frog***

### ***Starting position***

Lie face down with the knees wide apart and bent. Allow the hips to rotate so that your feet touch.



### ***Action***

Pull the stomach up and in to contract the deep abdominals. Push the feet together as you squeeze both buttocks.

Do not let the back arch or the pelvis twist

Hold for \_\_\_ secs and repeat \_\_\_ times

## ***The Chicken Dance***



### ***Starting position***

Stand on one leg with the knee slightly bent just supported by the leg of a table. Stand upright, with the back in a neutral position and your hands on your hips.



### ***Action***

Keeping your back straight and your head up, slowly bend forwards at the hip. Allow your other leg to move backwards to help you keep your balance. Don't let your back collapse.

Repeat \_\_\_ times on the \_\_\_ leg / both legs \_\_\_ times / day