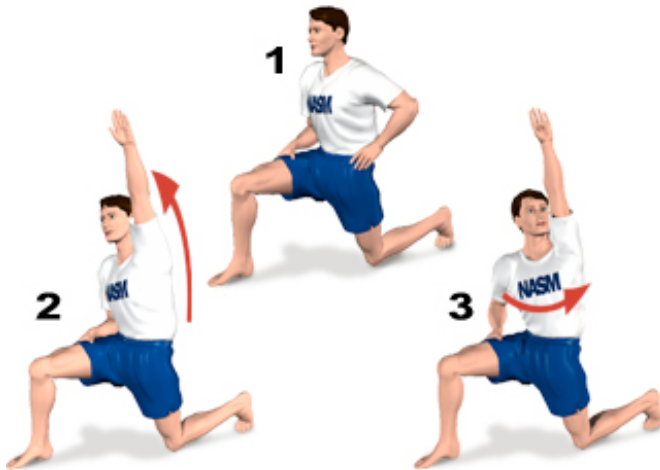




## Three Ways to Get those Glutes Firing

### 1. Stretch out the front to get a better rear...



#### Hip Flexor Stretch

- Start in a kneeling position as shown.
- Draw your bellybutton in and tuck your hips under (posterior tilt), as if tucking your tail. Lift your arm on the side you're kneeling on and raise it over your head as though you're asking a question. Squeeze the glute of the leg you're kneeling on, reach over your body, and rotate slightly to that side. For example, if you're kneeling on your left leg, raise your left arm, squeeze your left glute, and turn to the left.
- Hold for 20 seconds and repeat on the opposite side.

## 2. Bridge for better buns...



### Ball Bridge

- Lie back with the ball positioned between your shoulder blades so that your upper back and head are resting comfortably on the ball. Bend your knees at a 90-degree angle with your feet pointed straight ahead at hip-width, directly beneath your knees.
- Find your neutral hip position, draw in your bellybutton, tighten your glutes, and lift your pelvis toward the ceiling (keeping your hips and feet in position). Hold at the top of your motion.
- Now lower your butt toward the floor while maintaining form.
- Do 3 sets of 12-20 repetitions.

### 3. Let your buns do the walking...



#### Tube Walking

- Place a piece of tubing around and slightly above your ankles as shown.
- With your feet pointed straight ahead, find your neutral hip position and draw your bellybutton in toward your spine.
- Keeping your feet perfectly straight, take a medium-size step to the side, being careful not to let your knees cave in or bow out as you step. Be careful to maintain proper posture and keep your hips level as you side step.
- Do 3 sets of 12 steps left and 12 steps right.