

# GLUTE ACTIVATION BAND

If you struggle to power up hills or maintain a consistent pace through hard workouts, if you are plagued by knee injuries, shin splints and bad back or if you spend all day at a desk without much movement, you are probably suffering from weakness in one of the most major muscles of the human body and this is when your Glutes need strengthening.

Therefore, you need to make sure that you are doing Glute Activation Exercises before your workout routine by using a glute activation band. Having strong glutes is the key to being pain-free and getting great results from your workouts.





## BENEFITS

- Decreases risk of injuries
- Improves quality of movement
- Improves posture
- Improves athletic performance
- Increases bone density



# GENERAL GUIDELINES

When your Glutes don't fire, you compensate and use other muscles like your lower back, hamstrings and quads. Compensating and using the incorrect muscles lead to injury and decreased performance.

To reduce your pain and get your glutes working, you need to:

- Use trigger point ball and foam roller on your glutes.
- Stretch your glutes, hamstrings, quads & lower back.
- Do glute activation exercises before your workout.

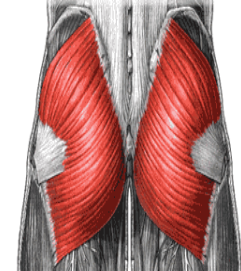
If unsure of the above, check with your health practitioner first.



# CAUTION:

**You should discuss the suitability of these exercises with your Doctor or Physiotherapist before starting. Generally, such exercises should only be performed provided they do not cause or increase pain.**



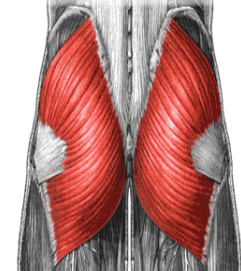


# HIP EXTENTION

Start by standing straight with your feet apart approximately shoulder width. Place the glute activation band around both your ankles. Balance on one leg (or stand near a chair or a wall for balance) and with your other leg, move the glute activation band straight back without bending your waist or knee.

Hold your leg for 1-3 seconds then slowly bring it back and do 10 repetitions. Repeat on the other side.



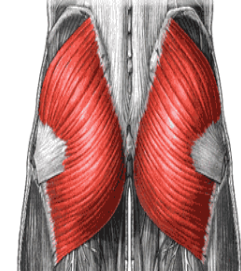


## HIP FLEXION

Start by standing straight with your feet apart approximately shoulder width. Place the glute activation band around both your ankles. Balance on one leg (or stand near a chair or a wall for balance) and with your other leg, move the glute activation band straight forward without bending your waist or knee.

Hold your leg for 1-3 seconds then slowly bring it back and do 10 repetitions. Repeat on the other side.



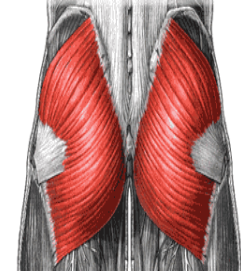


## HIP ABDUCTION



Start by standing straight with your feet apart approximately shoulder width. Place the glute activation band around both your ankles. Balance on one leg (or stand near a chair or a wall for balance) and with your other leg, move the glute activation band outwards by keeping knee straight.

Hold your leg for 1-3 seconds then slowly bring it back and do 10 repetitions. Repeat on the other side.



## SQUATS

Stand upright with your feet shoulder width apart and your arms outstretched in front of you. Place the glute activation band around both your ankles.

Bend your legs and lower your body until your quads are parallel to the floor and push your rear out slightly by maintaining a flat back.

Hold the squat for 1-3 seconds then slowly push through your heels back into the upright position and do 10 repetitions.

