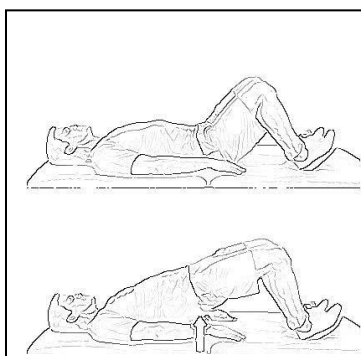




# Trinity Health

## GLUT MAX STRENGTHENING EXERCISES

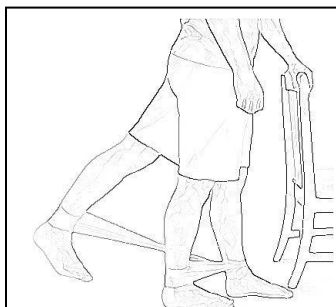
### Glut Bridge



Begin lying on your back with your knees bent. Contract your glut muscles/squeeze your buttocks muscles then lift your buttocks off the floor. Hold for 2 seconds, ensuring your glut muscles remain contracted, then return to starting position. To increase difficulty of the exercise perform the glut bridge with only 1 leg, holding the other leg straight out.

Perform 15 times  
Perform 3 sets per session  
Perform 1-2 sessions per day

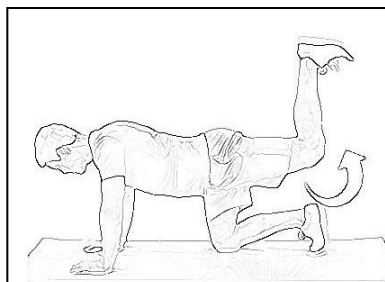
### Resisted Hip Extension



Begin standing with elastic band around your ankles. Hold on to a sturdy object for balance. Kick one leg directly behind you. You should feel tension in your glut. Hold for 1 second then return to your starting position.

Perform 10 times  
Perform 3 sets per session  
Perform 1-2 sessions per day

### Donkey Kicks



Begin the exercise on your hands and knees. While keeping your knee bent, kick your foot towards the ceiling so that the sole of your shoe faces the ceiling. Do not let your back arch while doing the exercise. If your back begins to arch, brace your abdominal muscles and do not kick your leg as high.

Perform 10 times  
Perform 3 sets per session  
Perform 1-2 sessions per day



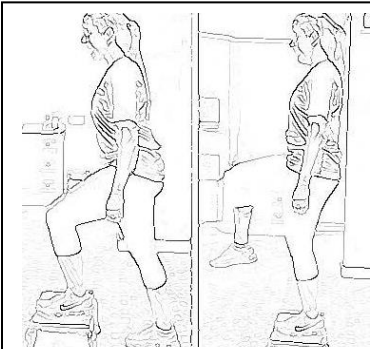
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## GLUT MAX STRENGTHENING EXERCISES

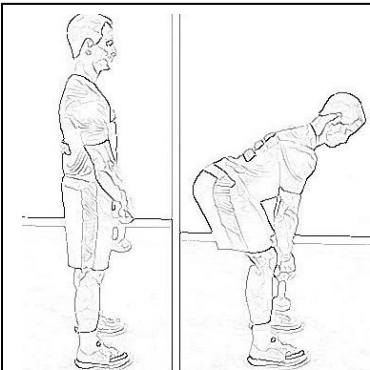
### Step-Up



Place one foot on a step/box and drive your other knee up, fully stepping onto the box. Hold this position for 2 seconds then return to the starting position. You can hold dumbbells in your hands to increase the intensity of the exercise.

Perform 10-12 times  
Perform 3 sets per session  
Perform 1-2 sessions per day

### Romanian Deadlift (RDL)



Begin standing with feet shoulder width apart and a slight bend in the knees. Do not bend knees any further during the exercise. Holding a kettlebell/dumbbell/barbell in your hands, slowly hinge at your hips, so your buttocks moves backwards. Your back should be straight during the exercise and your knees should not bend further. Once you feel tension build in your hamstrings, drive your hips forwards and come to the upright position. Focus on contracting your glut max muscle when ascending. Start with light weight and only progress weight when the exercise is performed with correct form.

Perform 10 repetitions  
Perform 3 sets per session  
Perform 1-2 sessions per day



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