



GLUTES PROGRAM

-Stage 1



Isometric Clams

- Sidelying, pillow(s) in between knees
- Lift just off pillow and hold
- Hold __sec, __reps



Bridging with band

- Band around knee, keep knees apart, slight tension in band
- Lift up bottom
- Hold __sec, __reps



Standing against band resistance

- Standing,, band around knees OR feet
- Keep slight tension in band
- Hold __sec, __reps



Side planks

- Side lying, knees in line with hips and trunk
- Lift up pelvis pushing on elbow and knee
- Progress to knees straight and/or arms straight
- Hold __sec, __reps

Hip Hitches

- Hitch non affected hip up slightly
- Don't grip through waist, use affected hip to move
- Hold for __sec, do __reps