

Glute Exercise



Lie on the floor with your feet resting on a chair



Lift your hips toward the ceiling while tightening your glutes and turning your knees outward.

Indications This is a great strengthening exercise for people who sit a lot. The glutes often get weak with prolonged sitting. Weak glutes can be a cause of low back pain.

Cautions Do not do this exercise if it causes pain in the hips or low back.

- Technique**
1. Lie on the floor with your feet resting on a chair.
 2. Slowly raise your hips toward the ceiling while tightening your glutes and turning your knees outward.
 3. Hold 2 -3 seconds, then slowly lower your hips back to the floor.

Tight hip flexors can inhibit the glutes, so it is best to stretch your hip flexors first before doing this exercise. There is a hip flexor stretch in the free section of the massage technique library at MassageLibrary.com

Video Video of this exercise is in the free section of the massage technique library at MassageLibrary.com

