

# Age Less Move More

## Strong, Open Glutes Movement Sheet

### Glute Strengthening



Lie on your side with your bottom into the wall. Rest your head on a block. Extend through your heels. Keep your feet parallel and on an exhale lift your top leg up, inhale down do 10 times and hold your leg up as long as you can.

Come down rest and switch sides.

This will strengthen your gluteus Medius.

### Standing Glute Support



Stand with your feet inner hip-width apart. Press into the outer edges of your heels. Take your tail down, ribs in and down. Roll your inner arms out and squeeze your shoulder blades together.

Allow your head and neck to be loose and free. Stand into your left leg. Bend your right knee and pick your right foot off the floor. Hold and press your left gluteus medius in toward your right hip to lift it up.

Exhale drop your right toes to touch the earth. Inhale up.

Keep going 10 times then hold your right foot off the floor for as long as you can.

### Switch Sides

Stand with your feet inner hip-width apart. Press into the outer edges of your heels. Take your tail down, ribs in and down. Roll your inner arms out and squeeze your shoulder blades together.

Allow your head and neck to be loose and free. Stand into your right leg. Bend your left knee and pick your left foot off the floor. Hold and press your right gluteus medius in toward your left hip to lift it up.

Exhale drop your left toes to touch the earth. Inhale up. Keep going 10 times then hold your left foot off the floor for as long as you can.