Strengthening the Gluteus Maximus

# Glute Bridge

1. Find a comfortable place to lie on the ground.
2. Lie down on your back with your arms by your side.
3. Raise your knees, keeping your back and feet on the ground, as per the first image to the right.
4. Slowly raise your bottom (clenched upwards) off the ground, keeping your back straight, and your feet and shoulders on the ground.
5. Hold the position shown in the second picture to the right, for 10 seconds.
6. Slowly lower yourself down to the first position in the first picture to the right.
7. Repeat steps 2 to 6, with three sets of ten repetitions.

# Squats with an Elastic Band (See next page for diagram)

1. Stand with your legs slightly apart, and your back slightly arched.
2. Bend your legs until your thighs are horizontal (parallel to the ground).
3. Using two elastic bands (one under each foot), extend your arms and grab the bands with an overhand grip.
4. Contract your stomach muscles and lower back, inhale and hold your breath. Extend your legs until standing, then exhale.
5. Return to your initial position in step 2.
6. Repeat steps 2 to 5, with three sets of ten repetitions.

