

Gluteus Medius Strengthening Exercises

Strengthening the gluteus medius muscle is important for stability and proper function of the hip and pelvis. Here are some exercises that specifically target the gluteus medius:

Side-Lying Leg Lifts:



Lie on your side with your legs straight.

Lift the top leg while keeping it straight. Lift it as high as you can comfortably, then lower it back down.

Aim for 3 sets of 10 reps on each side.

Clamshells:



Lie on your side with your knees bent, keeping your feet together.

Keeping your feet together, lift the top knee while keeping the feet in contact with each other.

Lower the knee back down.

Aim for 3 sets of 10 reps on each side.

Bridges:



Lie on your back with your knees bent and feet flat on the floor.

Lift your hips off the ground, squeezing your glutes at the top.

Lower your hips back down.

Aim for 3 sets of 10 reps.

Step-Ups:



Find a sturdy platform or step.

Step up with one foot, bringing the opposite knee up.

Step back down.

Aim for 3 sets of 10 reps on each leg.