

# Mojo Glutes

## Gluteal muscle activation exercises

The Glute muscles play a crucial part in stabilising your spine, pelvis and core. When not working correctly or working in balance with each other, extra stress can be transferred through the pelvis joints and lower back.

The following exercises are designed to turn off and stretch other overactive muscles that are causing the glutes to be de-activated on movements in everyday life and therefore help train the glute muscles to work properly through these exercises:

Whilst standing or sitting, place your thumb and index finger either side of you spine in your low back area. Contract your abdominal muscles by pushing them out gently forwards. You should feel your spinal muscles harden slightly. This is the position to hold for each of the core strengthening exercises to achieve maximum benefit.

- Keeping your core muscles contracted to stabilize the spine and back, take a long lunge forwards, keeping your hands together and stretching upwards towards the sky.

- Make sure your back leg is straight and as close to the floor as possible getting the most of the stretch.

- Hold for 5-7 seconds and switch legs, repeating the exercise.

- Repeat 3 times on each leg.



- Start in a standing position, with your feet a shoulder width apart.

- Placing your hands straight out to balance and maintaining a stable core, slowly bend your knees until your knees are as close to 90 degrees as possible.



Throughout the exercise make sure your knees are bend following the line of your big toes. Concentrate on following this line steadily and not allowing your knee to deviate outwards or inwards.

- Slowly return to standing position

- Repeat 5 times.



- Lying on your side on the floor with your knees bent, slowly externally rotate hip, making your upper knee move outwards from the other, keeping your heel on your lower foot.

- Make sure you concentrate on contracting your buttocks at all times.

- Hold this position for 5-7 seconds and do 3 repetitions.

Should you experience any increase in your symptoms, STOP IMMEDIATELY and call your chiropractor for advice

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