

Phase 1 Gluteus Strengthening Exercises

Quadruped Prone Reverse Single Leg Raise on Floor

Start Position



Final Position



2-3 sets 15-20 reps

Do 2-3 days a week until your glutes are fully activating on the way up and down and the exercise starts to feel easy

This exercise will be performed on the floor to start, you will get on all fours and place your hands directly underneath your shoulder, you will keep the elbows relaxed (avoid locking out your elbows) Then you will proceed to straighten your leg (start position) and from there you will raise the leg until it is parallel with the rest of the body (final position). You will make sure to contract your glute on the

extended leg as you go up, hold the position 1-3 seconds and slowly lower the leg. Make sure to not rock or move your body as you perform this exercise

Prone Bench Kickback(Bench mule kick)

Start



Final



1. The focus of these exercises is to contract the gluteus muscle and keep the core engaged.
2. You must make sure to do the exercises in a controlled manner, the purpose of this exercise is to teach the muscles to contract and to stay contracted and reach a higher level of endurance.

Movement is from the legs being tucked in (start position) to extending them back (final position) in a slow controlled manner.

Variations on Ball



Phase 2 Breathing Exercises

Exercise #1:

Practice keeping the ribs and stomach in for 2-3 minutes while holding conversations, repeat this for at least 15-20 times daily, keep track using some type of note pad or any desired form.

Phase 3 Core Stabilization and Strengthening Exercises

These exercises will be performed in a slow and deliberate manner, counting will happen out loud to 30 seconds as this will allow for proper breathing to occur.

5 Sets of 30 seconds for each of the following exercises:

- a) Cable Shoulder Retraction
- b) Supine Hip Raise
- c) Supine Floor Leg Lowering
- d) Side Hip Raise(knees bent)
- e) Prone Bridge(knees bent)

A) Cable Shoulder Retraction

Retracted Side View



Cable shoulder retraction continued: For this exercise you are trying to keep your shoulders back and down, trying to keep your posture in a neutral position, you stand in a neutral stance of shoulder width on the feet.

Hold the position for 30-40 seconds for a total of 6-10 times. This exercise is designed to strengthen your postural muscles to help keep your shoulders and back in proper position.

B) Supine Hip Raise



For this exercise you will hold the top position like it is illustrated , make sure your ribs are in to keep your rib cage muscles from expanding, make sure your feet are straight and in line with the rest of your body, knees hip wide, you can raise the toes to accentuate the effect on the glutes a little more but you have the foot on the floor if you like.

C) Supine Floor Leg Lowering

Start



Final



Start position: you will try to push in your ribs once again, raise the legs all the way up to the start position and slowly lower the legs until your ribs and stomach want to push out fully, at that point hold the legs there for 30 seconds holding the final position.

After final position bring the legs down to the floor and rest 10 seconds and start again in the top position.

Note: Do not start the exercise in the final position (as the image above) this will not allow you to properly engage your inner core muscles (deep muscles).

D) Side Hip Raise(knees bent)

Front view- Knees Bent



Advanced Position-Legs Extended



This exercise will help you learn how to keep your oblique muscles and your spine muscle fully contracted while holding a proper position.

In the images above you will notice that the knees are bent and from shoulder to knees you are holding a straight line, this exercise is found commonly in magazines and websites being done with the legs straight.

I strongly advise against doing this(legs straight) to start the exercise, actually I would say don't do it that way, the reason is if you do it that way some weaker muscles, like the shoulders and neck muscles will take most of the strain and you will try to finish the exercise sooner than recommended. So I would rather have you do your recommended sets the easier way to get better results than to progress too fast and not see your core get stronger

E) Prone Bridge(knees bent)

Starter Position



Advanced Exercise



The Prone Bridge(knees bent) is an excellent finishing exercise for your core stabilization and strengthening phase as it allows the integration of all the different muscles worked from the previous exercises.

You must remember to do these exercises a minimum of 4 times per week preferably in the morning, if you can do these exercises 6 times a week with your cardio work that is the perfect scenario.

In order to reduce body fat we have to do at least 6 hours of activity a week, with 3 hours of that time cardio work spread out over periods of 30 minutes max per cardio session.

6 30 minutes for a total of 3 hours.

3 sessions of resistance training a week for a total of 3 hours

6 sessions of core training for a total of time of core 2 hours

If you have a really good week you will get in 8 hours of activity in a 7 day period.

This is a 6 week core training and gluteus strengthening program, at the end of the 6 weeks we shall evaluate progress and determine if exercises need to be modified.