



GMVA 2018 Glute Activation and Strength Program With Resistance Band

Warm Up:

Choose any 4 active exercises from your warm up

Exercises:

Band just below knees. Lateral step, back and forth. Strong posture
10 each way

Band just below knees, lay on ground. Bridge up, alternate leg lift
10 each leg

Stand on band with 1 foot, hold with opposite hand, tip over
10 each leg

Band just above knees, lay on ground with bent knees
Open knees wide and close, slowly
20 reps

Band just below knees, wall sit with knees at 90 degrees,
and just wider than hips
45 seconds to 1 minute hold

Complete circuit 3-4 times through

Warm Down:

Use Point of Relief or foam roller though glutes
Light stretching for 3 minutes