



## 2020 GMVA Band/Glute Program

### Warm Up:

- A few minutes of movement

### Program:

Band just below knees,  $\frac{1}{4}$  squat hold, lateral step back and forth  
Big step, then back to shoulder width with control  
10 steps each way alternating

Lay face down, 1 leg straight, the other 90 degree bend in knee  
Lift foot of bent leg using glutes, not back  
15 each leg

Band just below knees, lay on side with bent knees  
Lift top knee without lifting foot  
10-15 each leg

Standing, 1 foot in band, hold with opposite hand, keep back straight  
Tip over using hips, feel hamstring stretch  
10 each leg

Band just under knees, wall sit with knees and hips at 90 degree bend  
1 minute

On all fours, lift and straighten back one leg and opposite hand, repeat  
10-15 each leg NOT alternating

### Warm Down:

- GMVA warm down exercises
- Trigger point through glutes and hip with the Point of Relief

