



## **GMVA Glute Activation and Strength Program**

### **Warm Up:**

Light jog or brisk walk to get the blood flowing  
Choose any 4 exercises from our GMVA warm up

### **Exercises:**

Band around ankles, hands on wall, glute kick backs  
10 each leg

Band around ankles, Lateral walk. Steps wider than shoulder width  
10 steps left then 10 steps right

Band around wrists and over head, forward alternate lunge  
20 repetitions

Band around knees, rotate knees in then out, then squat  
12 squats

Band around knees, Lay on side on the floor, knees bent at 90 degrees  
Lift knee but not foot, clams.  
12 each leg

## **Complete circuit 3 times through**

### **Warm Down:**

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