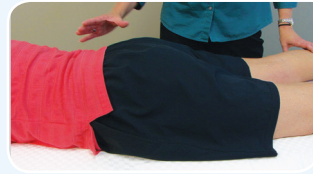
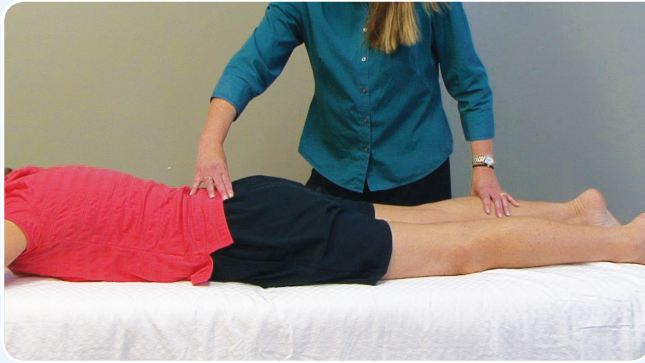


L1 Ex 8. Prone (lying) buttock squeeze



Aim Activate gluteal muscles (buttocks) and stretch hip flexors.

- Instructions**
- Lie on your tummy on a firm surface with your feet over the end eg. on your bed.
 - Tighten your buttock muscles whilst pressing your pelvis down onto the bed, hold for a few seconds.
 - Relax.

Repetitions 20 times (3 x per week).

Tip If needed, you can position a pillow under your hips for comfort.
Just lying flat on your stomach without activating any muscles is a useful stretch for your hip.