

L1 Ex 8b. Standing buttock squeeze

alternative exercise - if 'Prone (lying) buttock squeeze' is too difficult



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

Instructions

- Stand up as straight as you can with both hands resting on a solid surface eg. a table or on the back of a chair.
- With your body weight evenly distributed through both feet, try to straighten your knees and straighten your hips at the same time by pressing your pelvis towards the table or chair back.

Repetitions 20 times (3 x per week).

Tip Remember not to arch your back. Make sure you are keeping your 'core switched on' by sucking your tummy muscles in tight. Core refers to the major muscles in the belly, mid and lower back, hips, shoulders and the neck.