

Notes:

### 1. Isometric Gluteus med.



- Stand on one leg beside a wall with the other leg bent and touching the wall.
- Have the support foot facing forward and your knee cap aligned with your second toe by activating your buttock muscle to externally rotate the supporting leg.
- Push your other knee against the wall while you slightly squat down on the supporting leg keeping the knee cap aligned with your 2nd toe at all times.
- Relax and repeat.

Sets: 1 Repetition: 20 Frequency: 1/d Hold: 2 sec.

### 2. Strengthening Glutes



- Lie on your back with your knees bent and one leg crossed over the other.
- Contract your abdominal muscles and your buttocks while lifting your buttocks off the ground until your trunk is aligned with your supporting leg.
- Slowly return to initial position and repeat.

Sets: 1 Repetition: 20 Frequency: 1/d Hold: 2 sec.

### 3. Stretching Iliopsoas



- Kneel on one knee creating a 90 degrees angle with the opposite hip and use a chair for support.
- Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch on anterior aspect of hip of the lower leg.
- Maintain the position and relax.
- NOTE: Maintain Upper body upright and your lower back flatten (not arched)

Sets: 1 Repetition: 2 Frequency: 1/d Hold: 30 sec.

### 4. Stretching Calf



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
- Maintain the stretch and relax.

Sets: 1 Repetition: 2 Frequency: 1/d Hold: 30 sec.

### 5. Stretching Soleus



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.
- Maintain the stretch and relax.

Sets: 1 Repetition: 2 Frequency: 1/d Hold: 30 sec.

Notes:

## 6. Foam Roll Glutes



- Place your foam roller (ball) on the floor and sit on it having one foot over the opposite knee in a figure 4 position.
- During the stretch, roll along your buttock in a front to back motion from the top of the pelvic to the bottom of the buttock of the leg with the foot on the other knee.
- Maintain abs tight and proper low back posture during the exercise.

## 7. Foam Roll ITB



- Place your foam roller on the floor take a side plank position with the outside of one hip over the foam roller and the other leg in front for support.
- Roll the entire outside of the leg from the pelvis to the knee in an up and down motion.
- Maintain abs tight and proper low back posture during the exercise.