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CL Glute Endurance

AKA Glutes of Glory*, Rear of Renown, Derrière of Distinction, Tush of Triumph, Booty of Brilliance and Bum of Beauty.

Gear needed:

Looped Resistance Band - either a small loop or a band which is knotted into a loop will work.

Exercises:

Clam Shell with Band	Hold for 30 - 60 seconds each side
Side Glute Hold with Band	Hold for 30 - 60 seconds each side
Fire Hydrant with Band	Hold for 30 - 60 seconds each side
Shoulder Lying Hip Thrusts	20 with a glute squeeze at end of each
Sumo Squat	20 with a glute squeeze at end of each
Bird Dog	Up to 20 each side, alternate

Purpose:

We are always taking about core and hip strength and for good reason. This workout combines well known glute exercises but adds a resistance band and asks you to hold the position. Many people can be strong but holding stability is another issue altogether. This helps to build stability endurance. Best of all, you only need a resistance band to do this workout. No excuses!

*Thanks to ALISON GILLESPIE, DPT for this saying!

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Clam Shell with Band

Equipment: Exercise Band

Lie on side with hips stacked vertical and band just above your knees.

Keep your toes touching while you use your hip to move your knees away from each other. Hold maintaining the tension in the resistance band.

This exercise is easy to cheat and rolling your hip back will make it easier. You should feel this in the top of your outer thigh. If you do not feel it there, try rolling your hips a little more towards the front.

This exercise works your glutes.



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Side Lying Hip Abduction with Band

Equipment: Exercise Band

Lie on side with hips stacked vertical and band just above your knees. Your lower leg should be bent to stabilize your body. Keep your upper leg straight and while bracing your entire core, raise your upper leg up and slightly behind your body. Hold.

This exercise is easy to cheat and rolling your hip back will make it easier. You should feel this in the top of your outer thigh. If you do not feel it there, try rolling your hips a little more towards the front. Your upper body should remain straight from head through low back. Don't roll your upper body forward.

This exercise works your glutes.



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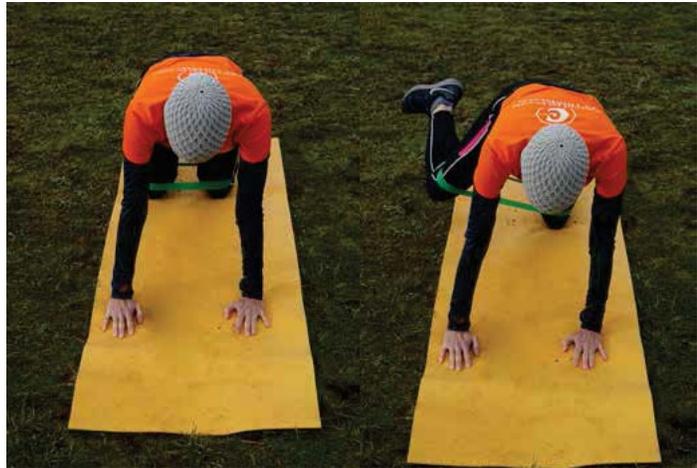
Fire Hydrant with Band

Equipment: Exercise Band

Rest on all fours with your hands directly under shoulders and knees under hips. Place mini exercise band just above knees. Keeping leg bent to 90°, flex foot and raise knee up and out. Your back should remain neutral (no excessive arch) and your core engaged while stabilizing the other hip.

Your leg may not raise very high depending on your hip and inner thigh range of motion. That is ok. Make sure not to shift weight onto the other hip.

This exercise works your glutes.



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Shoulder Lying Hip Thrusts

Equipment: Exercise Band

Sit directly in front of a couch, coffee table or bench (a towel may help soften the hard surface) with feet flat on the ground. Place hands on the ears and extend or raise hips by squeezing the glutes. Push through the heels and keep lower back in a neutral position. When your hips are level with your shoulders maintain the squeeze. Lower your hips back down and repeat.

This exercise moves your hips and glutes through a wider range of motion that better mimics the extension needed for running.

This exercise works your glutes and leg muscles.



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Sumo Squat

Equipment: None

Stand in a very wide stance with your knees and toes turned out at a 45 degree angle. Cross your arms over the front of your body. Squat by sitting back, keeping the trunk upright and the knees forced outwards through the movement. Descend until you feel the inner thigh stretch but no lower than parallel to the ground. Rise, pushing through your heels and using your glutes. Squeeze your glutes at the top.

This is a good exercise as it forces you to use more than just the quads when performing a squat. Make sure to keep your chest up.

This exercise works your quads, glutes and is an adductor stretch.



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Bird Dogs

Equipment: None

Start on all fours with the head, neck and spine in a neutral position, hands under your shoulders and knees under your hips. Brace your core. Extend one leg behind you until you reach full extension while simultaneously reaching forward with your opposite arm. Your spine and hips should remain stable with no twisting.

Do these slowly and in control. Your leg should not lift so high that your back arches or your hips twist. This exercise works your core, back and balance.



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