

1



Side Plank with Hip Abduction

Lie on your right side with your weight resting on your forearm. Bend your right knee to 90°. Make sure your body is forming a straight line. Press into the floor with your right knee and forearm as you lift your right hip off the floor. Maintain this position while you lift your left leg towards the ceiling for 3 x 12 repetitions. Repeat while lying on the left side.

2



Mini-Band Lateral Step (Wide Base)

Place a resistance band around your ankles and stand with your feet wider than shoulder width apart and toes pointed straight ahead. Step sideways to the right making sure there is always tension in the band. Perform 10 side steps to the right and 10 side steps to the left. Repeat for 3 sets.

3



Hurdle Step Over

Stand on one leg with toes pointed straight ahead and knee unlocked beside a 6" object. While maintaining a level pelvis, tap your opposite in front of and behind the object. You should feel this working the outside muscles of the hip you are standing on. Perform 3 x 20 repetitions.

4



Warrior on the Wall

Stand 3-4 feet from a wall. Lift your left leg up as you hinge at your hip and bend forward to lightly touch the wall with your foot. Make sure the knee of your stance leg is unlocked and your chest is up. Hold this position for 30 seconds. Repeat while standing on the left leg. Perform 3 repetitions on each leg.

5



Dynamic Warrior III

Stand with feet hip width apart and pull your left knee into the high march position. Hinge at your right hip as you extend your left leg behind you and reach your arms forward. Then, return to the upright position. Perform 2 x 12 repetitions. Repeat while standing on the left leg.

6



Tea Kettle Squat

Stand and hinge at one hip and extend the opposite leg behind you while holding a weight in the same hand. You can place the opposite hand lightly on a table/chair to help with balance. Keeping your trunk horizontal, lower the weight to the floor by bending your knee. Return to the starting position. Perform 3 x 12 repetitions.

What is a Weak Gluteus Medius?

The gluteus medius is a small muscle that sits on the outside of the hip. This muscle moves the leg away from the body (think of lifting your leg up while laying on your side). The gluteus medius also helps to stabilize the hip, so that when you have to stand on one leg (which you do with every step you take), your hip doesn't drop and take you off balance.

The Why Behind the What

Exercise #1 - Side Plank with Hip Abduction

This exercise strengthens the gluteus medius, which is responsible for stabilizing the hip. The real focus of this exercise should be the hip that is closest to the ground, although you may also feel the muscles working in the leg that you lift.

Exercise #2 - Mini-Band Lateral Step (Wide Base)

The mini-band walk strengthens the gluteus medius, a muscle that lies on the outside of the hip. Improving the strength and mobility of the muscles around the hip helps to improve overall motion at the hip. You should feel this exercise on the side of the hip.

Exercise #3 - Hurdle Step Over

The stepover works the hip abductors on the outside of the hip on the stance leg. It also helps with balance and ankle mobility.

The Common Causes of a Weak Gluteus Medius

A weak gluteus medius can be caused by a malaligned pelvis, or tight hip flexors that pull the gluteus medius until it is stretched too much to contract optimally. A tight piriformis muscle will shut off the glutes too, by rotating the hip outwards and overstretching the gluteus medius.

Exercise #4 - Warrior on the Wall

This yoga pose strengthens the gluteus medius. In this exercise, however, it teaches the gluteus medius to hold your pelvis level, and maintain the correct posture. In addition, your gluteus maximus has to work hard to keep you in the right position. Lastly, this exercise helps with ankle mobility, as part of this pose is balancing for the 30 seconds.

Exercise #5 - Dynamic Warrior III

This version of the Warrior III pose really works on strengthening the gluteus maximus. It also works on balance, ankle mobility, and pelvic stability. You'll really feel this one in the glutes if you are doing it right! This one is tough, but you can do it!

Exercise #6 - Tea Kettle Squat

This squat helps to mobilize the ankle and activates the gluteus maximus at the same time. You should feel this exercise in the gluteus maximus. Remember to keep your back straight and keep your trunk horizontal.