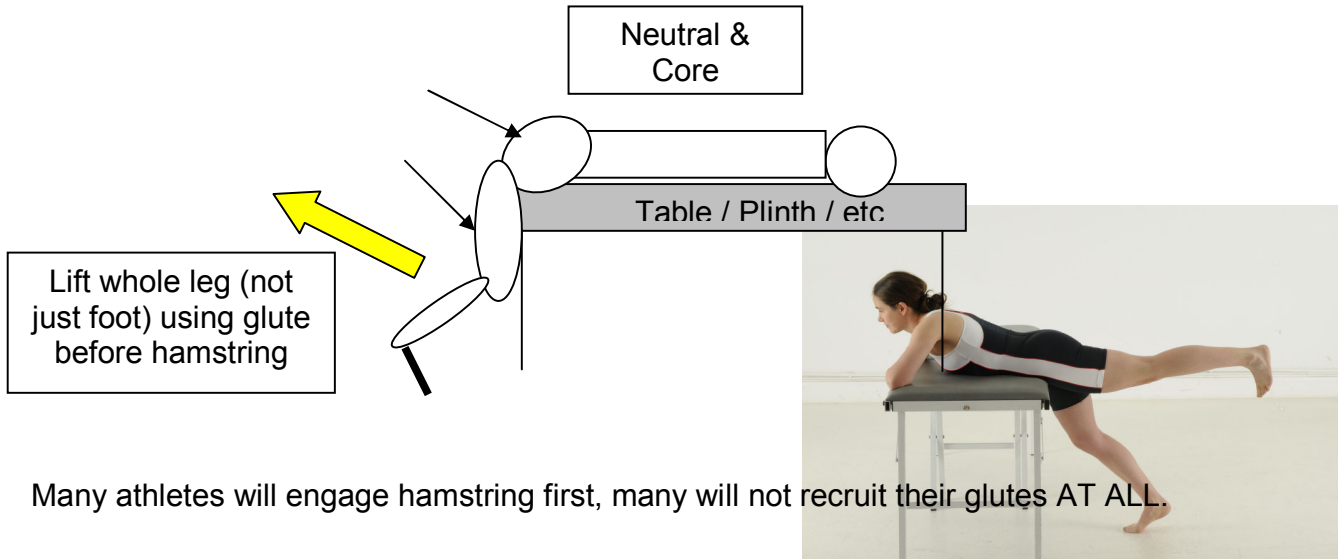


Tech Workshop Appendices [2]

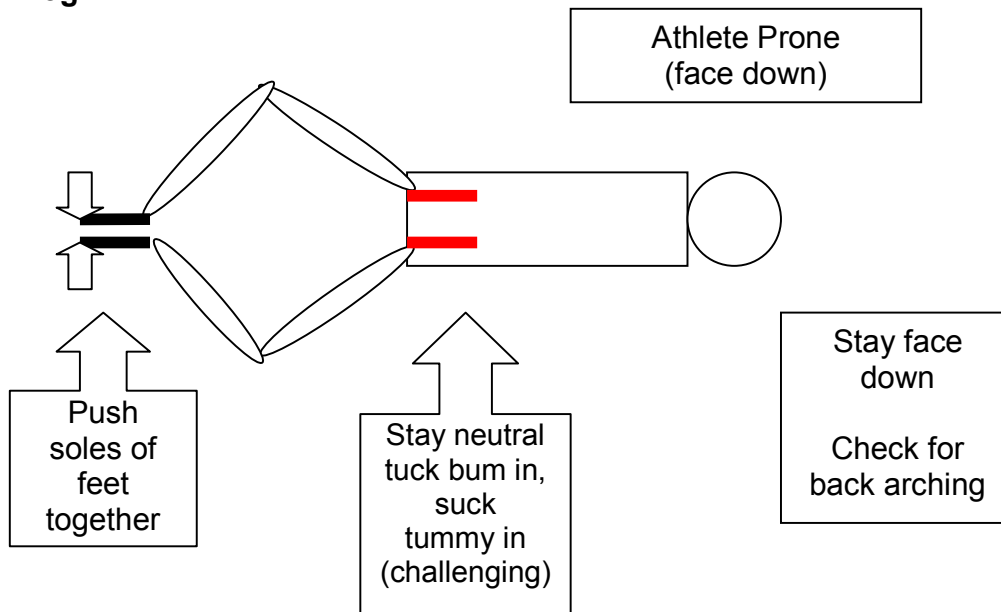
Glute Recruitment Test / Demo: (NB care / explanation of touching required!)



Many athletes will engage hamstring first, many will not recruit their glutes AT ALL.

Glute Triggering / Engagement Exercises

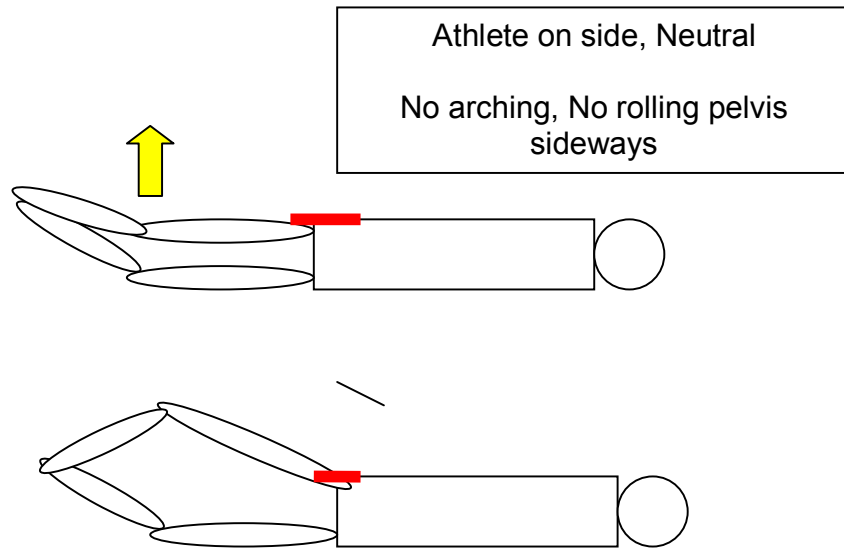
[1] Frog



This is a really good starter for people finding difficulty recruiting glutes.

Level 2 is to try to lift knees off ground as well - very difficult not to arch back & stay neutral.

[2] Clam

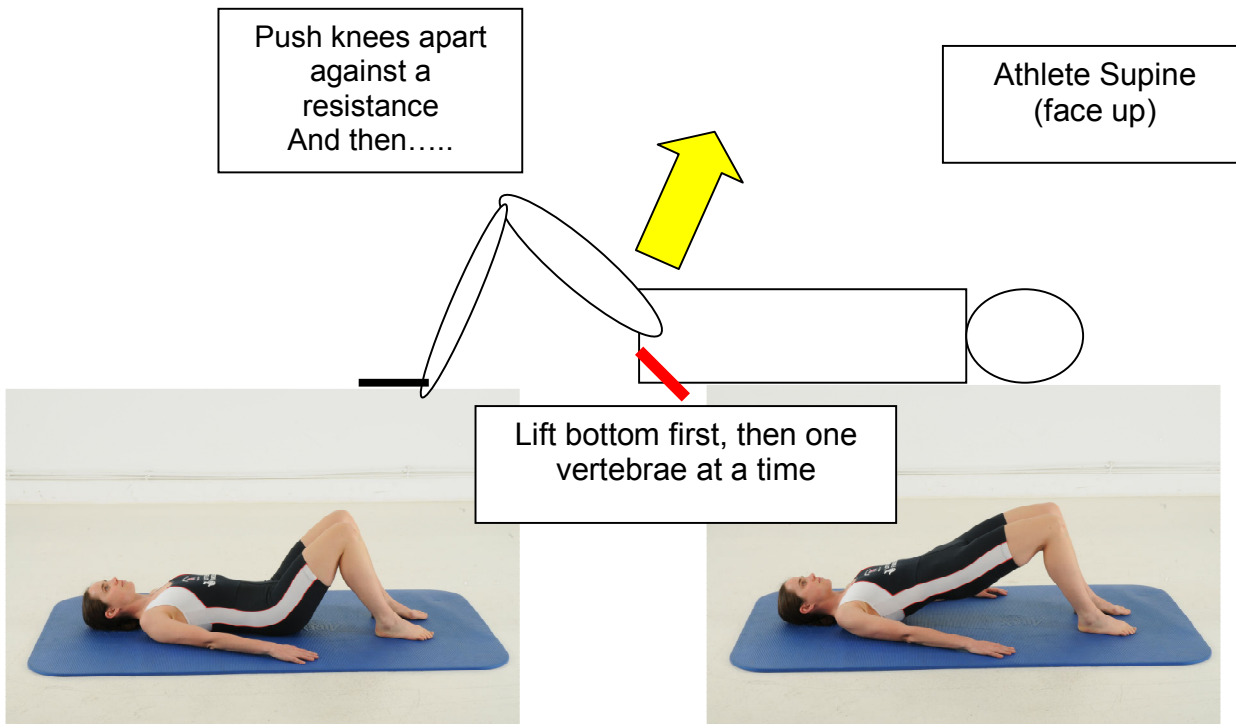


Recruits medial glutes. Keeping feet lightly together, lift knee as far as possible without moving back or pelvis.

[3] Resisted Bridging

Do an un resisted bridge first, then add resistance and note the glutes turning on.

Resistance from partner (trying to hold knees together), or theraband or even a boat tie.



Can be done in sets in a circuit to strengthen etc