

SEATED GLUTE SQUEEZES

FOUNDATIONAL MOVEMENT: Glute activation and core stability (helps strengthen your body's support system while seated)

- **WHAT SHOULD BE STABLE?** Core, ribs, and upper body stay steady.
- **WHAT SHOULD BE MOBILE?** Glute muscles tighten and release.

EQUIPMENT: Sturdy chair

POSITION: Sit tall on a sturdy chair with both feet flat on the floor, knees bent about 90 degrees, and hands resting on your thighs. Chest lifted.

START:

1. Take a deep breath in to prepare.
2. Sit tall and imagine a string gently pulling you up from the top of your head.
3. Keep your shoulders relaxed and away from your ears and your chest lifted.

MOVEMENT:

4. As you exhale, tighten both glutes at the same time like you're gently squeezing them together.
5. Hold that squeeze for about five seconds without shifting your body or tensing your legs.

RETURN:

6. Inhale and fully relax your muscles before starting the next rep.
7. Repeat 8-10 times.

TRAINER TIPS/CUES:

- Focus on feeling your glutes contract, not your thighs.
- Keep breathing and don't hold your breath.
- Stay tall and steady without rocking forward or backward.

REGRESSIONS: *Shorten the hold to 2-3 seconds or reduce total reps.*

PROGRESSIONS: *Add light tension by placing a mini band just above your knees and pressing out gently as you squeeze your glutes.*