

Glute Circuit

Below you will find a breakdown of exercises which aim to strengthen weak glutes to help support the pelvic floor.

EXERCISES- REPEAT CIRCUIT X 3

IMAGE

Clam

x12

*Lie on your side so that your hips and shoulders are in a straight line and your knees are stacked and bent to around 90 degrees

Inhale and relax your pelvic floor/lower abdominal muscles

*Exhale and engage the PF & lower abs as you open the knee only as far as you can go without disturbing the alignment of your hips (keep your feet together)

*Slowly bring your knee back to the start position and repeat.



Lying Heel to Sky

x12

*Start lying face down on the floor, with your forehead resting on your hands and with a neutral position of the pelvis

*Bend one knee to 90 degrees and flex the ankle

*Inhale to prepare and as you exhale, engage the bottom muscles of the leg with the bent knee

*You should be able to lift the leg off the floor slightly using the bottom muscles.

*Return the leg to the floor and repeat.



Hip Bridge

x12

*Knees bent at hip width apart with the pelvis in neutral

*No flaring of the bottom ribs, shoulders relaxed

*Inhale and relax pelvic floor & lower abdominal muscles

*Exhale, engage PF and lower abdominals and perform a pelvic tilt, before slowly lifting the hips until you are in a straight line from knee to shoulder. *Pause and slowly return the pelvis to the mat, rolling down the spine slowly until you reach the mat

*Repeat.



Glute Stretch from Box

20sec

*From a box position, slowly take one leg straight out behind you and over the other leg

*Lengthen the leg and sit the pelvis backwards

*Try to come down as far as resting on your elbows

*Breathe deeply and relax, feeling the stretch on the outer hip

*Hold for 20 secs and repeat on the other side.

