



Rise and Shine!

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It's time to be the bad guy. We have a muscle in our body that has been asleep for years and, depending on our age, those years have become decades. Other muscles in our body such as the muscles of our low back, hip flexors, and hamstrings have been working overtime while this lazy muscle repeatedly hits the snooze button and sleeps the day away.

The muscle(s) I'm speaking of is resting directly below you on a comfy chair without a care in the world. Yes, your butt, bottom, fanny, derriere, glutes or whatever you want to call them have been taking it easy and we need to take action right now! Look around any mall in town and you'll start to realize that there's an epidemic other than H1N1 that's taking this country by storm. I'm sure you've seen more than a few of the culprits below...



Not only are these rears not as aesthetically pleasing or useful as the ones below...



But they also lead to a host of other issues such as back pain, tight hip flexors, hamstring strains, a weak core, and the need of a good belt to keep your pants up.

Before you get to the level of glute function shown above, you must get your rear up and perform some activation activities. These exercises are a great addition at the end of your pre-workout warm up and can also be used throughout the day if you've been sitting for extended periods. (Just make sure no one is watching). They will help to ensure that your glutes are performing their share of the work and not relying on other muscles to pick up the slack.

Quadruped Hip Extension



Quadruped Hip Abductions



Side Lying Hip Abductions



Supine Double Leg Bridge



Supine Single Leg Bridge



After our glutes start firing, we have to get some of our other muscles to settle down. One of the major muscle groups that will hinder our progress is the hip flexor group which can become tight and overactive due to prolonged sitting. By stretching these muscles out, we can develop a two pronged attack to proper hip function.

Single Leg Hip Flexor Stretch

