

GLUTEUS MEDIUS CHEATSHEET

Exercises For Strong, Balanced Hips



The Gluteus Medius Exercises Cheatsheet

Here are 7 exercises that will work your gluteus medius (amongst other things) in open vs. closed chain, prone, different positions such as supine, prone, 4 point, standing and side-lying and for different attributes such as range, strength, control and power.

Here's how I suggest you group these exercises as it's ineffective to do them all in one session - you can do one, both or all three routines in the week, doing the routines no more than 3 times/week.

Routine A

Technique	Reps / Hold Time	Sets
1-leg Side Bridge	3-5 per - 5-10 sec hold	2-3
Prone Straddle Hold	5 - 10 sec hold	2-3

Routine B

Technique	Reps / Hold Time	Sets
Seated Butterfly Reach	4-6 per - 5 sec hold	2-3
Multi Angle Clamshell	2-3 reps each position	2

Routine C

Technique	Reps / Hold Time	Sets
1-Leg 90 Degree Jump	3-5 per	3-5
4 Point Hip Abduction	3-5 per - 5-10 sec hold	2-3
Supine Hip PNF	3 per direction	2-3

Gluteus Medius Routine A

1 Leg Side Bridge

✓ 3-5 per - 5-10 sec hold | 2-3 sets



1 Lay on one side with your feet stacked and elbow directly under the shoulder



2 Lift your hips off the ground so your body is in a neutral position



3 Lay on one side with your feet stacked and elbow directly under the shoulder

4 Lift your hips off the ground so your body is in a neutral position

Gluteus Medius Routine A

Prone Straddle Hold

✓ 5-10 sec hold | 2-3 sets



1 Lie in a prone position with your arms stretched out by your ears and your toes pointed



2 Lift your legs off the ground and abduct your hips to move them apart



3 Keep your thighs off the ground as you continue to abduct your hips

4 Hold with legs outstretched, noticing if you're able to push further as you hold

5 Hold for 10-30 seconds then rest

Gluteus Medius Routine B

Seated Butterfly Reach

✓ 4-6 per - 5 sec hold | 2-3 sets



1 Sit in butterfly position, with knees bent and the bottoms of your feet together

2 Internally rotate your left femur – first pointing your knee up towards the ceiling



3 Lean over to your right to balance as you lift the left foot and continue to rotate the femur



4 Stretch the left foot away from you, hovering the foot off the ground as you do

5 Hold for a second or two, then bring the foot back into the butterfly position with control

6 Repeat on the other side

Gluteus Medius Routine B

Multi Angle Clamshell

✓ 2-3 reps each position - 5-10 sec hold | 2 sets



1 Neutral

- Stand with your right foot and right shoulder next to a wall
- Lift your right foot off the ground
- Use your left leg to drive your body into the wall
- Hold for 5-10 seconds and release, completing 2-5 reps



2 Externally Rotated

- Now turn your left foot to a 45-degree angle away from the wall
- Lift your right leg and drive it into the wall, this time externally rotating your left hip to drive the push
- Hold for 5-10 seconds and release, completing 2-5 reps



3 Internally Rotated

- Next turn both feet in towards the wall at a 45-degree angle
- Lift your right leg while making sure to keep only the right shoulder against the wall
- Use your left leg to drive your right leg into the wall, externally rotating your left leg
- Hold for 5-10 seconds and release, completing 2-5 reps

NOTE: Repeat on the other side – make sure to hit all 3 angles!

Gluteus Medius Routine C

1-Leg 90 Degree Jump

✓ 3-5 per | 3-5 sets



- 1 Start in an athletic position
- 2 Shift your weight toward one foot while rotating the hip toward that foot to load the hip

NOTE: keep the foot flat with pressure through the heel and ball



- 3 Explode out of the hip with a rotational force and land on two feet in an athletic stance rotated 90°

NOTE: Repeat but don't rush - take the time to properly load the hip for each rep

Gluteus Medius Routine C

4 Point Hip Abduction

✓ 3-5 per - 5-10 sec hold | 2-3 sets



1 Get into the quadruped stance with knees on the ground

2 Keep your hands under your shoulders, knees straight behind your hands and keep a neutral spine



3 Keep the your body still as you activate your left glute to slowly lift your left leg up until it's parallel with the ground



4 Abduct your left leg away from the midline and hold it out to the side for 5-10 seconds

5 Keep your body still as you return you reverse the motion to return the leg to the ground

6 Repeat for 3-5 reps then switch sides

"Excellent info. Much harder than it looks. The difficulty is not shifting my weight and maintaining a neutral spine through the isometric hold on the abduction.

Wow... Simple, yet DIFFICULT....Highly effective...I could feel the glute medius firing.." - **Trish W.**

Gluteus Medius Routine C

Supine Hip PNF

✓ 3 per direction | 2-3 sets



1 Lie on your back and start by lifting your right leg just off the ground and internally rotate the hip



2 Keeping the knee straight and hip maximally internally rotated, lift the leg up and across your body as high as you can, then open the hip while externally rotating so your leg ends up on the ground



3 Lower the leg to the starting position and repeat.

4 Keep your opposite hip on the ground the whole time

5 Perform 3 reps in each direction on each leg

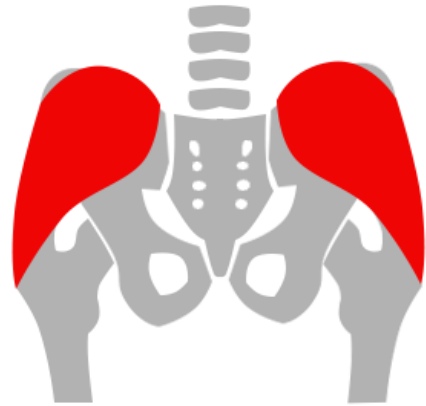
HIPS DON'T LIE

Gluteus medius weakness indicates a problem.

Sometimes it's as simple as retraining the gluteus medius muscle and if this is your issue, the activation and integration exercises you've got here will help.

Unfortunately, more often than not a weak gluteus medius is associated with either:

- a) Inhibition because of a problem elsewhere...
- b) Other compensations that have occurred as a result of the gluteus medius not functioning correctly



The muscles most often associated with a weak/dysfunctional glute medius are the tensor fasciae latae (TFL), iliopsoas, glute minimus and glute maximus.

Whenever one muscle isn't working, *other muscles have to pick up the slack* and they can become facilitated and overused leading to further compensations.

To get out of this cycle of compensation, the entire system must be fixed otherwise there's always going to be a symptom, whether it's weakness, tightness, poor balance, restriction or pain.

If your only issue is with a weak gluteus medius, then do these exercises and you'll be good to go.

However, if you're dealing with any of the symptoms I've listed above, the exercises in this PDF will not be enough and in this case *I recommend you follow the TFL Pain Solution course*.

The TFL Pain Solution is a 8-week program, requiring only 15 minutes a day, 3 days/week and although it's not called the "Glute Medius Solution", it addresses the same root causes of pain, weakness and disfunction in the hip, by restoring activation & function to all hip muscles.

And as a THANK YOU for downloading this cheatsheet and proving you're an action taker, I'd like to offer the TFL Pain Solution at a special discount.

Click the button below to learn all about this course and hear feedback from others who have already completed the course.



**LEARN ALL ABOUT
TFL PAIN SOLUTION**