

PLIE SQUATS SS07

DIRECTIONS

Stand heel to heel with the toes turned out. The amount of turn out will vary from person to person. Bend the knees about a third of the way down and return to starting position and finish by firmly squeezing the glutes. Repeat 16 times. Perform this exercise slowly while focusing on the feel of the muscles.

BENEFITS

PLIE SQUATS work the gluteus maximus and the deep lateral hip rotators - the piriformis, quadratus femoris, gemellus superior, gemellus inferior, obturator internus and obturator externus.

NOTES

Your GLUTE muscles are the powerhouse of your lower half. Yet most people don't train them enough. For every hour you log sitting down, your GLUTES lose strength and can eventually forget how to contract. That places extra strain on your hip flexors, which over time become short and tight, pulling your hips out of alignment and lead to a host of injuries like low back pain.

LAZY BUTT SYNDROME

Squeeze – Squeeze – Squeeze those GLUTE muscles.... one simply cannot squeeze them enough. Here are 3 different squeezes you can perform at the office without the yoga rope or while waiting in line.

- Auto-Squeeze - thrust the hips forward and upward
- Center Squeeze – squeeze both cheeks to the center
- Alternate Squeeze – first the left, then the right, keep going