

Exercise of the Month

October 2018

Banded Glute Kickbacks

Purpose: Strengthen and activate the glutes to help increase stimulation during lower body exercises, as well as help decrease the risk of lower back, hip, and knee pain.

Target Muscles: Gluteus Maximus

Assisting Muscles: Hamstrings and Core

Equipment: Resistance band with handles

Start: Begin on your hands and knees with your hands shoulder-width apart, knees hip-width apart, and your back flat. Grasp the handles of the band in each hand and wrap the middle of the band around the sole of your right foot.

Movement Phase 1: Holding the band firmly, engage your core and maintain a flat back as you push your right foot back. Keep a controlled motion as you drive your leg to its full extension.

Movement Phase 2: Slowly draw your knee back to the start position without allowing the knee to touch the ground.

Repeat: Complete 3 sets of 10 to 12 repetitions on each leg.

Modification:

If you experience any wrist pain while on your hands, position yourself on your forearms and knees. Align your forearms shoulder-width apart and your knees hip-width apart. This modified position relieves pressure on the wrists.



From Corporate Fitness Works Team Leaders

Corporate Fitness Works, Inc.