Retro Stairs with Resisted Glute Max

1. Stand with your heels in front of 6-inch stairs, and place a band above your knees.
2. Advance your right foot on the first step, turn your heel slightly out and firmly place your entire foot flat on the step.
3. Shift your right hip back as you place weight through your right arch. Your zipper line should be lined up over your right great toe.
4. Push through your right mid-foot and arch to slowly raise your left foot off of the ground, keeping your left toes pointed straight or slightly inward.
5. Continue to slowly raise your left foot as you feel the top of your right thigh and right outside hip (buttock) engage.
6. Advance your left foot to the step behind you keeping your right thigh and outside hip (buttock) engaged.
7. Place your left toes down first and then make contact with your heel.
8. Shift your left hip back as you place weight through your left mid-foot/heel. You should feel a stretch in your left outside hip (buttock).
9. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
10. Advance your right foot to the step your left foot is on by pushing through your left mid-foot/heel. You should feel your left outside hip (buttock) engage.
11. Repeat the entire sequence until you have completed 10-12 steps.
12. Relax and perform 1-2 more times.

Reference Center(s): Left abdominals, Left heel, Right arch

Copyright © 2012 Postural Restoration Institute®