All Four Single Leg Right Glute Max

1. Position yourself on your hands and knees with your back rounded.
2. Shift your body weight forward so your nose is over your fingertips. You should feel your outer abdominals engage.
3. Go down on your left forearm and straighten your left leg behind you, keeping your left foot turned in.
4. You should feel the muscles on your right outer hip (buttock) and the back of your left thigh engage.
5. Hold this position for 4-5 deep breaths, in through your nose and out through your mouth.
6. Relax and repeat 4 more times.