Left Sidelying Resisted Right Glute Max

1. Lie on your left side with your hips and knees bent at a 60-90-degree angle.
2. Place your ankles on top of a 3-5 inch bolster and place your feet firmly on a wall.
3. Place tubing around both thighs slightly above your knees.
4. Shift your right hip forward until you feel a slight stretch or pull in your left outside hip.
5. Keeping your feet on the wall, raise your right knee keeping it shifted forward. You should feel your right outside hip (buttock) engage.
6. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
7. Relax and repeat 4 more times.

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