Supine Hooklying Synchronized Resisted Glute Max

1. Lie on your back with your feet placed on a 2-inch block.
2. Place a band around your knees.
3. Start with your knees together and place your arms at your side with your elbows bent at a 90-degree angle.
4. Inhale through your nose as you turn your knees and hands out to the side keeping your elbows at your side.
5. Exhale through your mouth as you bring your knees and hands back together slowly. At the end of exhalation, perform a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your back flat on the mat.
6. Continue the sequence of inhalation while bringing your hands and knees out and exhalation bringing your hands and knees in.
7. Perform a pelvic tilt at the end of each exhalation.
8. Concentrate on filling your chest more with each inhalation using your diaphragm not your neck.
9. Relax and repeat this sequence 4 more times.