Dropped Hooklying Supported Resisted Left Glute Max

1. Lie on your back on a surface that allows your legs to hang over the side.
2. Rest your feet on a surface high enough so that your knees are bent but your feet remain below the level of your hips.
3. Place a band around your thighs slightly above your knees.
4. Inhale through your nose and exhale through your mouth, performing a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your back flat on the mat.
5. Maintaining a pelvic tilt, shift your left knee down towards your hip. You should feel your left inner thigh engage.
6. Now turn your left knee out to the side. You should feel your left outside hip (buttock) engage.
7. Keeping your left knee turned out, lift your right foot off of the surface it’s resting on.
8. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
9. Relax and repeat 4 more times.