Dropped Extended 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 so that your knees are slightly above 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 and keeping your feet flat, turn your left knee out to the side. You should feel your left outside hip (buttock) engage.
6. Keeping your left knee turned out, lift your right foot off of the surface it’s resting on. You should feel the back of your left thigh engage.
7. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
8. Relax and repeat 4 more times.