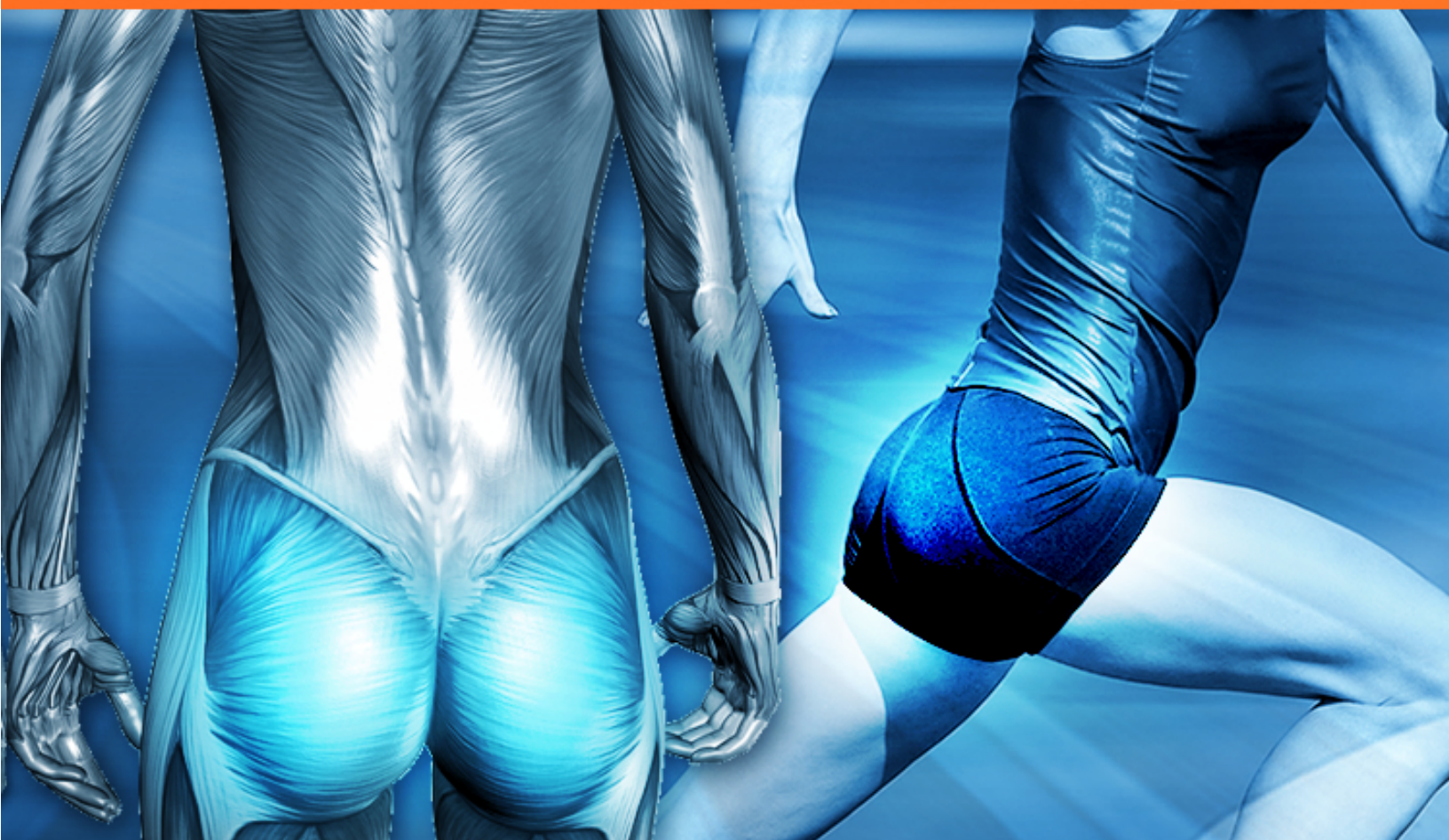


www.BestGluteusMaximusExercises.com

BEST GLUTEUS MAXIMUS EXERCISES

Get Pain Free and Enjoy Life



Rick Kaselj, MS

Table of Contents

Table of Contents	2
<i>Exercise Considerations.....</i>	<i>4</i>
<i>Disclaimer.....</i>	<i>4</i>
<i>Preface</i>	<i>5</i>
IMPORTANT INFORMATION – <u>STOP AND READ</u>	6
3 Stage Exercise Program.....	7
Stage 1 – Exercises	7
Stage 1 – Exercise Table.....	8
Stage 2 – Exercises	9
Stage 2 – Exercise Table.....	10
Stage 3 – Exercises	11
Stage 3 – Exercise Table.....	12
Exercise Legend.....	13
Equipment Needed.....	13
Stage 1 – Gluteus Maximus Exercises.....	14
EXERCISE #1: Wall Leg Raise (19)	14
EXERCISE #2: Single Leg Bridge (531)	15
EXERCISE #3: Standing Gluteus Squeeze (486).....	16
EXERCISE #4: Single Leg Balance (810)	17
EXERCISE #5: Hop Forward (496).....	18
EXERCISE #6: Lateral Lunge (494)	19
Stage 2 – Gluteus Maximus Exercises.....	20
EXERCISE #7: Clam Exercise with 30 Degrees of Hip Flexion (484)	20
EXERCISE #8: 4-Point Heel Lifts (97)	21
EXERCISE #9: Standing Squat (205).....	22
EXERCISE #10: Single Leg Squat 206	23
EXERCISE #11: Step Ups (466).....	24
EXERCISE #12: Static Lunge with Trunk Forward (509).....	25
Stage 3 – Gluteus Maximus Exercises.....	26
EXERCISE #13: Wall Hip Abduction (530)	26

EXERCISE #14: Plank with Heel Kick (492).....	27
EXERCISE #15: Deadlift (513)	28
EXERCISE #16: Single Leg Deadlift (529)	29
EXERCISE #17: Lateral Step Up (520)	30
EXERCISE #18: Transverse Lunge (495)	31
References and Best Resources.....	32
FAQ – Frequently Asked Questions	35
What if I have a problem or a question?	35
Where are my download details for the product?	35
Where is your email with the download details?	35
Make sure to add news@ExercisesForInjuries.com to your email program.....	35
What if I unsubscribe from your emails?	35
What will appear on my credit card for this purchase?	35
Will I get anything in the mail?	35
About Rick Kaselj.....	36
About Healing Through Movement.....	38
Other Products from Rick Kaselj	41
Ready-to-Download Video Presentations from Rick Kaselj	43

Title:

Gluteus Maximus Exercises

Edition:

1st Edition (September 2012)

Author: Kaselj, Rick, 1973 –

Key words: Gluteus maximus exercise, gluteus maximus

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical, or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

Published by:

RK Healing Through Movement

#199 19567 Fraser Highway

Surrey, BC V3S 9A4

E-mail: support@ExercisesForInjuries.com

Webpage: <http://ExercisesForInjuries.com>

Phone: (888) 291-2430

Fax: (604) 677-5425

Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Gluteus Maximus Exercises is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES

<http://BestGluteusMaximusExercises.com>

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

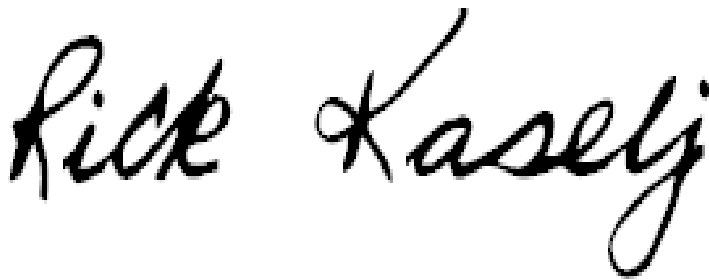
Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit <http://www.ExercisesForInjuries.com> or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

A large, stylized handwritten signature in black ink that reads "Rick Kaselj". The signature is written in a cursive, flowing style with a large 'R' and a long, sweeping 'j' at the end.

IMPORTANT INFORMATION – STOP AND READ









Before you go on, please watch the video presentation that goes with this exercise manual.

The video presentation provides much more detail about the program.

While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation and presentation handout.

3 Stage Exercise Program

Stage 1 – Exercises

 <p>#1 – Wall Leg Raise (19)</p>	 <p>#2 – Single Leg Bridge (531)</p>	 <p>#3 – Standing Gluteus Squeeze (486)</p>	 <p>#4 – Single Leg Balance (810)</p>	 <p>#5 – Hop Forward (496)</p>	 <p>#6 – Lateral Lunge (494)</p>
---	---	---	--	---	---

Stage 1 – Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Activation	1	19	Wall Leg Raise	http://vimeo.com/46655165	meni7	1 set of 5 repetitions each direction, daily
#2 - Hip Extension	2	531	Single Leg Bridge	http://vimeo.com/48393799	meni7	1 set of 5 repetitions each direction, daily
#3 - Squatting	3	486	Standing Gluteus Squeeze	http://vimeo.com/48174366	gmed1	1 set of 5 repetitions each direction, daily
#4 - Balance	4	810	Single Leg Balance	http://vimeo.com/34257192	6jump	3 sets of 30 seconds each side performed daily
#5 - Stepping	5	496	Hop Forward	http://vimeo.com/48317363	gmed1	1 set of 5 repetitions each direction, daily
#6 - Lunge	6	494	Lateral Lunge	http://vimeo.com/48169851	gmed1	1 set of 5 repetitions each direction, daily

Stage 2 – Exercises



**#7 – Clam Exercise
with 30 Degrees of Hip
Flexion (484)**



**#8 – 4-Point Heel Lifts
(94)**



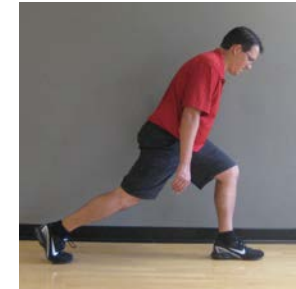
**#9 – Standing Squat
(205)**



**#10 – Single Leg
Squat (206)**



**#11 – Step Ups
(466)**



**#12 – Static Lunge
with Trunk Forward
(509)**

Stage 2 – Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Activation	7	484	Clam Exercise with 30 Degrees of Hip Flexion	http://vimeo.com/48174350	gmed1	1 set of 5 repetitions each direction, daily
#2 - Hip Extension	8	97	4-Point Heel Lifts	http://vimeo.com/48101738	meni7	1 set of 5 repetitions each direction, daily
#3 - Squatting	9	205	Standing Squat	http://vimeo.com/28635195	1Exercise	1 set of 5 repetitions each direction, daily
#4 - Balance	10	206	Single Leg Squat	http://vimeo.com/28635246	1Exercise	1 set of 5 repetitions each direction, daily
#5 - Stepping	11	466	Step Ups	http://vimeo.com/32935846	7squat	Perform 1 set of 5 repetitions, daily
#6 - Lunge	12	509	Static Lunge with Trunk Forward	http://vimeo.com/48338324	meni7	1 set of 5 repetitions each direction, daily

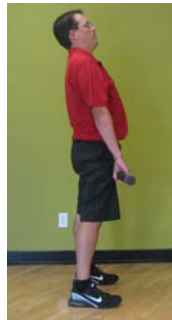
Stage 3 – Exercises



#13 – Wall Hip Abduction (530)



#14 – Plank with Heel Kick (492)



#15 – Deadlift (513)



#16 – Single Leg Deadlift (529)



#17 – Lateral Step Up (520)



#18 – Transverse Lunge (495)

Stage 3 – Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Activation	13	530	Wall Hip Abduction	http://vimeo.com/48393781	meni7	1 set of 5 repetitions each direction, daily
#2 - Hip Extension	14	492	Plank with Heel Kick	http://vimeo.com/48169818	gmed1	1 set of 5 repetitions each direction, daily
#3 - Squatting	15	513	Deadlift	http://vimeo.com/48340436	meni7	1 set of 5 repetitions each direction, daily
#4 - Balance	16	529	Single Leg Deadlift	http://vimeo.com/48393485	meni7	1 set of 5 repetitions each direction, daily
#5 - Stepping	17	520	Lateral Step Up	http://vimeo.com/48388229	meni7	1 set of 5 repetitions each direction, daily
#6 - Lunge	18	495	Transverse Lunge	http://vimeo.com/48317336	gmed1	1 set of 5 repetitions each direction, daily

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

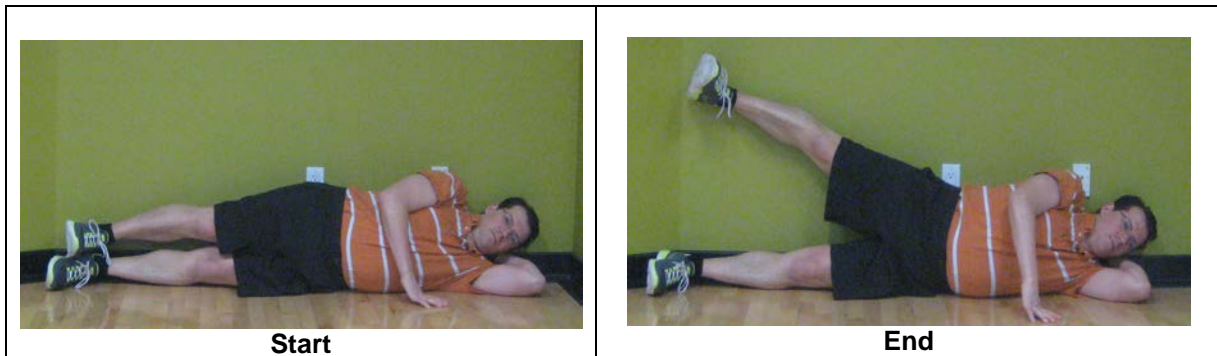
Equipment Needed

Here is a list of equipment that you will need for the exercises:

- Bodyweight
- Step
- Bar

Stage 1 – Gluteus Maximus Exercises

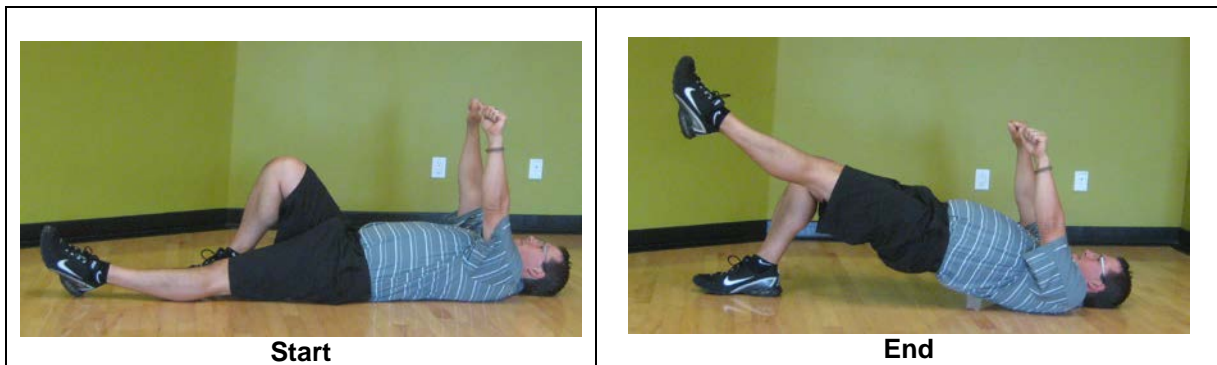
EXERCISE #1: Wall Leg Raise (19)



Purpose:	To work on activating gluteus maximus in an un-weighted position and focusing on abduction of the hip.
Starting Position:	Start in with lying on your side, with your shoulder blades, seat and heels against a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift your top leg, along the wall, out to the side, to a point that you can without losing alignment of your body. 2. Hold the top position for 1 second and then return the top leg to your side. 3. Perform 5 repetitions for 1 set, and then switch to the other side.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 or 3 sets - Progress to the exercise: Clam Exercise with 30 Degrees of Hip Flexion
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Too Fast of a Movement – The movement should be controlled and no movement should be occurring in the pelvis.

Video of this exercise: <http://vimeo.com/46655165> / Password: meni7

EXERCISE #2: Single Leg Bridge (531)



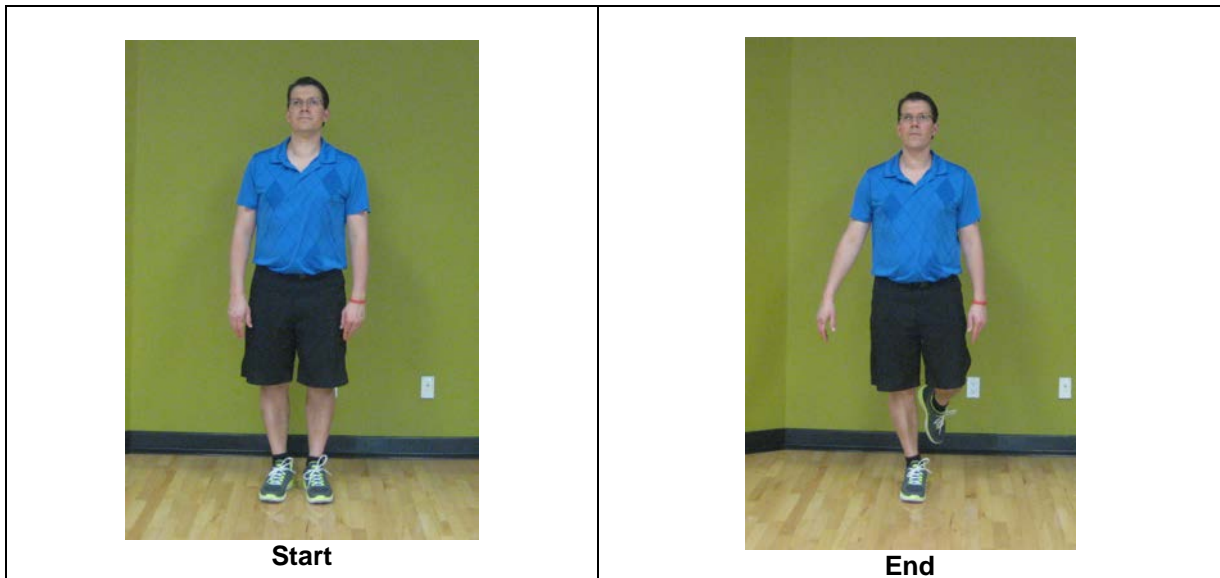
Purpose:	To work on activating and strength of gluteus maximus in a hip extension movement.
Starting Position:	Lye on your back with your hands above your shoulder and one knee bent.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Contract your abdominals and push into the floor with the leg of the bent leg. 2. Lift yourself up until your ankle-knee-hip-shoulder are in a straight line. 3. Hold the end position for a second and then return back to the start. 4. Perform 5 repetitions of this exercise, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: 4-Point Heel Lifts
Contraindications & Common Mistakes:	<p>Hips Too High – Do not let your hips move your body out of alignment or arch in the lower back. Keep the hips in line with the rest of the body.</p> <p>Pelvis is Square – Your pelvis does not move in any direction, it does not tilt or rotate in any direction.</p>
Video of this exercise: http://vimeo.com/48393799 / Password: meni7	

EXERCISE #3: Standing Gluteus Squeeze (486)



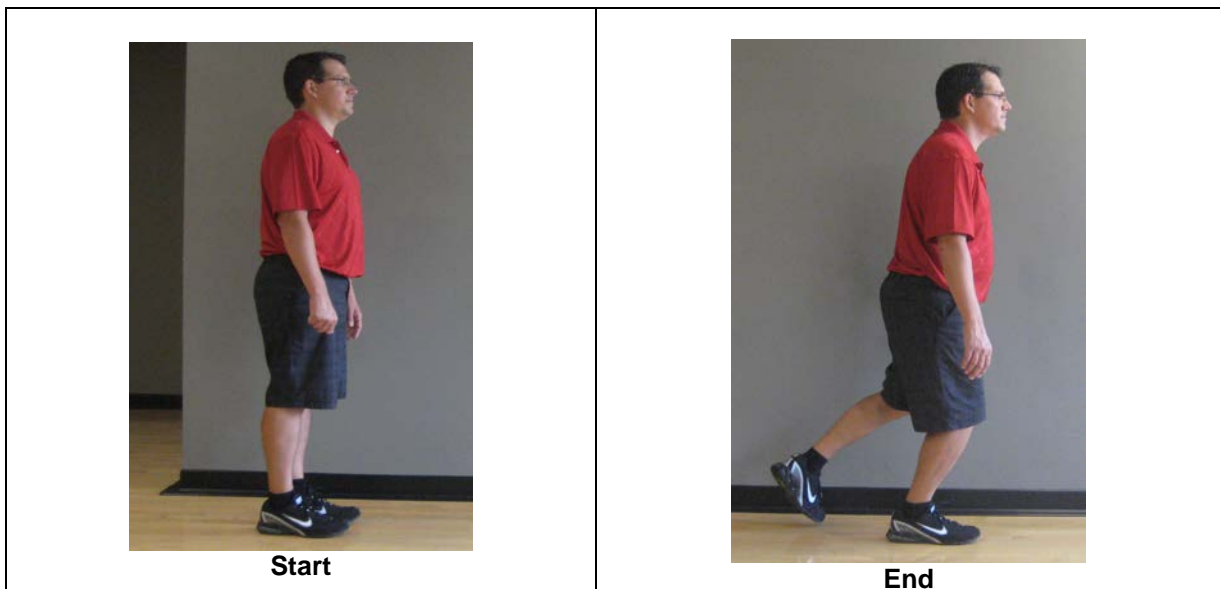
Purpose:	To work on activating, endurance and strength of gluteus maximus in a squatting movement.
Starting Position:	In stranding with your hands on your gluteus maximus muscles.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Contract your gluteus muscles to near maximum. 2. Hold the contraction for a second and then relax. 3. Perform 5 repetitions of this exercise, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Standing Squat
Contraindications & Common Mistakes:	None.
Video of this exercise: http://vimeo.com/48174366 / Password: gmed1	

EXERCISE #4: Single Leg Balance (810)



Purpose:	To work on activation, endurance and strength of gluteus maximus in single leg standing.
Starting Position:	Start in a stranding position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move onto standing on one leg with a focus of keeping your pelvis stable. 2. Hold the end position for 30 seconds and then return back to the start. 3. Perform 3 sets of 30 seconds on each side, daily.
Progressions:	- Progress to the exercise: Single Leg Squat
Contraindications & Common Mistakes:	Focus on Safety – You are focusing on being safe. If you feel like you are losing your balance, discontinue the exercise safely compared to fighting the exercise.
Video of this exercise: http://vimeo.com/34257192 / Password: 6jump	

EXERCISE #5: Hop Forward (496)



Purpose:	To work on activation, endurance and strength of gluteus maximus in a stepping pattern.
Starting Position:	Start in a standing position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Hop forward on one leg. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 set of 5 repetitions of this exercise, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Step Ups
Contraindications & Common Mistakes:	Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/48317363 / Password: gmed1	

EXERCISE #6: Lateral Lunge (494)



Purpose:	To work on activation, endurance and strength of gluteus maximus in a lunging pattern.
Starting Position:	Start in a standing position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Step to the side and lunge to the side to a level that you can comfortably do with your knee. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 set of 5 repetitions of this exercise on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Static Lunge with Trunk Forward
Contraindications & Common Mistakes:	Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.

Video of this exercise: <http://vimeo.com/48169851> / Password: gmed1

Stage 2 – Gluteus Maximus Exercises

EXERCISE #7: Clam Exercise with 30 Degrees of Hip Flexion (484)



Purpose:	To work activating gluteus maximus in an un-weighted position and focusing on external rotation of the hip.
Starting Position:	Lying on your side, on the floor, with your hips bent at a 30-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Separate your knees to a point that the top knee can comfortable move without moving your pelvis backwards. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 5 repetitions of this exercise on each side.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Wall Hip Abduction
Contraindications & Common Mistakes:	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Pelvis is Perpendicular – Your pelvis is perpendicular to the floor. It is not moving during the exercise. You can also put your hand in the area of your back pocket to make sure you are working the right muscle.</p>

Video of this exercise: <http://vimeo.com/48174350> / Password: gmed1

EXERCISE #8: 4-Point Heel Lifts (97)



Purpose:	To work on activating and strength of gluteus maximus in a hip extension movement.
Starting Position:	Begin in a four-point position with one knee bent and the heel in the air.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Contract your abdominal area and lift your heel towards the ceiling. Stop the movement when you feel your pelvis or back start tilting. 2. Hold this position for a second and return to the start in a controlled manner. 3. Perform 1 set of 5 repetitions on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Plank with Heel Kick
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Tilting of Your Pelvis or Lower Back – Your lower back and pelvis are not tilting. If they do, decrease how high you lift up your heel or activate your core muscles more.
Video of this exercise: http://vimeo.com/48101738 / Password: meni7	

EXERCISE #9: Standing Squat (205)



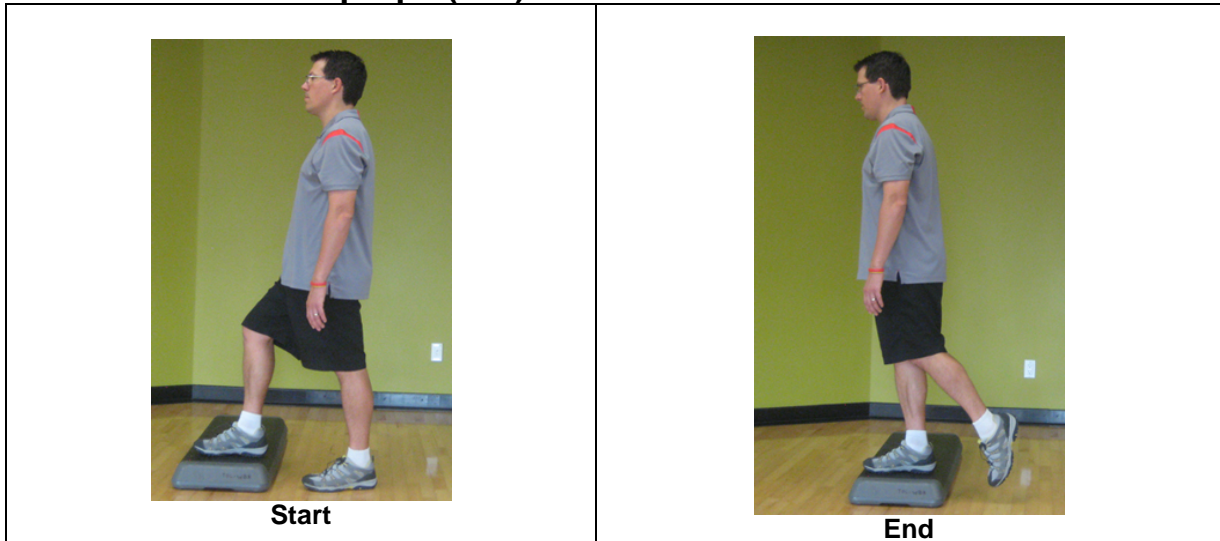
Purpose:	To work on activating, endurance and strength of gluteus maximus in a squatting movement.
Starting Position:	Begin in a standing position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squat down in a controlled manner to a level you feel comfortable with. 2. Hold the contraction for a second and then relax. 3. Perform 5 repetitions of this exercise, daily
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Deadlift
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise. - - Knees Behind Toes – In order to decrease the stress on the knees, you are not letting the knees pass the toes.
Video of this exercise: http://vimeo.com/28635195 / Password: 1Exercise	

EXERCISE #10: Single Leg Squat 206



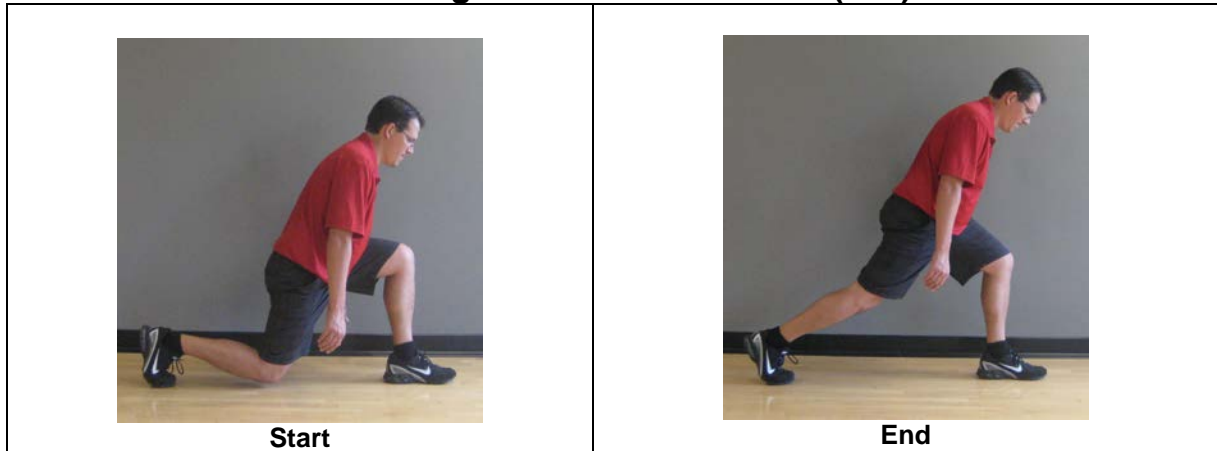
Purpose:	To work on activation, endurance and strength of gluteus maximus in single leg standing.
Starting Position:	Start by standing on one leg.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squat down to a comfortable level with a focus of keeping your pelvis stable. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 sets of 5 repetitions on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Single Leg Deadlift
Contraindications & Common Mistakes:	Focus on Safety – You are focusing on being safe. If you feel like you are losing your balance, discontinue the exercise safely compared to fighting the exercise.
Video of this exercise: http://vimeo.com/28635246 / Password: 1Exercise	

EXERCISE #11: Step Ups (466)



Purpose:	To work on activation, endurance and strength of gluteus maximus in a stepping pattern.
Starting Position:	Start in standing with one foot on a step.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Step up onto the step in a controlled manner. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 set of 5 repetitions of this exercise on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Lateral Step Up
Contraindications & Common Mistakes:	Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/32935846 / Password: 7squat	

EXERCISE #12: Static Lunge with Trunk Forward (509)



Purpose:	To work on activation, endurance and strength of gluteus maximus in a lunging pattern.
Starting Position:	Start in a 90-90 position with your trunk leaning 30 degrees forward.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Straighten your front and back leg out. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 set of 5 repetitions of this exercise on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Transverse Lunge
Contraindications & Common Mistakes:	Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/48338324 / Password: meni7	

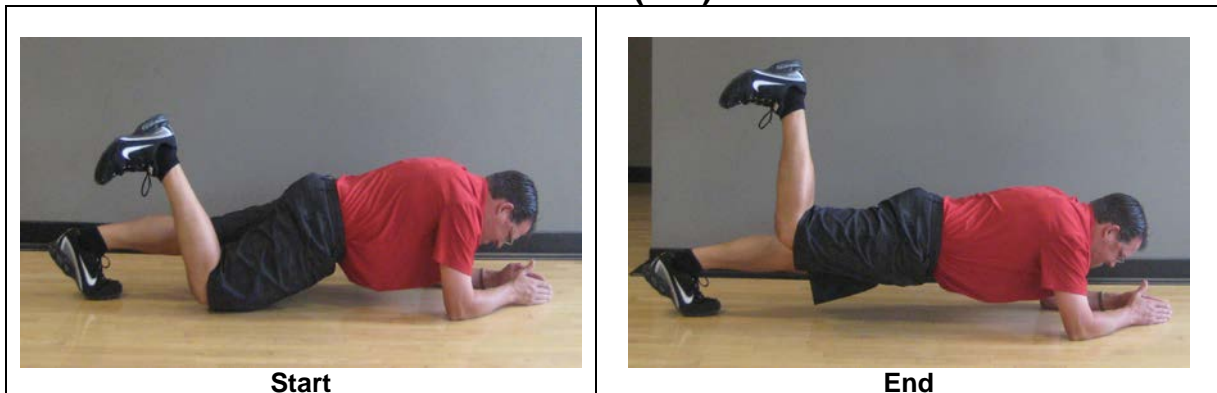
Stage 3 – Gluteus Maximus Exercises

EXERCISE #13: Wall Hip Abduction (530)



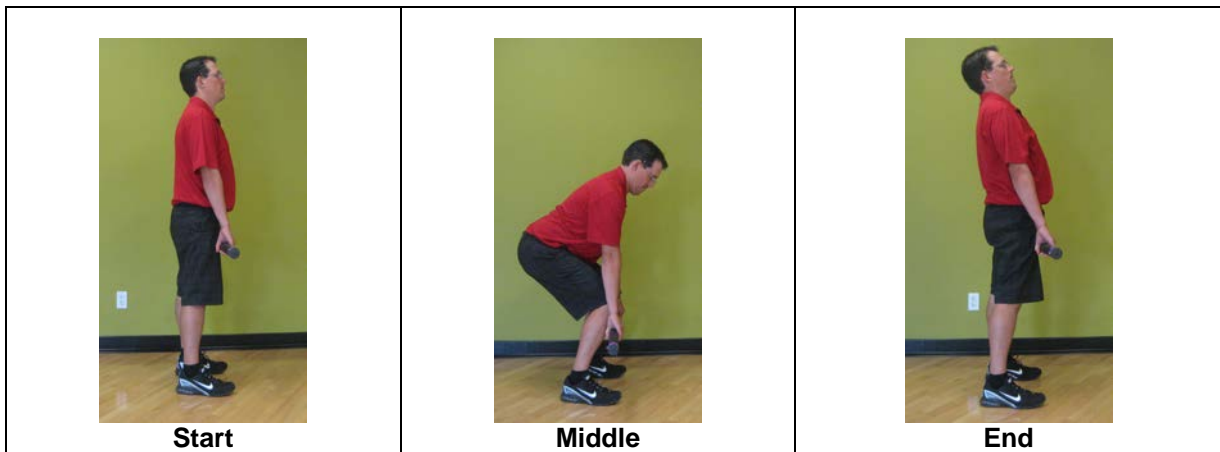
Purpose:	To work activating gluteus maximus in an supported and unsupported position, focusing on abduction of the hip.
Starting Position:	Start in a standing position, facing sideways to a wall and about an arm length away from the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Activate the muscles in your abdominal area and lean against the wall on your forearm. 4. Lift your top leg out to the side, to a point that you can without losing alignment of your body. 5. Hold the top position for 1 second and then return the top leg to your side. 6. Perform 5 repetitions for 1 set, and then switch to the other side.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 or 3 sets
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life; if it is too strong it could irritate your back - Dropping Your Pelvis Back – This changes which muscles that are being focused.
Video of this exercise: http://vimeo.com/48393781 / Password: meni7	

EXERCISE #14: Plank with Heel Kick (492)



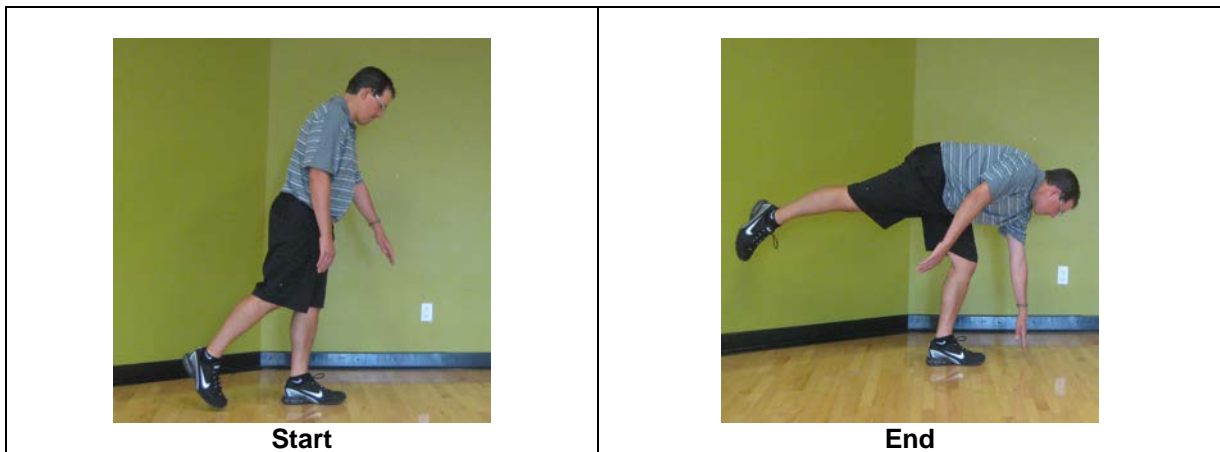
Purpose:	To work on activating and strength of gluteus maximus in a hip extension movement.
Starting Position:	Begin in a plank position with one knee bent and the heel in the air.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Contract your abdominal area and lift your heel towards the ceiling. Stop the movement when you feel your pelvis or back start tilting. 2. Hold this position for a second and return to the start in a controlled manner. 3. Perform 1 set of 5 repetitions on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Tilting of Your Pelvis or Lower Back – Your lower back and pelvis are not tilting. If they do, decrease how high you lift up your heel or activate your core muscles more.
Video of this exercise: http://vimeo.com/48169818 / Password: gmed1	

EXERCISE #15: Deadlift (513)



Purpose:	To work on activating, endurance and strength of gluteus maximus in a squatting movement.
Starting Position:	Begin in a standing position with a bar in your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squat down in a controlled manner, then shift your weight forward. 2. Now activate your gluteus maximus muscles and straighten your legs out and move them forward. 3. Hold the end position for a second and then move back into the starting position. 4. Perform 5 repetitions of this exercise, daily
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - You can increase the weight in the bar.
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/48340436 / Password: meni7	

EXERCISE #16: Single Leg Deadlift (529)



Purpose:	To work on activation, endurance and strength of gluteus maximus in single leg standing.
Starting Position:	Start by standing on one leg.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Try to keep your leg and upper body in a straight line and reach with you had to the floor. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 sets of 5 repetitions on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets.
Contraindications & Common Mistakes:	Focus on Safety – You are focusing on being safe. If you feel like you are losing your balance, discontinue the exercise safely compared to fighting the exercise.
Video of this exercise: http://vimeo.com/48393485 / Password: meni7	

EXERCISE #17: Lateral Step Up (520)



Purpose:	To work on activation, endurance and strength of gluteus maximus in a stepping pattern.
Starting Position:	Start by standing on a step with one leg hanging off the step.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Keep your pelvis stable and lower your hanging leg by bending your knee of the supporting leg until the heel of the hanging leg touches the ground. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 set of 5 repetitions of this exercise on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets.
Contraindications & Common Mistakes:	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Pelvis is Stable – It is not tilting or rotating during the movement.</p>
Video of this exercise: http://vimeo.com/48388229 / Password: meni7	

EXERCISE #18: Transverse Lunge (495)



Purpose:	To work on activation, endurance and strength of gluteus maximus in a lunging pattern.
Starting Position:	Start in a standing position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Pivot and rotate into a lunge, 90 degrees to where you were facing. 2. Hold the end position for a second and then return back to the start. 3. Perform 1 set of 5 repetitions of this exercise on each side, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - You can add weight in your hands.
Contraindications & Common Mistakes:	Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/48317336 / Password: gmed1	

References and Best Resources

Boren K, Conrey C, Le Coguic J, Paprocki L, Voight M, Robinson TK. (2011). Electromyographic analysis of gluteus medius and gluteus maximus during rehabilitation exercises. *Int J Sports Phys Ther.* 2011 Sep;6(3):206-23.

<http://www.ncbi.nlm.nih.gov/pubmed/22034614>

PDF of Article (Excellent Article)-

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201064/pdf/ijsp-06-206.pdf>

Boudreau SN, Dwyer MK, Mattacola CG, Lattermann C, Uhl TL, McKeon JM. (2009). Hip-muscle activation during the lunge, single-leg squat, and step-up-and-over exercises. *J Sport Rehabil.* 2009 Feb;18(1):91-103.

<http://www.ncbi.nlm.nih.gov/pubmed/19321909>

Bullock-Saxton JE, Janda V, Bullock MI. (1994). The influence of ankle sprain injury on muscle activation during hip extension. *Int J Sports Med.* 1994 Aug;15(6):330-4.

<http://www.ncbi.nlm.nih.gov/pubmed/7822072>

Cambridge ED, Sidorkewicz N, Ikeda DM, McGill SM. (2012). Progressive hip rehabilitation: The effects of resistance band placement on gluteal activation during two common exercises. *Clin Biomech (Bristol, Avon).* 2012 Aug;27(7):719-24. Epub 2012 Mar 30.

<http://www.ncbi.nlm.nih.gov/pubmed/22464817>

Distefano LJ, Blackburn JT, Marshall SW, Padua DA. (2009). Gluteal muscle activation during common therapeutic exercises. *J Orthop Sports Phys Ther.* 2009 Jul;39(7):532-40.

<http://www.ncbi.nlm.nih.gov/pubmed/19574661>

Ekstrom RA, Donatelli RA, Carp KC. (2007). Electromyographic analysis of core trunk, hip, and thigh muscles during 9 rehabilitation exercises. *J Orthop Sports Phys Ther.* 2007 Dec;37(12):754-62. Epub 2007 Aug 29.

<http://www.ncbi.nlm.nih.gov/pubmed/18560185>

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES

<http://BestGluteusMaximusExercises.com>

Flanagan S, Salem GJ, Wang MY, Sanker SE, Greendale GA. (2003). Squatting exercises in older adults: kinematic and kinetic comparisons. Med Sci Sports Exerc. 2003 Apr;35(4):635-43.

<http://www.ncbi.nlm.nih.gov/pubmed/12673148>

Farrokhi S, Pollard CD, Souza RB, Chen YJ, Reischl S, Powers CM. (2008). Trunk position influences the kinematics, kinetics, and muscle activity of the lead lower extremity during the forward lunge exercise. J Orthop Sports Phys Ther. 2008 Jul;38(7):403-9. Epub 2008 Apr 15.

<http://www.ncbi.nlm.nih.gov/pubmed/18591759>

Krause DA, Jacobs RS, Pilger KE, Sather BR, Sibunka SP, Hollman JH. (2009). Electromyographic analysis of the gluteus medius in five weight-bearing exercises. J Strength Cond Res. 2009 Dec;23(9):2689-94.

<http://www.ncbi.nlm.nih.gov/pubmed/19910807>

Lubahn AJ, Kernozek TW, Tyson TL, Merkitch KW, Reutemann P, Chestnut JM. (2011). Hip muscle activation and knee frontal plane motion during weight bearing therapeutic exercises. Int J Sports Phys Ther. 2011 Jun;6(2):92-103.

<http://www.ncbi.nlm.nih.gov/pubmed/21713231>

Full Article -

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3109897/?tool=pubmed>

McBeth JM, Earl-Boehm JE, Cobb SC, Huddleston WE. (2012). Hip muscle activity during 3 side-lying hip-strengthening exercises in distance runners. J Athl Train. 2012;47(1):15-23.

<http://www.ncbi.nlm.nih.gov/pubmed/22488226>

Noe DA, Mostardi RA, Jackson ME, Porterfield JA, Askew MJ. (1992). Myoelectric activity and sequencing of selected trunk muscles during isokinetic lifting. Spine (Phila Pa 1976). 1992 Feb;17(2):225-9.

<http://www.ncbi.nlm.nih.gov/pubmed/1532462>

Vakos JP, Nitz AJ, Threlkeld AJ, Shapiro R, Horn T. (1994). Electromyographic activity of selected trunk and hip muscles during a squat lift. Effect of varying the lumbar posture. Spine (Phila Pa 1976). 1994 Mar 15;19(6):687-95.

<http://www.ncbi.nlm.nih.gov/pubmed/8009334>

Wilson J, Ferris E, Heckler A, Maitland L, Taylor C. (2005). A structured review of the role of gluteus maximus in rehabilitation. New Zealand Journal of Physiotherapy 33(3) 95-100.

Full Article (Excellent article) -

[http://www.physiotherapy.org.nz/Folder?Action=View%20File&Folder_id=151&File=33\(3\)Nov05_p95-100.pdf](http://www.physiotherapy.org.nz/Folder?Action=View%20File&Folder_id=151&File=33(3)Nov05_p95-100.pdf)

Youdas JW, Foley BM, Kruger BL, Mangus JM, Tortorelli AM, Madson TJ, Hollman JH. (2012). Electromyographic analysis of trunk and hip muscles during resisted lateral band walking. Physiother Theory Pract. 2012 Jul 30. [Epub ahead of print]

<http://www.ncbi.nlm.nih.gov/pubmed/22845002>

FAQ – Frequently Asked Questions

What if I have a problem or a question?

Please email me at support@ExercisesForInjuries.com. I will get back to you within 24 hours.

Where are my download details for the product?

All download details have been emailed to the email address you ordered with. It will be there in 15 minutes.

Where is your email with the download details?

Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

Make sure to add news@ExercisesForInjuries.com to your email program

Please do add news@ExercisesForInjuries.com to your email program. This will allow me to send you updates of the program and other cool stuff.

What if I unsubscribe from your emails?

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

What will appear on my credit card for this purchase?

What will appear on your credit card is a payment, either "Healing Thro" or "Clickbank".

Will I get anything in the mail?

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers.

Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Where Healing Through Movement can meet you:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Best Gluteus Maximus Exercises

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit <http://www.HealingThroughMovement.com>.



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

#199 – 19567 Fraser Highway

Surrey, BC V3S 9A4

Phone: (888) 291-2430 Fax: (604) 677-5425

E-mail: news@HealingThroughMovement.com

Webpage:

<http://HealingThroughMovement.com>

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES

<http://BestGluteusMaximusExercises.com>

Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)



As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

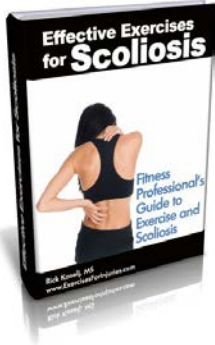
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>



Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

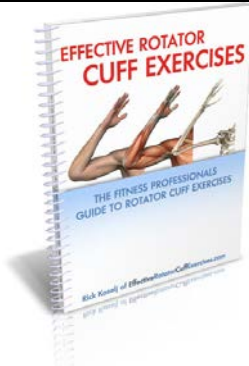


The Most Effective Exercises For Scoliosis (Earn 6 CECs)

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then *Effective Exercises for Scoliosis* is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



Effective Rotator Cuff Exercises (Earn 6 CECs)

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a "must take" course for you.

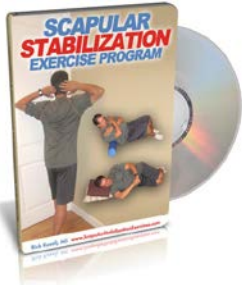
For more details visit - <http://EffectiveRotatorCuffExercises.com>

Interested in a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

To order these manuals, visit <http://ExercisesForInjuries.com>

Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

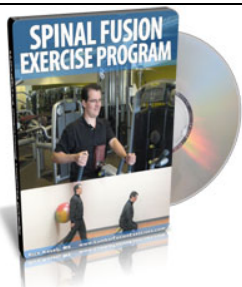
For more details visit - <http://SacroiliacPainSolution.com/>



Shoulder Pain Solved

Shoulder pain is one of the most common injuries people will face. Many times people will just stop using their arm in order to avoid the pain. The odd time they use their arm, they will be reminded of their shoulder pain. Don't just ignore your shoulder pain, do something about it. Shoulder Pain Solved is a step-by-step program that requires minimal equipment and only a few minutes a day in order to get you on the road to a pain free shoulder.

For more details visit - <http://www.shoulderpainsolved.com/shoulder-pain-solved/>



Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exerciseforinjuries.com/lumbar_fusion_exercises/

Rick Kaselj, MS, BSc, PK, CPT, CEP, CES

<http://BestGluteusMaximusExercises.com>



Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>



Knee Injury Solution

I often get asked, "How do I strengthen my knees?", or "I have injured my knee, what exercises can I do to fix it?" Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - <http://KneeInjuryExercises.com>

**Interested in receiving over \$299 worth of
fitness education information?**

Visit <http://ExercisesForInjuries.com>
