

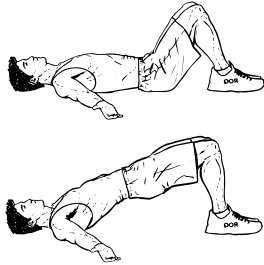
Run Your Personal Best: Glute/Hip Routine

16 min · Legs



This is a simple but effective glute and hip strengthening routine to be completed immediately following a run. Start with 2 to 3 days per week to learn movement. Once day after soreness is greatly reduced gradually increase to 4 to 7 days per week.

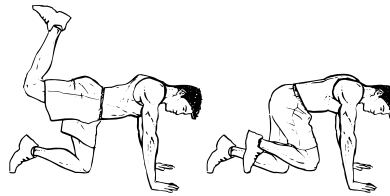
Hip Raises



2 sets 10-30 reps 60 sec rest

Add resistance bands as needed to increase difficulty.

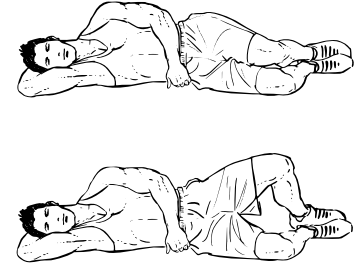
Donkey Kicks



2 sets 10-30 reps 60 sec rest

Add resistance bands as needed to increase difficulty.

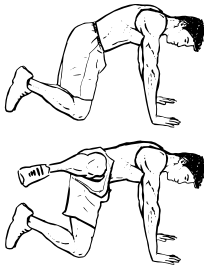
Clamshells



2 sets 10-30 reps 60 sec rest

Add resistance bands as needed to increase difficulty.

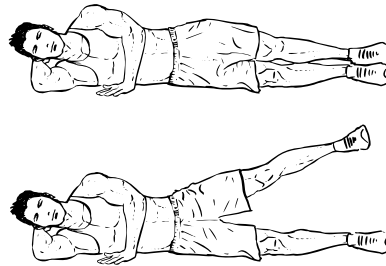
Adductor Knee Raises



2 sets 10-30 reps 60 sec rest

Add resistance bands as needed to increase difficulty.

Lying Side Leg Lifts



2 sets 10-30 reps 60 sec rest

Add resistance bands as needed to increase difficulty.

Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

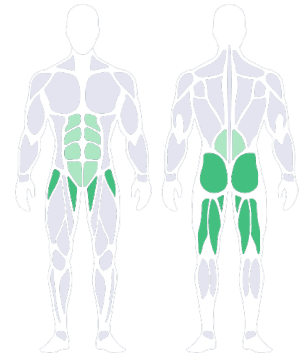
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

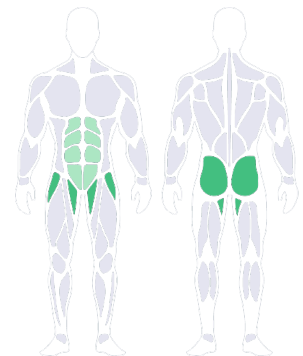
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



Clamshells / Clams

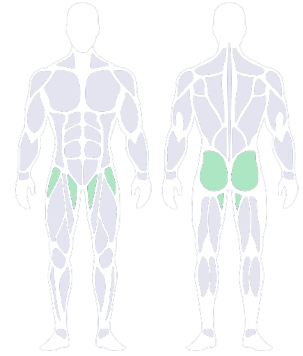
Secondary:

Glutes & Hip Flexors

On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.

Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the left knee up while keeping the feet together.

Pause at the top of the movement and slowly lower your left knee down to the starting position.



Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

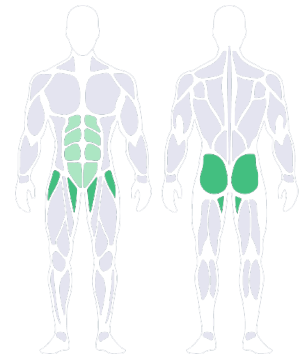
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

Glutes & Hip Flexors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.

