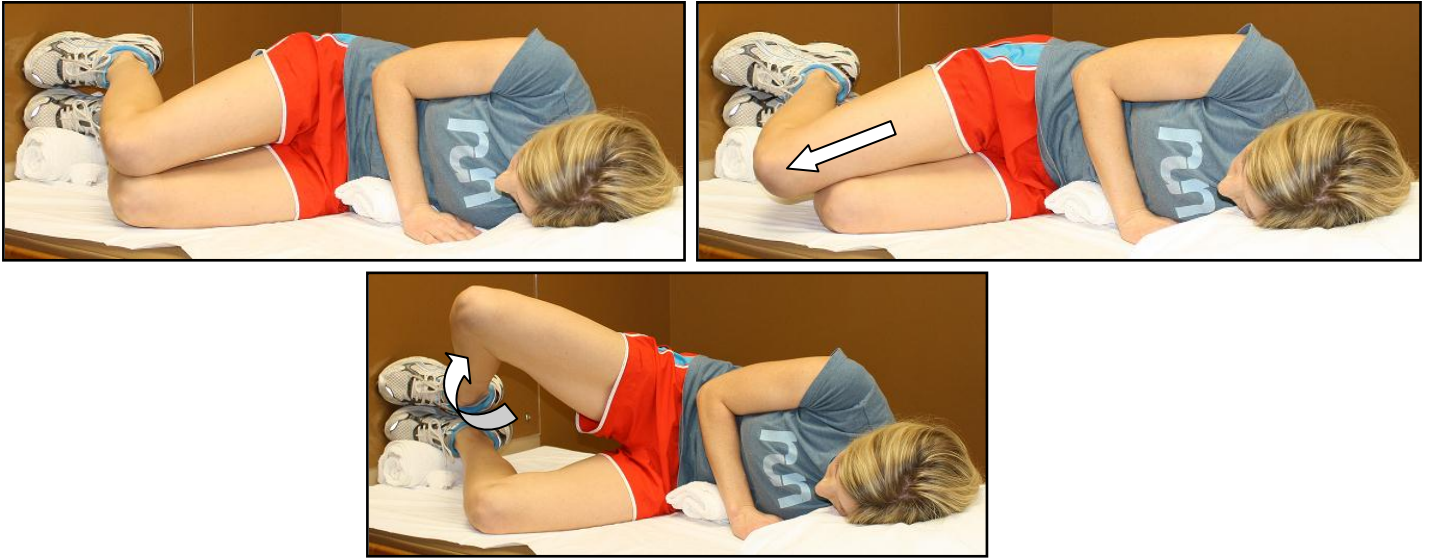


## **Left Sidelying Right Glute Max**



1. Lie on your left side with your feet on the wall and your hips and knees bent at a 90-degree angle. Keep your back rounded.
2. Place a small towel roll under your ankles and left abdominals.
3. Press your left hip down into the table so that your right hip moves toward the wall. You should feel your left abdominals engage as you lift up away from the towel roll.
4. Shift your right hip forward until you feel a slight stretch or pull in your left outside hip (buttock).
5. Turn your right knee out keeping your left knee on the mat. Use the wall as a fulcrum or pivot point for leg rotation.
6. Turn your knee as high as you can without moving your right hip back. You should feel your right outside hip (buttock) 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.