

## Standing Supported Left Glute Push



1. Stand facing a desk or counter top.
2. Place both hands on the surface in front of you, and move your feet far enough away from the surface so that your back becomes parallel with the ground.
3. Shift your left hip back. Keeping your left hip back and weight through your left mid-foot/heel, lift your right knee up and turn your right lower leg in. You should feel your abdominals, left outer hip (buttock) and front of your right hip engage.
4. Hold this position for 4-5 deep breaths, in through your nose and out through your mouth.
5. Relax and repeat 4 more times.

*Reference Center(s): Left abdominals, Left heel*