

# Get Your Glutes Going



I have been a dedicated physiotherapist since 2002. After earning my Bachelor of Health Science (Physiotherapy) from AUT, I quickly advanced my education by obtaining a Post Graduate Diploma in Musculoskeletal Physiotherapy in 2004. Before I had my family, I spent 14 years in private practice, during which I expanded my expertise to include pain management, return-to-work programs, and rehabilitation.

I now work almost exclusively with injury management and surgical rehabilitation and have my own practice, where I see clients both online and in-person with outstanding results.

I was born on a farm, and I now own and run a lamb trading and bull fattening farm with my husband and four children.

I created this “Get Your Glutes Going Guide to help people feel better in their bodies, quickly.



# Get Your Glutes Going



## Important Disclaimer

This video provides general information only and is not individualised advice. It does not take into account your personal injury history, medical conditions, or specific needs. Always work within your own limits and seek guidance from a qualified health professional if you are unsure or if symptoms persist.

## Glute Activation & Progression – Exercise Explanation

### [You can find all the videos here](#)

When your glutes aren't doing their job, other muscles like your hamstrings and lower back have to work harder. The goal of these exercises is to reduce over-dominance of those muscles, properly activate the glutes, and then progress load and control.

These exercises are designed to be used as part of a warm-up before training.



## Setup & Positioning

- Lie on your back with your knees bent (around 90° is a good starting point).
- Shins can be slightly more vertical to help reduce hamstring dominance.
- If you feel your hamstrings working more than your glutes, try moving your feet slightly further away (about 30° from vertical).
- Adjust as needed — positioning can vary from person to person.
- Do a curl up - bring your ribs close to your pelvis
- Lift your hips (they won't go as far as you want)
- Lower your head down, keep your hips/stomach as they were



## Level 1: Curl up

### Glute Bridge Hold

- Curl up as if you are doing a sit up
- Lift your hips while keeping your ribs and pelvis the same distance apart (no arching or flattening).
- Lower your head but
- Once lifted, hold the position while maintaining control.
- Glutes should be doing the work — this position should not change.
- Squeeze if you want

#### **Progression requirement:**

✓ 3 sets of 45 seconds with good control before moving on.

#### **Rest**

2 min between sets

### Level 2: Alternating Heel Lifts

- Stay in the same bridge position.
- Slowly lift one heel, then the other, while keeping the pelvis as still as possible.
- Small movement, high control — perfection matters here.

#### Progression requirement:

✓ 3 sets of 90 seconds with good pelvic control.



## Level 2: Curl up

### Alternating Heel Lifts

- Stay in the same bridge position.
- Slowly lift one heel, then the other, while keeping the pelvis as still as possible.
- Small movement, high control — excellence but not perfection matters here.

#### **Progression requirement:**

✓✓ 3 sets of 90 seconds with good pelvic control.

#### **Rest**

2 min between sets



## Level 3: Marching Bridge

- Maintain the same bridge position.
- Slowly lift one leg so the thigh moves toward vertical, then return it to the ground.
- Alternate sides.
- Avoid wobbling or shifting — if control is lost, rest briefly and continue.

### **Progression requirement:**

✓ 3 sets of 45 seconds with good control before moving on.

### **Rest:**

• Up to 2 minutes between sets.

Progression requirement:

✓ 3 sets of 90 seconds with good pelvic control.



## Level 4: Single-Leg Lift & Lower

- Set up as previously
- Lift and lower one leg only while maintaining the bridge.
- This level is more challenging, so reduce the work time.

### **Prescription:**

✓ 45 seconds on one side

### **Rest:**

✓ 2 minutes rest

✓ 45 seconds on the other side

· Complete 3 rounds

### **If needed and are time compressed: (most likely)**

· Take 30 seconds rest between sides

· Take 2 minutes rest between rounds



## Key Reminders

- Don't rush — quality matters more than speed.
- Rest as needed to maintain good technique.
- Progress only when you can complete the full time with control.

If you are wanting more input - you can book with me, online or in person, [at this link](#) or check my [website](#). I also have some programmes available, [at this link](#)