



Therapi Tyline Buttology



Buttology #2

Strong Buttocks = Strong Core = Strong Back

The buttocks are a group of muscles consist of three muscles: the glute maximum, glute medius, and glute minimus. This group of muscles pulls the thigh backwards, abducts the hip, and rotation of hip. They are important; they are often weak and underworked.

These days, many jobs require us to sit for an extended periods during which the glutes stop firing as efficiently, effectively and strongly as they should. When the glutes stop functioning, the hip flexors muscles get tight which can lead to injury. Stronger buttock, have benefits, reduction in back and knee pain.

Sitting for long periods of time causes your hip flexors to shorten and become tighter and the buttocks muscles weaken. This creates an imbalance that increases the risk for injury.

Strong glute muscles will provide support, dissipating lower back pain. The buttocks stabilises the pelvis and aids the movement of the hip joints. When they are strong, they absorb the impact from leg motion. They also help maintain body alignment. This reduces the risk of injury and lower back pain. The buttocks are the largest muscle group in the body, helps to stand and remain upright, walk, rise from a chair, climb stairs and turn your legs. They respond well to exercise.

Stronger buttocks will improve mobility, agility, flexibility and movement. the glutes supports the pelvis and SI joint providing stability. When running and walking, this is important, since the force of impact increases with each foot strike.

Strong buttocks keep the pelvis stable from swaying side to side. When your pelvis is not stable, it puts pressure on the knees and ankles. When your glutes are strong, it helps prevents this naturally, reducing the possibility of injury. Strong buttocks mean strong knees.

Buttology Exercises to Do; Because Strong Buttocks Make a Big Difference

Now you know what your butt does here are four stretches to get them there

Single-Leg Bridge

This buttock exercise works the hamstrings, the buttock helps push the pelvis up with the hamstring and keeps the pelvis level in this move:



A Lie on the back, and place the hands on the floor for stability while bending one leg and lift the other leg off the ground.

B Pressing the heel into the floor, lift the pelvis up, keeping the body in a stiff bridge position.

C Slowly lower the body to the floor to complete one rep.

The Clam

The clam targets the buttocks and helps build hip control.

Lying on the side, legs bent. Bring the knees and hips to a 45-degree angle. Position your top pelvis away from your head to bring the waist off the floor. Maintain this neutral position throughout the entire exercise.

Lift the top knee up, keeping your heels together. Lower back to starting position.

Ensuring that you're not moving your pelvis or torso.

Repeat for 30 seconds to one minute, then switch sides

