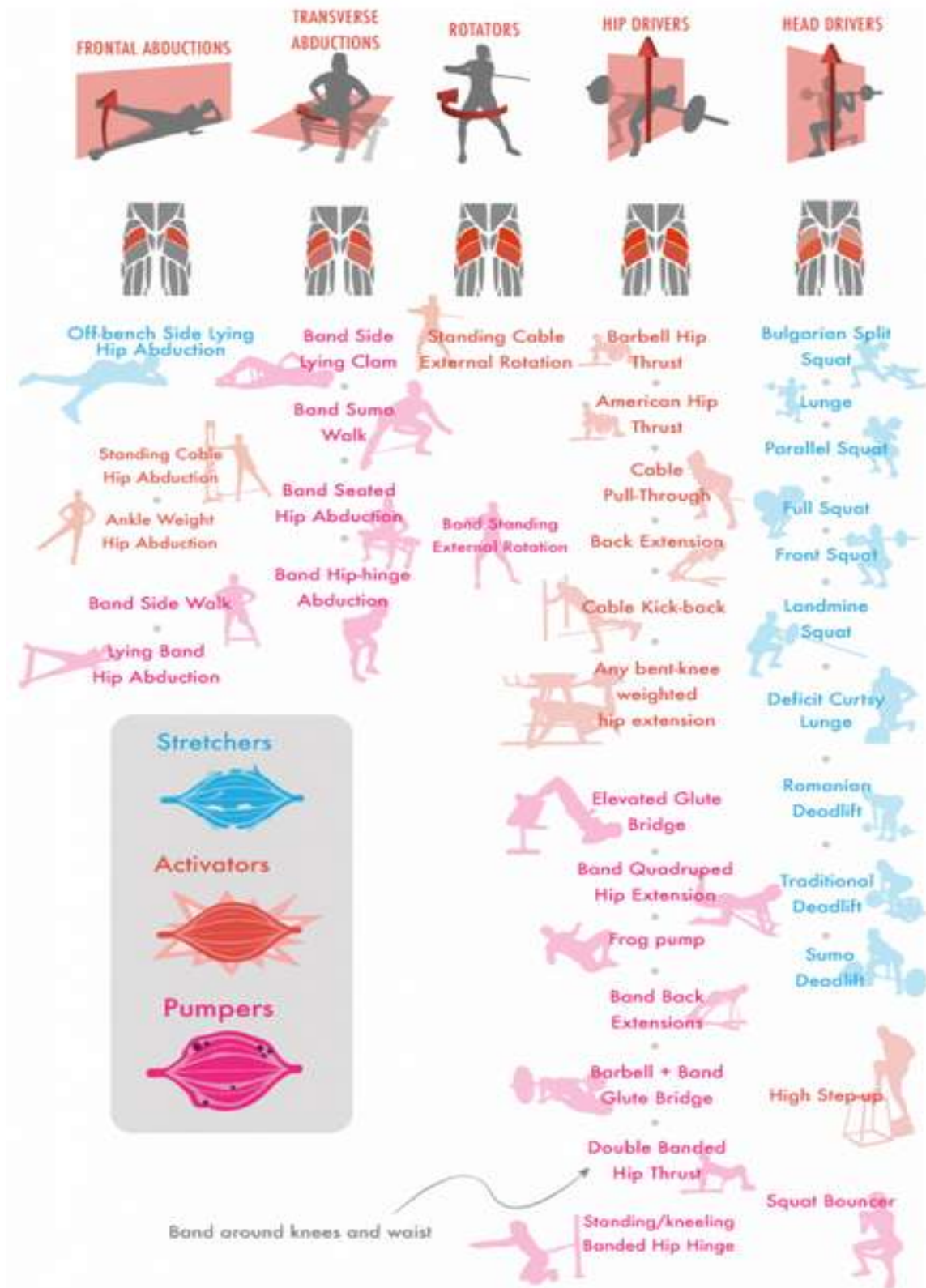


Importance of Glute Training: Running Edition

Maria Canino, M.S. and Bruce Cohen, PhD

- Three muscles make up the gluteal muscles:
 1. Gluteus Maximus
 2. Gluteus Medius
 3. Gluteus Minimus
- Best types of exercises to activate Glutes?
 - Bodyweight (use a variety)
 - Still need to use weighted exercises for optimal results
- Training your glutes
 - Spread out 15 sets over several workouts during week
 - Use a variety of exercises and take note of recovery time (see back)
- Example “big bang for your buck” exercises
 - Weighted squats with band around knees
 - Weighted hip thrusts with band around knees
 - Glute bridges with band around knees
 - Lateral band walks with squats in-between



Pumpers: High repetitions, low weight; 1-2 days recovery

Activators: Moderate repetitions, moderate weight; 2-3 days recovery

Stretchers: Low repetitions, high weight; 3-4 days recovery

Source: <https://bretcontreras.com/your-optimal-training-frequency-for-the-glutes-part-i-exercise-type/>