



Session 410: Glute Training from Beginner to Advanced

PRESENTED BY

GREG JOHNSON, MS, CSCS

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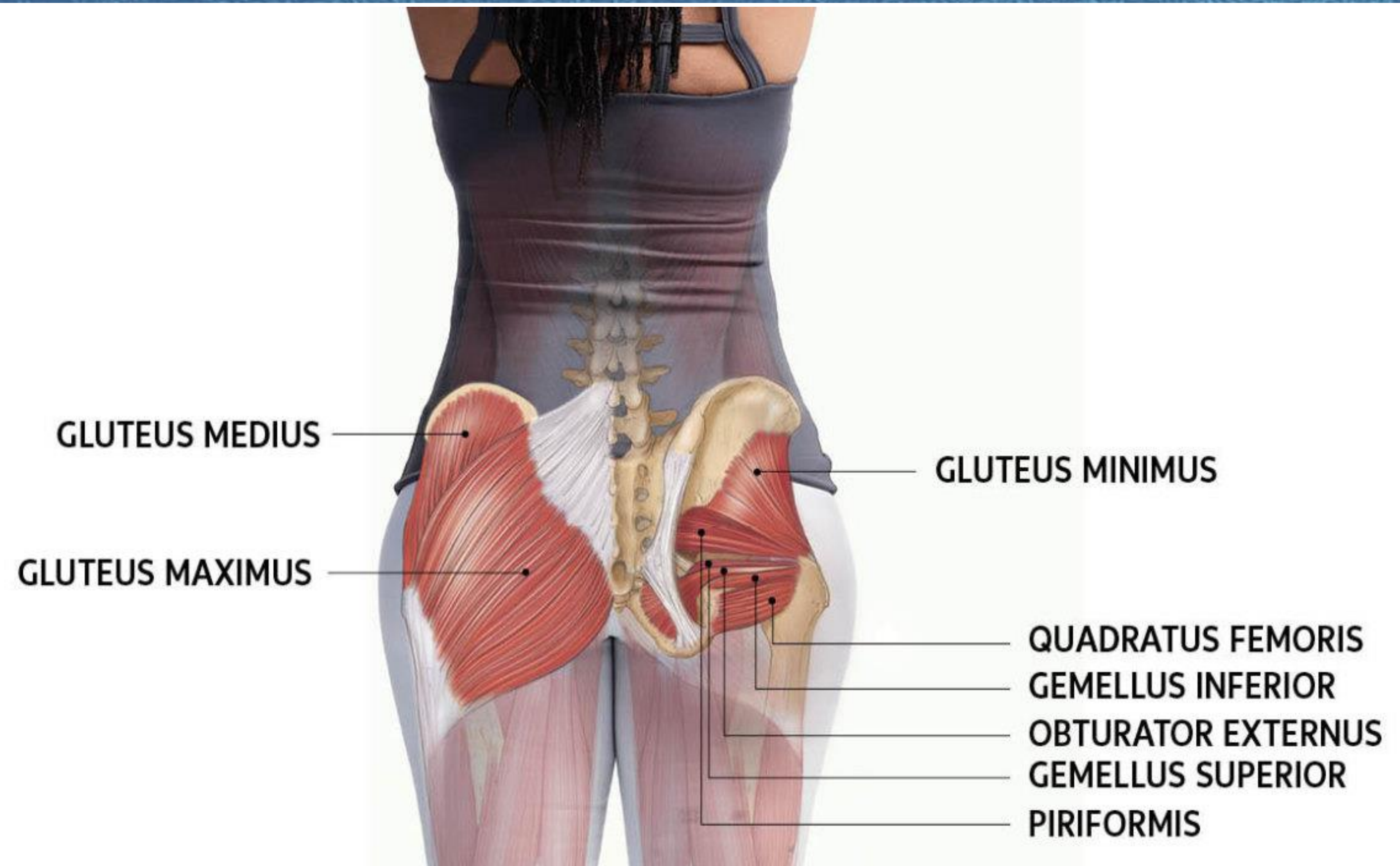
GREG JOHNSON, MS, CSCS, TPI, Pn

- Owner / Trainer at Varimax Fitness, Sacramento, Ca
- Masters Degree in Kinesiology
- 18 Years Experience in Fitness and Physical Therapy
- Public Speaker, Educator, Author, Contributor
- Overall Cool Guy



BENEFITS OF GLUTE TRAINING

- Hip Extension
- Hip External Rotation
- Hip Internal Rotation
- Hip Abduction
- Knee Extension
- Pelvis Stabilization
- Pelvic Tilt



BENEFITS OF GLUTE TRAINING

- INJURY PREVENTION / REDUCTION OF INJURIES
- IMPROVED POSTURE / DECREASE IN PAIN
- INCREASE IN OVERALL BODY STRENGTH
- INCREASE IN SPEED, POWER, ATHLETIC PERFORMANCE
- BETTER STABILITY IN ALL PLANES
- INCREASE FAT LOSS - BIGGER MUSCLES BURN MORE CALORIES
- BETTER AESTHETICS, “BETTER BOOTY”

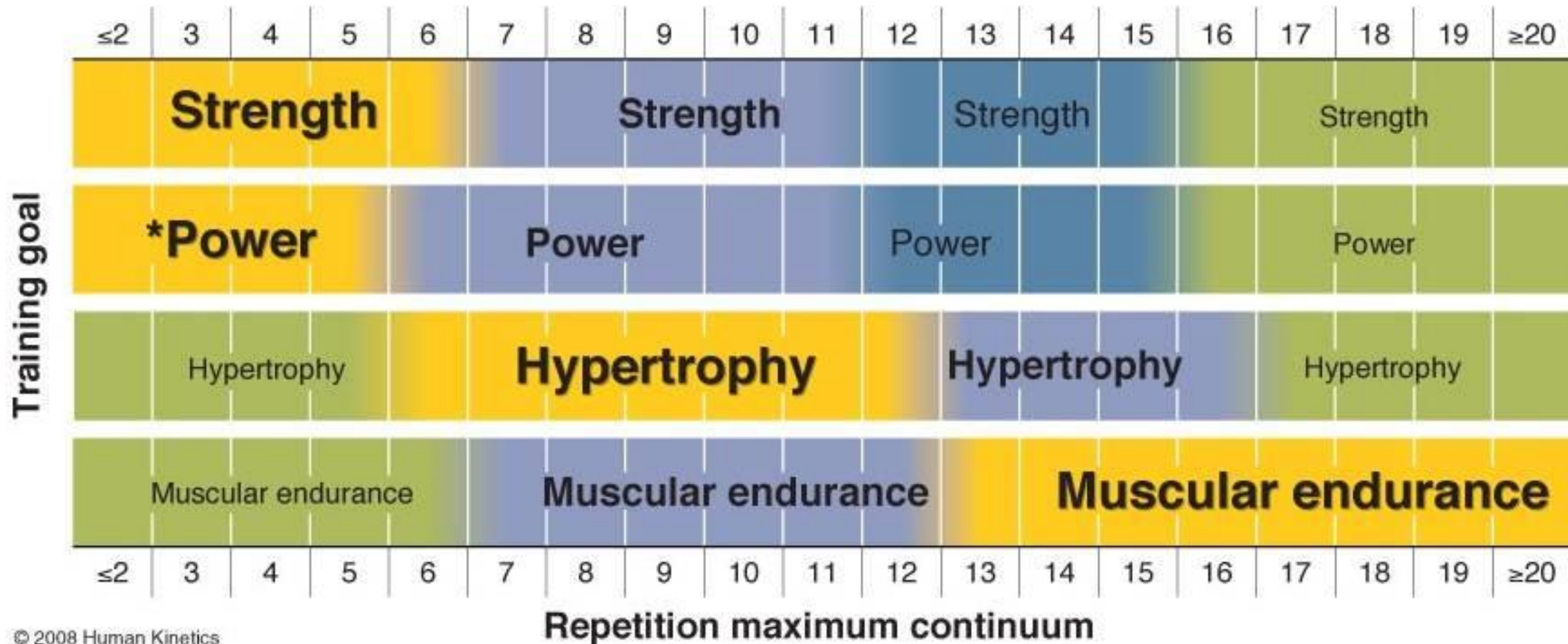


PRINCIPLES OF TRAINING

- Principle of Individuality
- Principle of Specificity
- Principle of Overload
- Principle of Progression
- Principle of Diminishing Returns
- Principle of Reversibility



Principle of Specificity



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Principle of Specificity



GLUTE TRAINING

- ASSESSMENT
 - CORRECTION / ACTIVATION
 - STRENGTH
 - ISOLATION VS COMPLEX
- (BONUS COVERAGE)
- POWER / SPORT
 - GROUP / FOR FUN



GLUTE ASSESSMENT

- Deep Squat Assessment (Lower Quadrant)
- GLUTE BRIDGE ASSESSMENT
- BIRD DOG ASSESSMENT
- BALANCE ASSESSMENT
- LATERAL BOUND ASSESSMENT
- SINGLE LEG HOP ASSESSMENT



“ACTIVATING” THE GLUTES

- GLUTE SQUEEZES
- HIP BRIDGES
- SIDE LYING HIP COMPLEX
 - Clam, Reverse Clam, ABDuction, Windshield Wiper



GLUTE ISOLATION

- BRIDGE WORK
- HIP HINGE
- BIRD DOGS - NO ARCHING BACKS
- BAND WALKS



POWER / SPORT / METABOLIC

- KETTLEBELL SWINGS
- LATERAL BOUNDS
- ROTATIONS
- SPORT SPECIFIC MOVES



COMPLEXES / STRENGTH

- ELEVATED HIP HINGE / HIP THRUSTS
- DEADLIFT
- ROMANIAN DEADLIFT
- SINGLE LEG DEADLIFT



GROUP, FUN, PARTNER

- ASSISTED ELEVATED BRIDGES
- PARTNER GLUTE HAM RAISES
- FOOT TO FOOT
- BACK TO BACK WITH BANDS



QUESTIONS????



THANK YOU

Gjohnson@varimaxfitness.com

Facebook.com/GregJohnsonFitness

IG: @Gjohnsonfit

LINK TREE FOR SLIDES

