

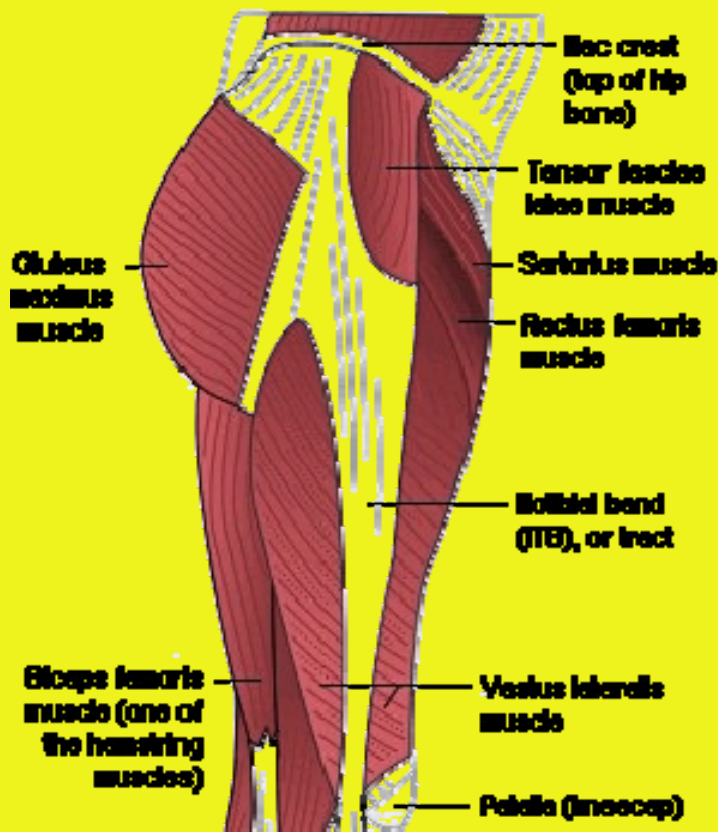
MUSCLES OF THE MONTH

Gluteus Maximus

Other common names for this muscle group or similar muscle groups referred to the "Gluteus Maximus" are: Bum, Butt and Glutes. The origin of the gluteus maximus is onto the Ilium, Sacrum and the fascia of the lumbar area. The insertion point is onto the femur and the tibia.

FUNCTION

- Hip extension (moving thigh backwards)
- Hip external rotation (turning thigh outwards)
- Transverse abduction (moving thigh outward with hip bent)
- Abduction (moving thigh inward)



EXERCISES



Kickbacks: kneeling with one leg behind your body slightly raised and bent in a 90 degree position. Now raise your leg as high as you can.



Hip Lifts: lie down with heels on fit ball. Squeeze bum and lift off ground. Keep arms on ground for support. Lower and repeat.