
Build Your Booty: Tips Guide

Hip mobility and glute priming exercises to help better build your butt!



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PT, DPT, CSCS

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BOOTY, BOOTY, BOOTY

It seems that everyone is all about the **BOOTY**; so this tip guide is geared to educate and provide exercises to help you improve your hip mobility and help you reconnect to your glute muscles.

What is in the plan?

In this guide, I have provided you with the foundation to help further build your glutes. The mobility and glute priming exercises I am going to provide you can be done everyday to help improve mobility and work on mind muscle connection. It is also very important that you do these prior to any lower body exercises. There is a *hip mobility* section and a *glute priming* section. On my website, you will find an “**Exercise Tutorials**” tab where a video with all these exercises with explanation can be found. (www.mofitnessandhealth.com)

CNS (Central Nervous System) Connection

The whole mind body connection is a real thing! If you cannot fire your glute muscles (signals sent from CNS) you will not build that booty you always wanted! When you are completing the priming exercises, really think about *squeezing* your backside and truly *initiating* the movement from those glute muscles.

Hip Mobility

Do you feel really tight at the bottom of your squat? Do you have difficulty extending your hip during kickbacks? Do you have difficulty obtaining an adequate lunge position in all planes? One reason this could be difficulty, is due to poor hip mobility. If your hips do not move fluidly in a full range of motion, the glutes have a more difficult time firing to their full potential; making it difficult to build muscle!

Glute Activation

Do you ever do squats or deadlifts and find that your quads are more exhausted than anything else? That is because you are quad dominant meaning that your quadricep muscle take over and perform majority of the work rather than posterior chain muscles (glutes, hamstrings). If that is the case, you can do as many squats and deadlifts as you want and **NOT** build your booty because you are not able to activate those backside muscles. This can also often times lead to muscle imbalances and dysfunction.

Expectations

Now, it is important to realize that just because you do this for a week, it does not mean that you will see results right away. However, if you are consistent and truly work on your glute activation, you will definitely see results in how much you can lift and how your booty looks. Be patient. I recommend you track the weight lifted in your big lower body lifts (squats, lunges, deadlift..etc) and track how you felt. Hopefully, over a few weeks of being consistent with this guide you will be able to increase your weights due to being able to fire your glute muscles more strongly, thus also building your BOOTY!

Hip Mobility

You will perform hip mobility exercises prior to completing *bodyweight glute priming* exercises. This will help alleviate any potential aches or tightness you may have to better allow for glute activation later. When your body perceives pain or restriction, muscles can not fire as strongly. All these exercises can be found on under my **“Exercise Tutorials”** tab on my website. The video shows the exercises in order with voiceover instruction. I also have provided time stamps of where specific exercises can be found.

Hip Mobility Exercises

- “S” Stretch (90-90): 0:00
 - 15-30 external rotation bows
 - 15-30 active assisted internal rotation
- Runners stretch with thoracic rotation: 1:03
 - 10-20 rotations each side
- Alternating knee to chest: 1:53
 - 10-20 each leg
- Frogger: 2:28
 - 15-30 rocks

Glute Primers

These are meant to be performed as bodyweight exercises. These are **NOT** meant to be super fatiguing and taxing on the glutes. The goal is to feel the glutes during these movements, but I **DO NOT** want it to produce a significant muscle burn feeling. It is simply meant to prime the glutes to prepare them for the booty the work you are about to complete! **Pick 3** of these exercises to perform. Play around with them, and find which ones you respond best too.

Glute Priming Exercises

- Bridges: 3:11
 - 15-30 repetitions
- Clams: 3:43
 - 15-30 repetitions each side
- Prone, knee bent hip extension: 4:59
 - 15-30 repetitions each side
- Lateral rocking lunges: 5:48
 - 10-20 repetitions each side
- Single leg RDL to reverse lunge: 6:23
 - 10-20 repetitions each leg