



## Deer In The Headlights

**Purpose:**

This exercise teaches you how to isolate and fire your glute muscles independently of other muscles in your lower body.

**Benefit:**

This will help you build strength and stability in the lower body.

**Instructions:**

Lying flat on your back with your knees bent and your feet flat on the ground, place both hands on your glutes. Try to contract your right glute without engaging any other muscles, specially the hamstring. Hold for 5 to 10 seconds trying to squeeze as hard as you can. Repeat this on the left side and then on both sides.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

