

How to Do Glute Sets

Glute sets help strengthen the glute muscles that rotate and extend your legs.

Here's how to do them.

Lie on your back on a firm bed... or on the floor.

Bend your knees, with your feet flat on the bed or floor.

Squeeze your buttocks together as tightly as you can and hold for about 6 seconds.

Don't let your hips come up off the bed or floor, and keep your knees apart.

Do this exercise 8 to 12 times... several times during the day.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.