



# Mission Peach

There was a song in 1992 called Baby Got Back by Sir Mix-A-Lot, with the lyrics “I like big butts and I cannot lie”. Well who doesn’t? A peachy bum is a win win for everyone. However, the problem is the most people actually don’t have proper glute development, which slows down their gains. Scientific research has even shown weak glutes are a main cause for lower back pain. Therefore, this article should help you understand more on what you can do.

The glutes are the largest muscle group in the body and people usually train them to get stronger and more powerful with Squats. This is because it’s very rewarding loading up barbells and crushing big lifts. However, this creates ignorance and people start forgetting the accessory exercises, which help with growing the butt more efficiently and eliminate weaknesses and imbalances that can lead to injury.

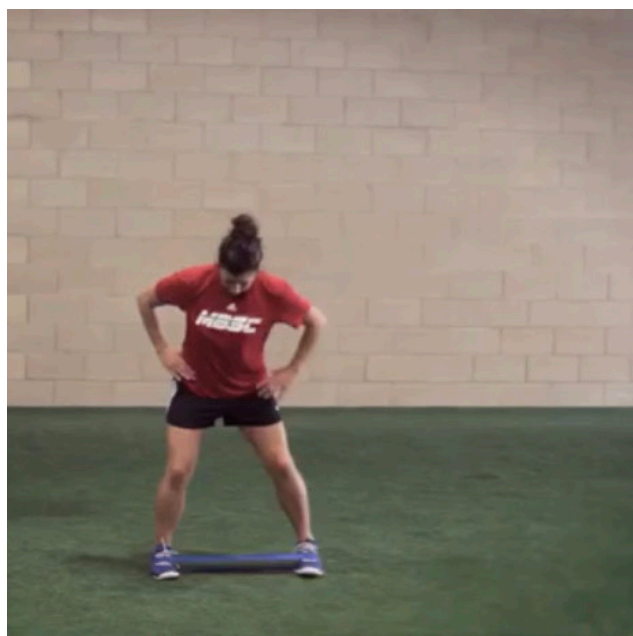
People need to know the glutes actually comprise of three muscle groups. The Gluteus Maximus, Gluteus Medius and Gluteus Minimus. Two of which are tasked with abducting (brings your leg out to the side) and externally rotating (twisting your leg outward) the hip. These are two ranges of motion that not trained with traditional squats..

Therefore, what I want you to do is take away these following exercises and tips, which have been designed on science to help get results. Not just someone hammering you to the point that you cannot walk or sit down the next day.

Firstly, A great and easy way to activate the lateral glutes, is the mini-band walks. You simply place a band around the knees or ankles and move laterally. The walks are abducting the hips simultaneously. The stance leg is a closed chain (foot in contact with the ground), and the other is in open chain abduction.

To stimulate the hip rotator group, people should try placing the band on feet instead of the ankles. This creates an internal rotation force and results in greater stimulation of the hip external rotators.

Two things people should do while completing this exercise is maintain band tension and don’t rock. Rocking is a key sign that the lateral glutes are weak.



Next up is the Cook hip lift. This is an exercise that is unique for glute activation. It is literally a single leg bridge but it develops additionally flexibility in the Psoas and iliacus on opposite leg. The most important thing this exercise is doing is teaching you the difference between hip motion and lumbar spine motion. This is an important goal of all bridging and quadruped exercises. If you are using the lumbar spine instead of the hip, you are training your body to arch your back and not use the glutes at all.

To do this exercise lay on your back and place a tennis ball near the bottom of the rib cage and pull the thigh up to hold the ball in place. If the ball falls out during the exercise it is showing you that you are substituting the movement using the lumbar instead of the glutes.

To engage the posterior chain, keep the toes up and drive heel down as flat footed on the floor makes it quad dominant. Lastly, at the top position you want to hold it for 5 seconds partnered with breathing out. This will help fire up the deep abdominal muscles. This also makes you see that the glutes are activated as repetitions could be mainly influenced from momentum. Try 5 reps on each leg, twice.



The last thing I suggest using to help activate your glutes more is cross-body reaching, which can be used in any knee or hip dominant exercise. Reaching across the working leg increases contribution of the glutes. This is because the pelvis rotates against the fixed femur, which results in internal rotation of the hip. As explained before the glutes are external rotators, which mean they are stretched and respond with greater contribution. This also results in more hip stability. Two exercises I recommend are the reaching single leg straight leg deadlift and the glute bridge with reach across.

