



Glute Activation & Hip Mobility Exercises for Runners

EXAMPLE WORKOUT

As an additional resource to accompany the free videos and articles on the Kinetic Revolution website, we've put together this example hip mobility and glute activation routine for you to try.

The following routine features a handful of the many different exercises and drills we use to help runners improve hip mobility and gluteal function. It provides a great combination of mobility, stability, activation and strength work in one quick and effective hip and glute focused workout.

Give it a go, and let us know how you get on!

- 1 WARM-UP:** Begin with a gentle five minute cardio warm-up to prepare for the first mobility drill
- 2 HIP MOBILITY:** Kneeling Hip Flexor Stretch - **WATCH VIDEO** - 3 sets of 20 "active pulses" each side
- 3 GLUTE ACTIVATION:** Banded Glute Bridges - **WATCH VIDEO** - 2 sets of 10 x 5 second holds
- 4 HIP STABILITY:** Hip Hitches - **WATCH VIDEO** - 2 sets of 20 reps each leg
- 5 GLUTE STRENGTH:** Resistance Band Crab Walk - **WATCH VIDEO** - 2 sets of 30-60 seconds each direction

By using the information provided in this document you agree to the following terms:

Always warm-up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a doctor before beginning any new exercise regime.

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CHECK OUT THESE OTHER FREE TRAINING RESOURCES...

The Kinetic Revolution website has a ton of free resources to help you achieve your running goals, whatever level of runner you are, and whatever you're currently training for.

Here's a selection of some of the most popular training resources, as voted by our readers:

 **30 Day Challenge – Transform Your Running [FREE]**

 **Marathon Training Plans [FREE]**

 **Half Marathon Training Plans [FREE]**

JAMES DUNNE

Founder of Kinetic Revolution

Having graduated from St Mary's University College in London with an honours degree in sports rehabilitation, James build a reputation for helping runners of all levels to overcome injury and return to full training stronger than ever.

James founded his own rehab and coaching business, Kinetic Revolution, back in 2010 with the dream of helping as many runners as possible. Through a combined approach of “real world” coaching and blogging about running injury prevention, rehab and performance training, he now works with runners worldwide.

Tens of thousands of runners now use his resources, and the Kinetic Revolution website to run stronger and remain un-injured in the pursuit of their running goals.

