

# Glute Activation Correctives

## Drills

### Level 1

Exercise	Sets	Reps
Glute Lift Iso	3	30 sec
Lunge Hip Flexor Stretch	1	2 min

### Level 2

Exercise	Sets	Reps
SL Glute Lift Iso	2	30 sec
Straight Leg Glute Lift	2	10
Cook Hip Lift	2	10

### Level 3

Exercise	Sets	Reps
Small Box Dip Squat	2	10
Banded Glute Lift	2	10
Straight Leg Glute Lift	2	10
Cook Hip Lift	2	10