

Client

PhysioTrain Resources

Practitioner

Cillian Quirke

Program Name

Glute Medius Program

Time Period

27 Jul 2023 - 02 Aug 2023

How Often

Whenever

When

Any time

You have 5 exercises

1

AROM hip abduction in side lying

10 reps 60 seconds rest 3 sets

2

Side plank (beginners)

20 seconds rep 60 seconds rest 3 sets

3

Woodchopper in half kneeling (medicine ball)

10 reps 60 seconds rest 3 sets 2kg medicine ball

4

Split squat

10 reps 60 seconds rest 3 sets

5

Single arm single leg deadlift (kettlebell)

10 reps 60 seconds rest 3 sets 1kg kettlebell

1

AROM hip abduction in side lying

10 reps 60 seconds rest 3 sets



How to perform

1. Keeping your hips facing forwards, lift your top leg up into the air, then lower your leg down to complete the exercise.
2. Remember keep your pelvis still throughout the exercise.

2

Side plank (beginners)

20 seconds rep 60 seconds rest 3 sets



How to perform

1. Keeping your knees in the same position, lift your body into the air and push your hips forward, forming a straight line from your head to your knees.
2. Hold this position for the prescribed time, then lower your body down to complete the exercise.
3. Remember to maintain your breathing throughout the exercise.

3 Woodchopper in half kneeling (medicine ball)

10 reps 60 seconds rest 3 sets 2kg medicine ball



How to perform

1. Keeping your elbows slightly bent, raise your hands up and over your opposite shoulder, then lower your hands down to complete the exercise.
2. Remember to keep your shoulders and hips facing forward throughout the exercise.

i Practitioner notes:

You can use a weight instead of a medicine ball.

4

Split squat

10 reps 60 seconds rest 3 sets



How to perform

1. Keeping your head up and chest tall, step out with one foot.
2. Lower yourself down and then pushing through your heel, stand back up, keeping your feet in place, to complete the exercise.
3. Remember to keep your head up and chest tall throughout the exercise.

5

Single arm single leg deadlift (kettlebell)

10 reps 60 seconds rest 3 sets 1kg kettlebell



How to perform

1. Shift your weight to the opposite leg of the hand holding the kettlebell and lift your other foot off the ground.
2. Keeping your head up and weight through your heel, push your hips backwards to lower yourself down, with your chest coming forwards over your thighs.
3. Then stand back up, pushing your hips forwards, to complete the exercise.
4. Remember to keep your back straight throughout the exercise.

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