# TELEHAB

EXERCISE PRESCRIPTION APP



Cillian Quirke 95921460

Client

Practitioner **PhysioTrain Resources Cillian Quirke** 

Program Name

# **Glute Medius Program**

**Time Period** 

How Often

1

4

When

Whenever Any time

#### You have 5 exercises

AROM hip abduction in side lying 10 reps 60 seconds rest 3 sets

#### Side plank (beginners) 2

20 seconds rep 60 seconds rest 3 sets

#### Woodchopper in half kneeling (medicine ball) 3

10 reps 60 seconds rest 3 sets 2kg medicine ball

#### Split squat

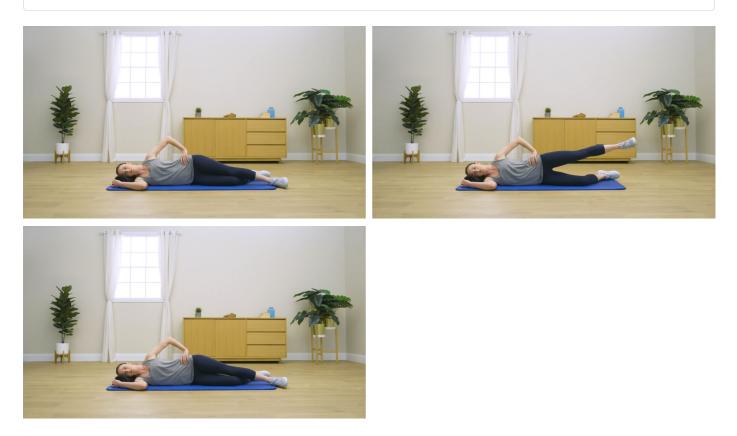
10 reps 60 seconds rest 3 sets

#### Single arm single leg deadlift (kettlebell) 5

10 reps 60 seconds rest 3 sets 1kg kettlebell

#### 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.

1

#### Side plank (beginners)

20 seconds rep 60 seconds rest 3 sets



#### How to perform

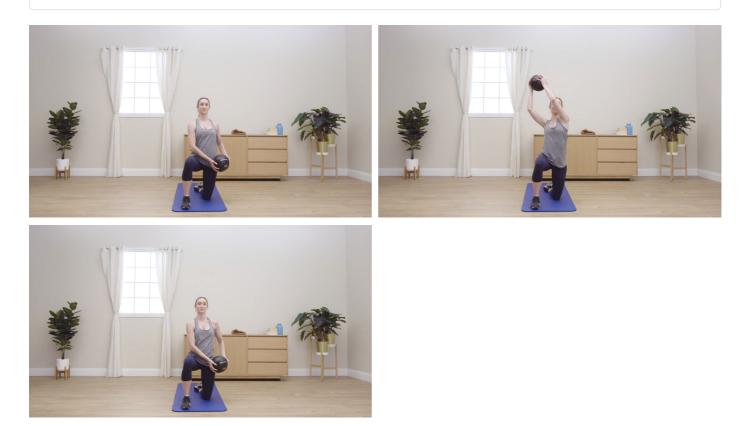
2

- 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.

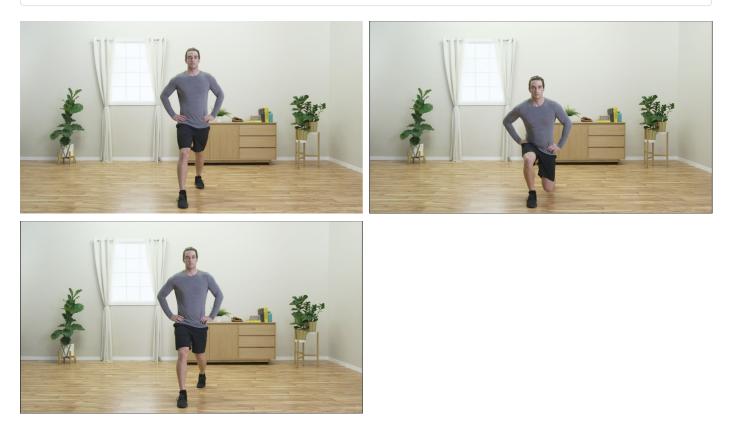
#### • Practitioner notes:

You can use a weight instead of a medicine ball.

#### Split squat

4

10 reps 60 seconds rest 3 sets

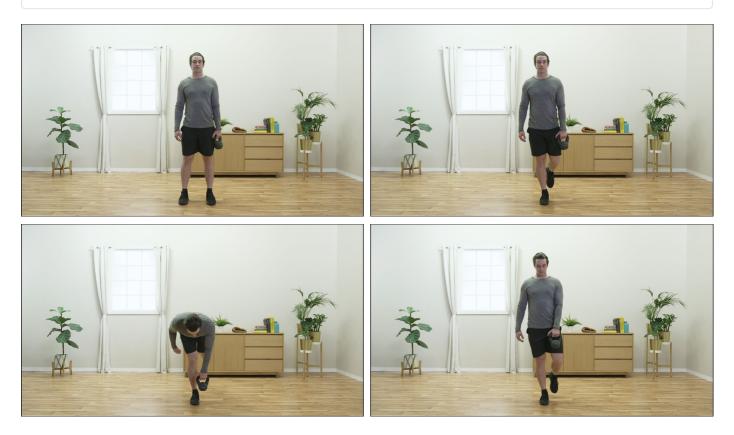


#### How to perform

- 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.

## Single arm single leg deadlift (kettlebell)

10 reps 60 seconds rest 3 sets 1kg kettlebell



#### How to perform

5

- 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.

## PhysioTrain Resources

## **Glute Medius Program**

How Often

When

## Whenever Any time

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AROM hip abduction in side lying							
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