

#ideaworld

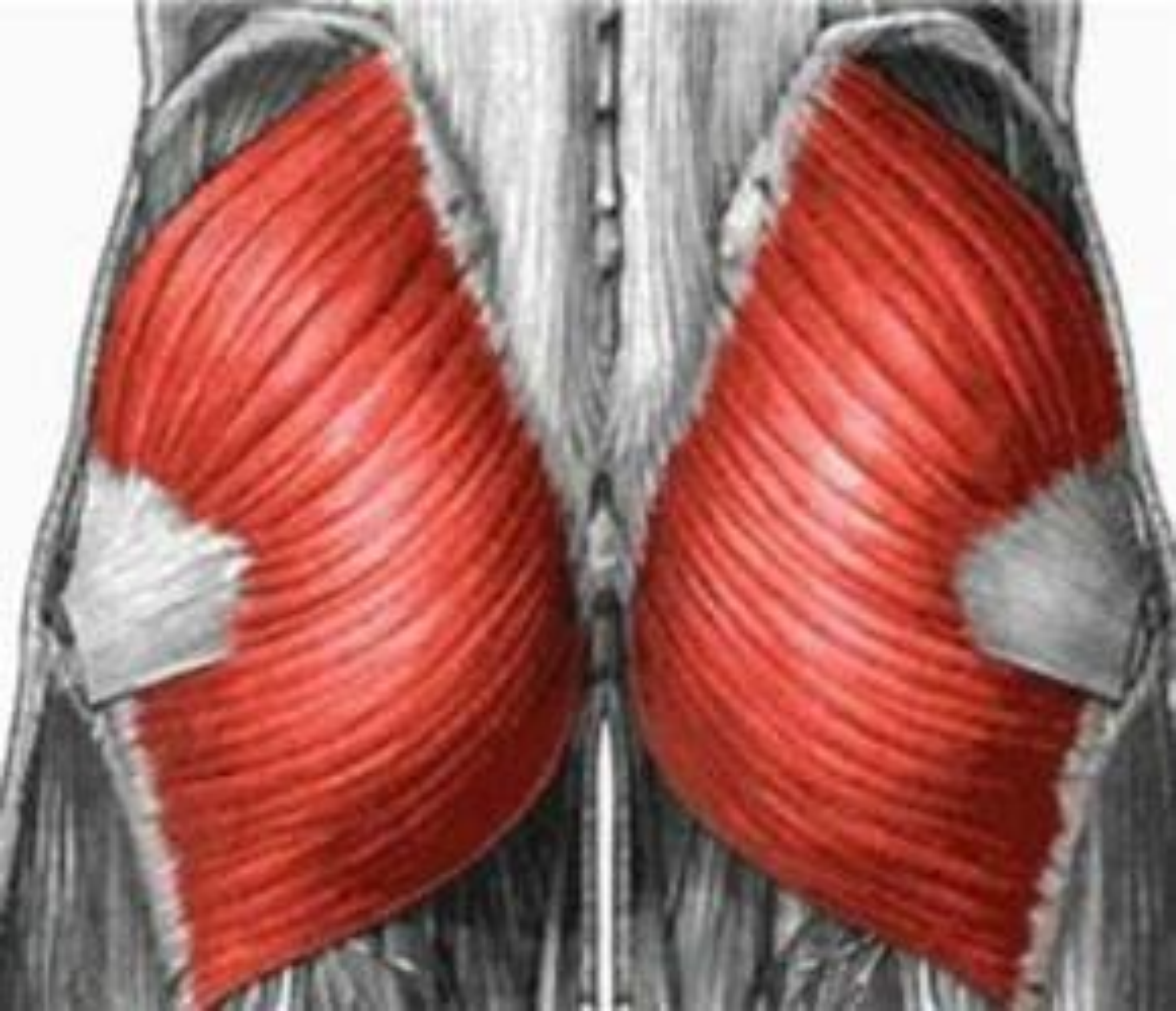


# LIMITLESS

Great Glutes For a Functional Body

PRESENTED BY

With Leslee Bender 2020 IDEA Personal Trainer of the year



If we are to make a difference,  
then let's train with a purpose...

- With a driven Purpose of each exercise
- Function over aesthetics
- Individualize your programming
- Be educated
- Be aware
- Understand the why...
- Be a critical thinker



# Thank You! May we...create conscious moving for subconscious results

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**INSPIRE** someone  
to do something  
new

**ENCOURAGE**  
anyone struggling  
with....

**INLIGHTEN** those  
who would  
otherwise not  
exercise

**EMBRACE**  
difference

**EMPATHETIC**  
towards a new  
participant

**MAKE THE  
CHANGE.....**

# Objectives

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- Glute and Psoas imbalances and causes
- Glute and Psoas myths
- Why three-dimensional training is necessary
- Understanding why it all connects “the science”
- Defining the Gluteus
- Defining the hip flexors
- Relationship of Fascia
- Relationship of feet/knees/posture
- Strategies/techniques

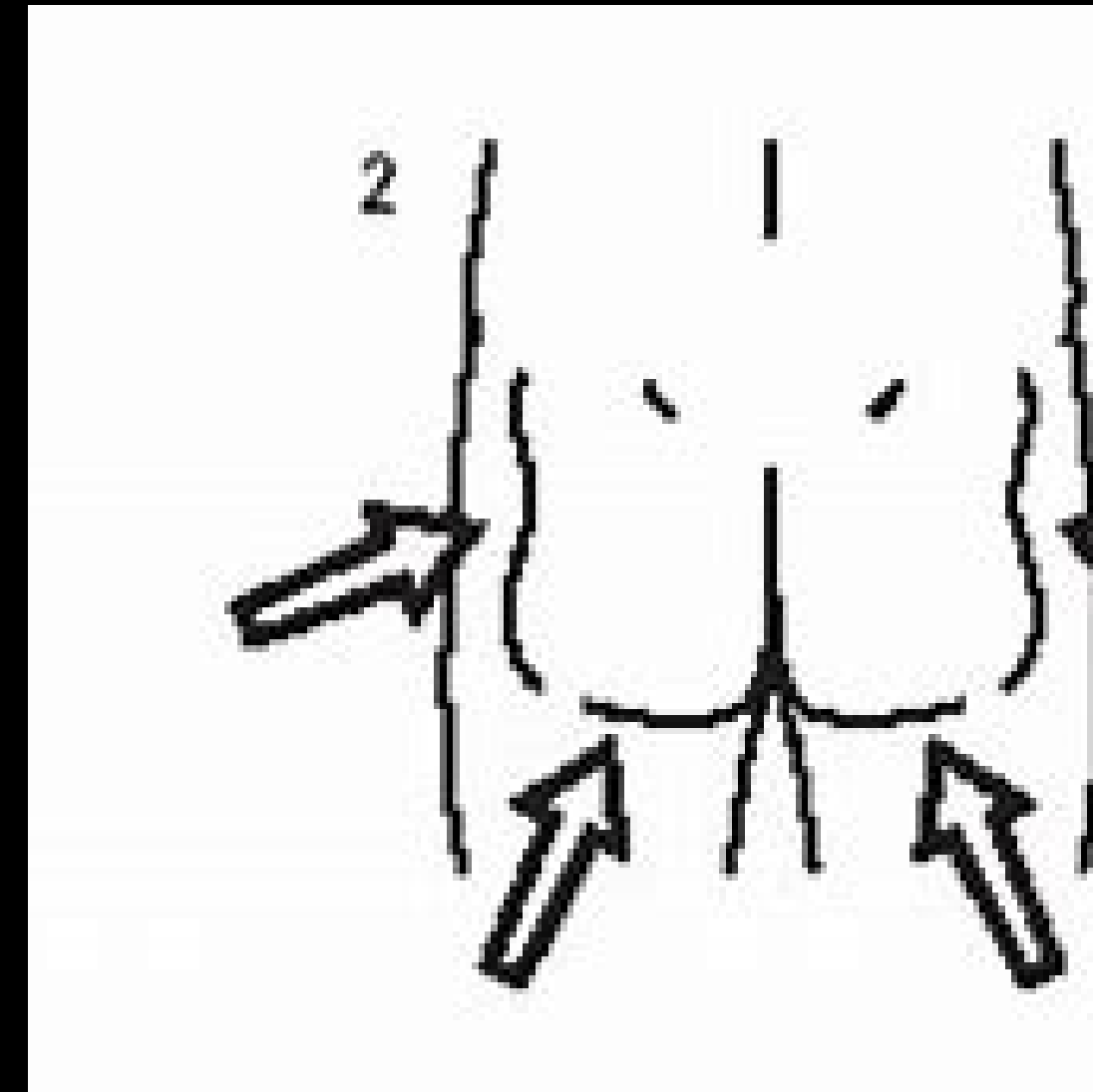




This can be prevented!

# Myths of training the Glutes and overusing hip Flexors leads to dysfunctional training

- You can build the glutes by tucking NO
- You can isolate only the Glutes NO
- Squeezing for long periods makes them stronger No
- You are training lower abs NO (hip flexors)



# Our 3 Science's

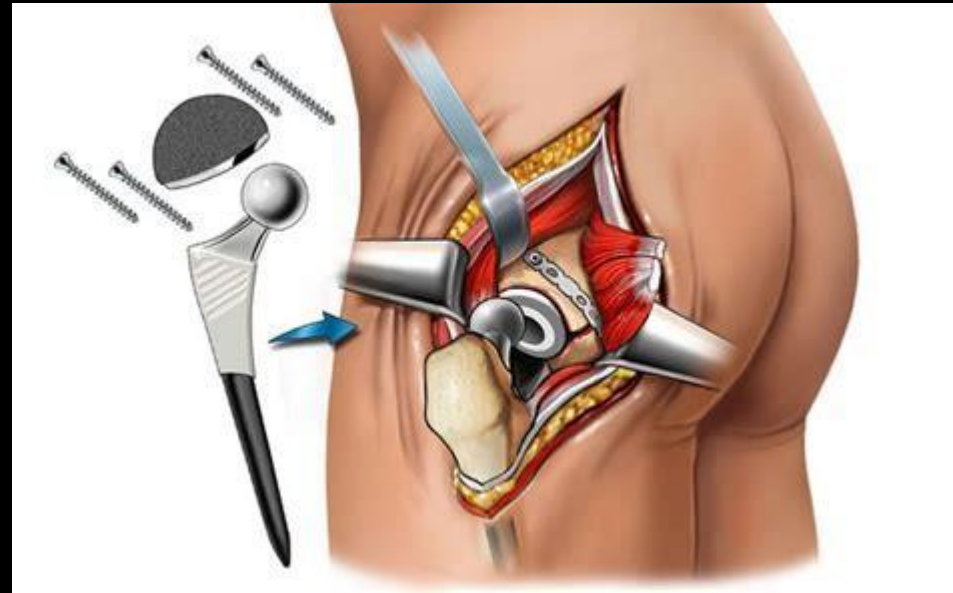
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- The **PHYSICAL** sciences are the world we live and the affect of gravity upon our bodies example squat
- The **BIOLOGICAL** sciences are what the body is comprised of resilience
- The **BEHAVIORAL** sciences are our emotions and what drives us



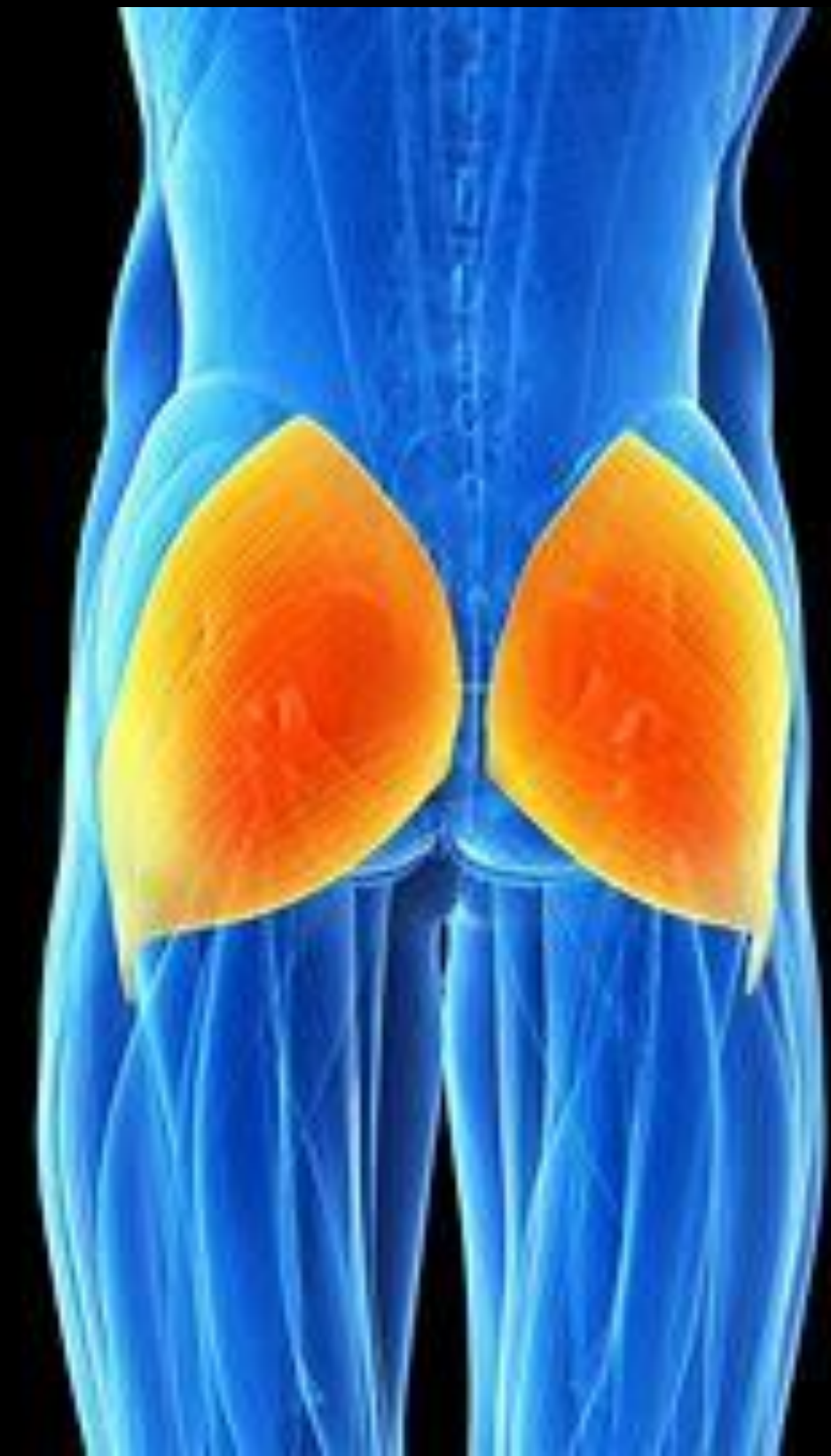


# Ineffective baseless exercises causing back and hip pain “joint replacements”



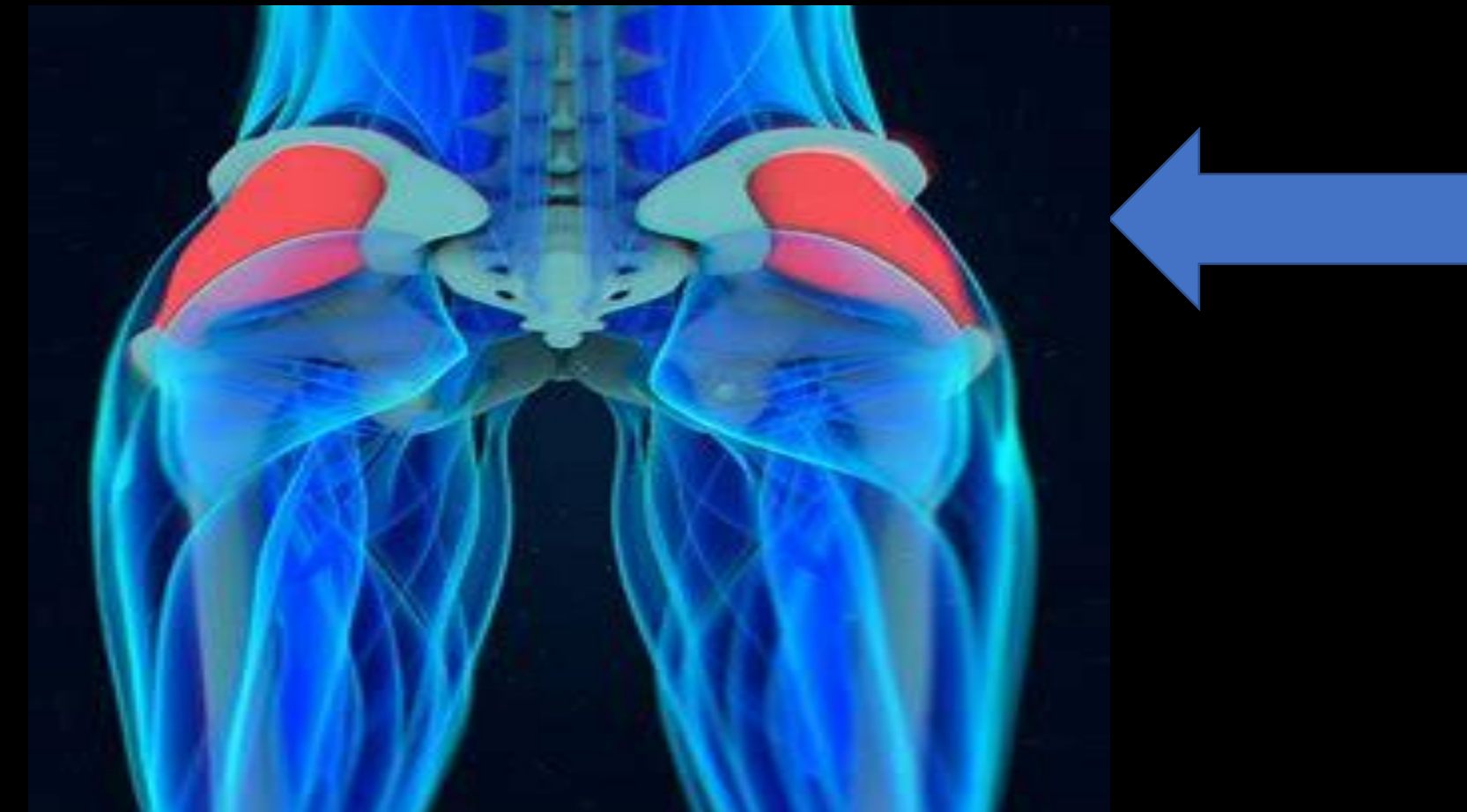
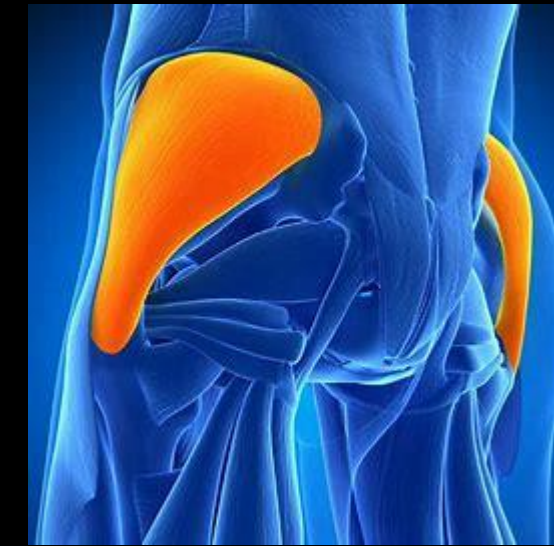
## Defining the Gluteus Maximus/function

- **The gluteus maximus is the main extensor muscle of the hip. It is the largest and most superficial of the three gluteal muscles and makes up a large portion of the shape and appearance of each side of the hips. Its thick fleshy mass, in a quadrilateral shape, forms the prominence of the buttocks**



## Gluteus Minimus and Medius/function

- **Gluteus Medius and gluteus Minimus**  
The three muscles originate from the ilium and sacrum and insert on the femur. Functions include extension, abduction, external rotation, and internal rotation of the hip joint.
- **Stabilizer of the hip**



# The Hip Flexor complexity/function

- **Psoas major** is that deeper muscle that connects your spine to your femur. It is the only muscle that does so. It runs from spine through your pelvis, passing to the front of your hip where it attaches to the top of the femur.
- **Iliacus**
- **Rectus Femoris**
- **TFL**
- **Sartorius**



# Iliacus

- The iliacus like the Psoas, connects to the top of the femur. However, it has a different attachment above the waist - to the top of the hip. The Iliacus hip flexor muscle is also part of the Iliopsoas, and functions in the same patterns as the Psoas muscle.
- Shortens from sitting long periods
- Training in a supine position



# Rectus Femoris

- The hip flexor muscles have a different anatomic layout. Instead of inserting at the top of the femur, these 3 hip flexors connect at the knee. It is for this reason that these 3 muscles tend to refer pain further down the leg, and not the lower back like Psoas and Iliacus.
- When shortened can influence the integrity of knee alignment



# Tensor Fascia Latae

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- The Tensor Fasciae Latae (TFL) muscle is the outermost hip flexor muscle on the body. TFL consists of a thick, dense bulb-like muscle near the hip bone, and a long tendon - the IT Band - that runs down the thigh to the lateral knee.
- Will become tight or painful from too much hip flexion
- Cycling
- Hiking
- Pulsing abduction
- Stair climbing



# Sartorius

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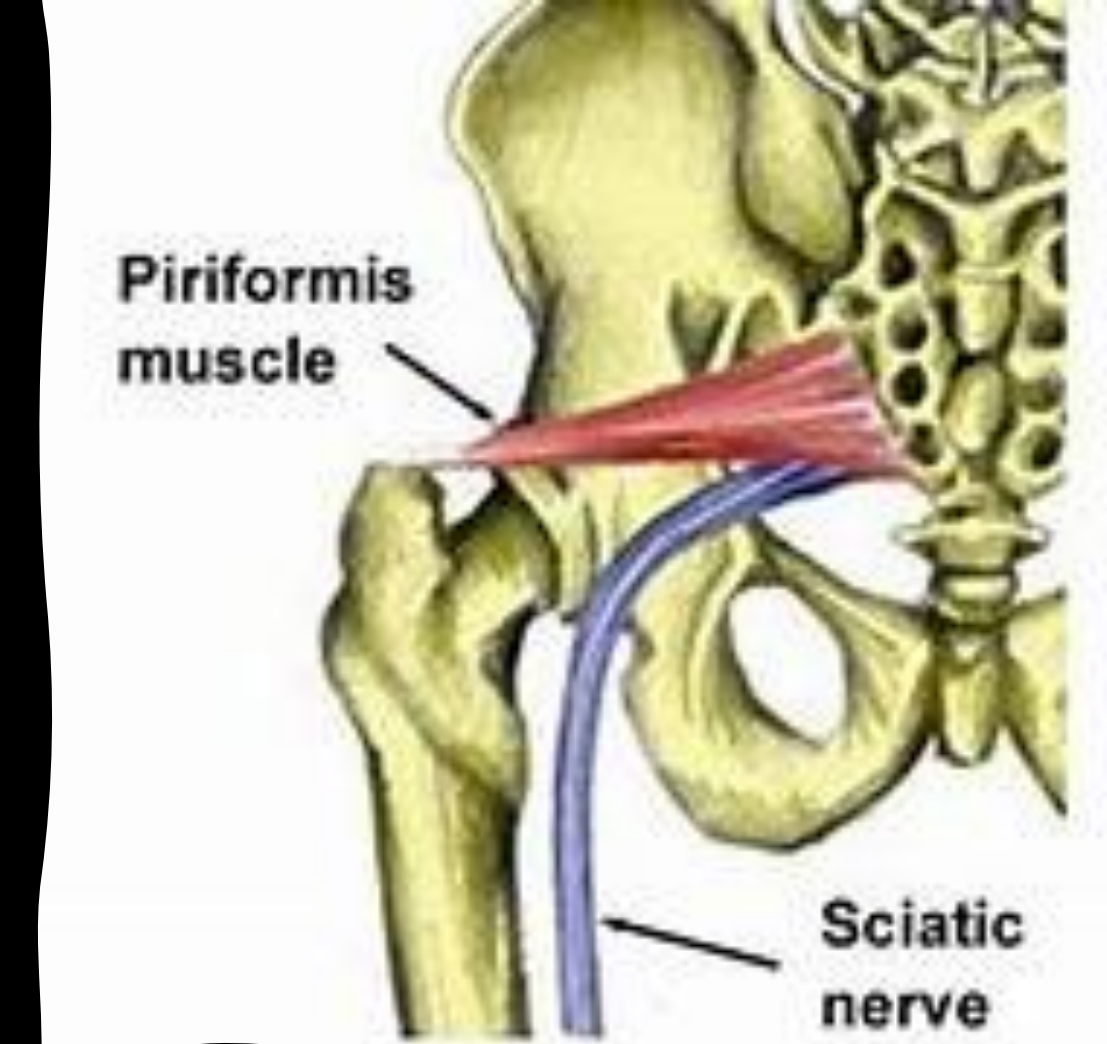
- Sartorius is the longest muscle on the body and the innermost hip flexor muscle. Sartorius connects from the hip bone, across the thigh, all the way to the inner Tibia. Like with Rectus Femoris, great effort from Sartorius is required during a cross kick .
- This muscle can become aggravated from sitting cross leg for long periods





# Piriformis and sciatica

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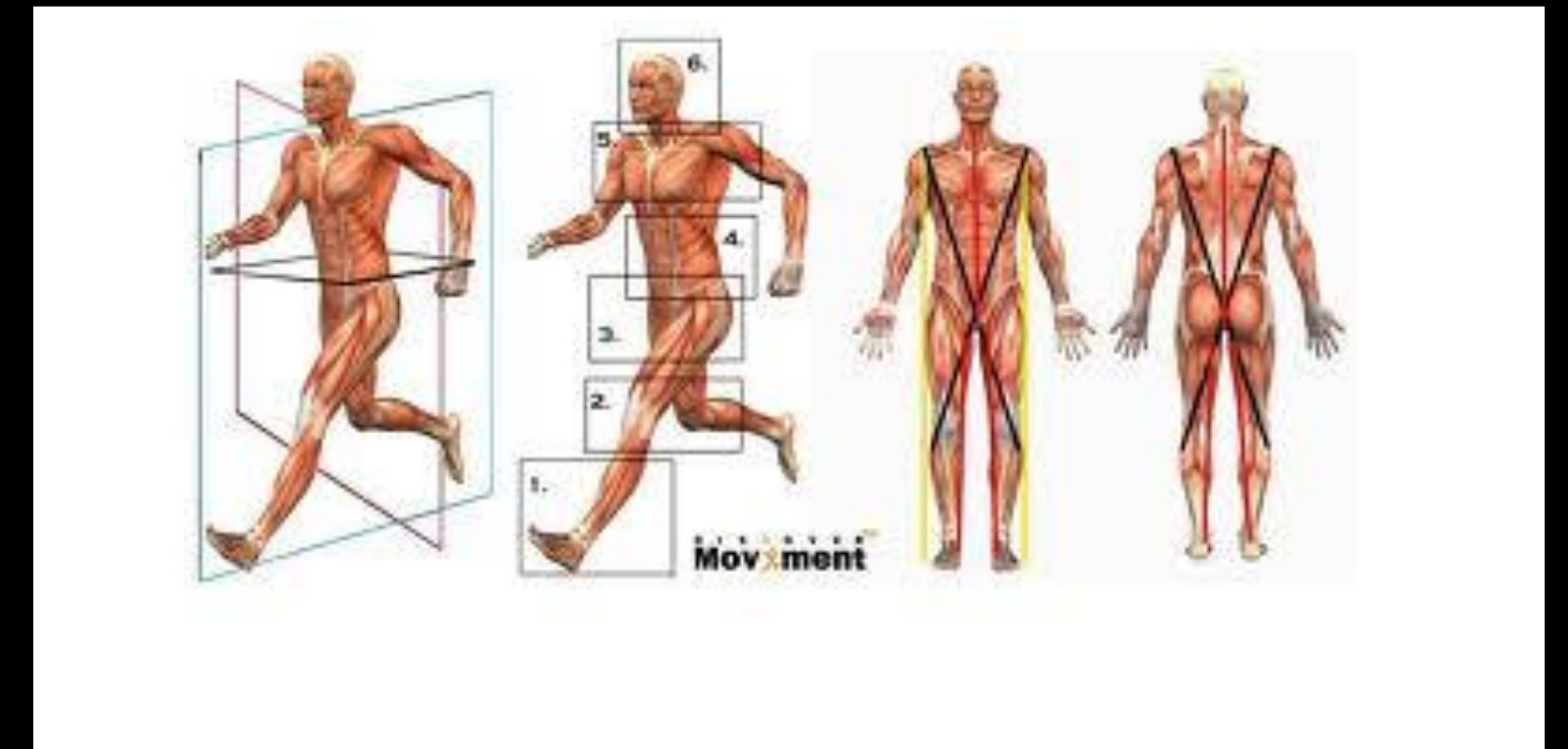


- Piriformis assists in moving the femur in abduction, stabilization, walking
- When the piriformis is inflamed from macro trauma to the soft tissue compresses on the sciatic nerve
- Over use to much repetition
- Sitting for long periods



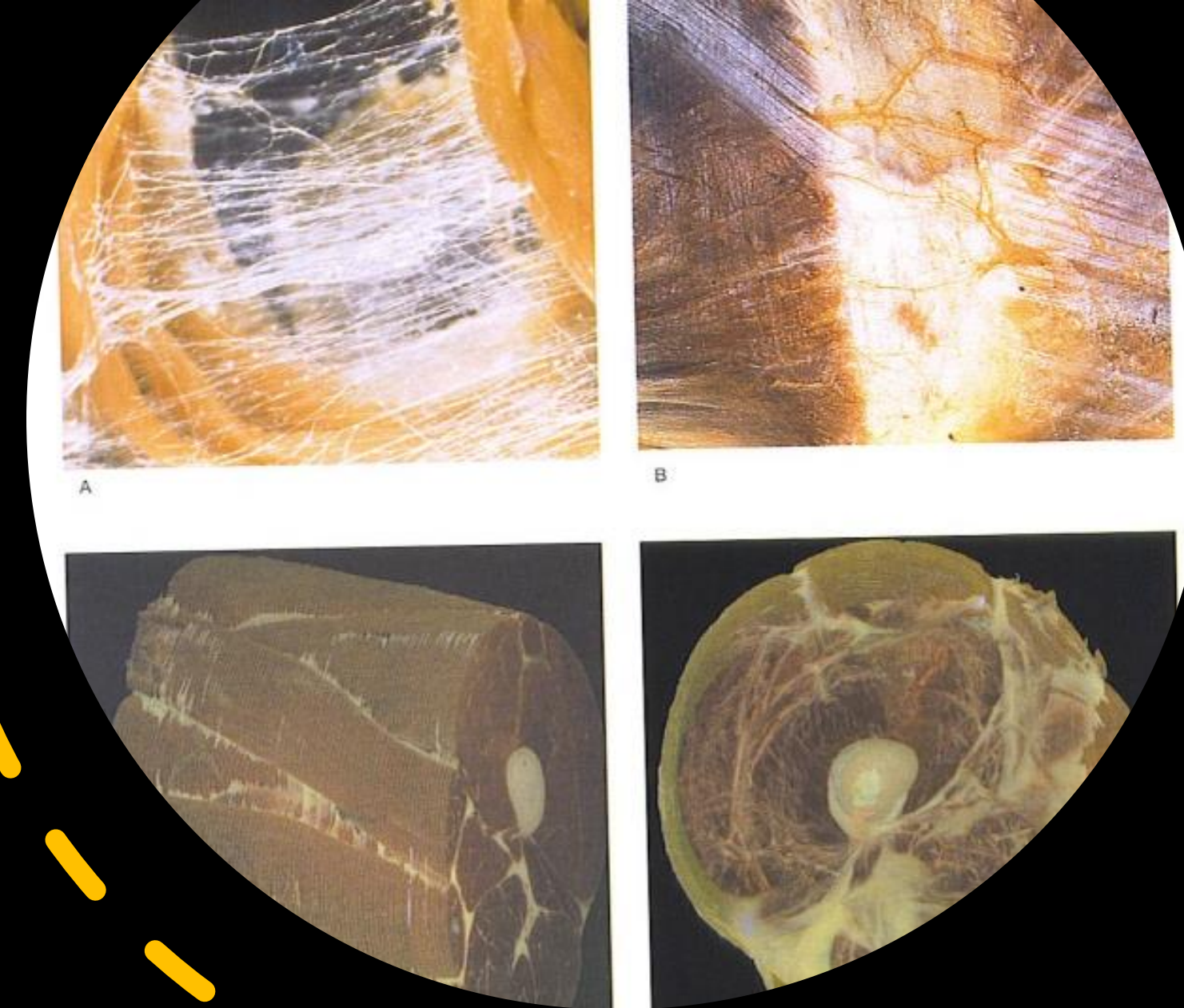
# All three planes for A Lengthened Functional Gluteus complex

- Sagittal anterior and posterior affected by Gravity Lunges
- Frontal Right and left lateral affected by gravity Lunges
- Transverse rotational pure effort



## Fascia's ability to transmit energy

- Provides stability and motion
- Transmits energy
- Minimizes stress on the spine, permits the muscle to function normally to pull not push
- Without fascia we would have no stability or control of the muscles
- Collagen permits movement distributes load between muscles and ligaments
- Posture is dynamic
- Lengthen



# Muscular/fascial imbalances lead to dysfunctional habits over time

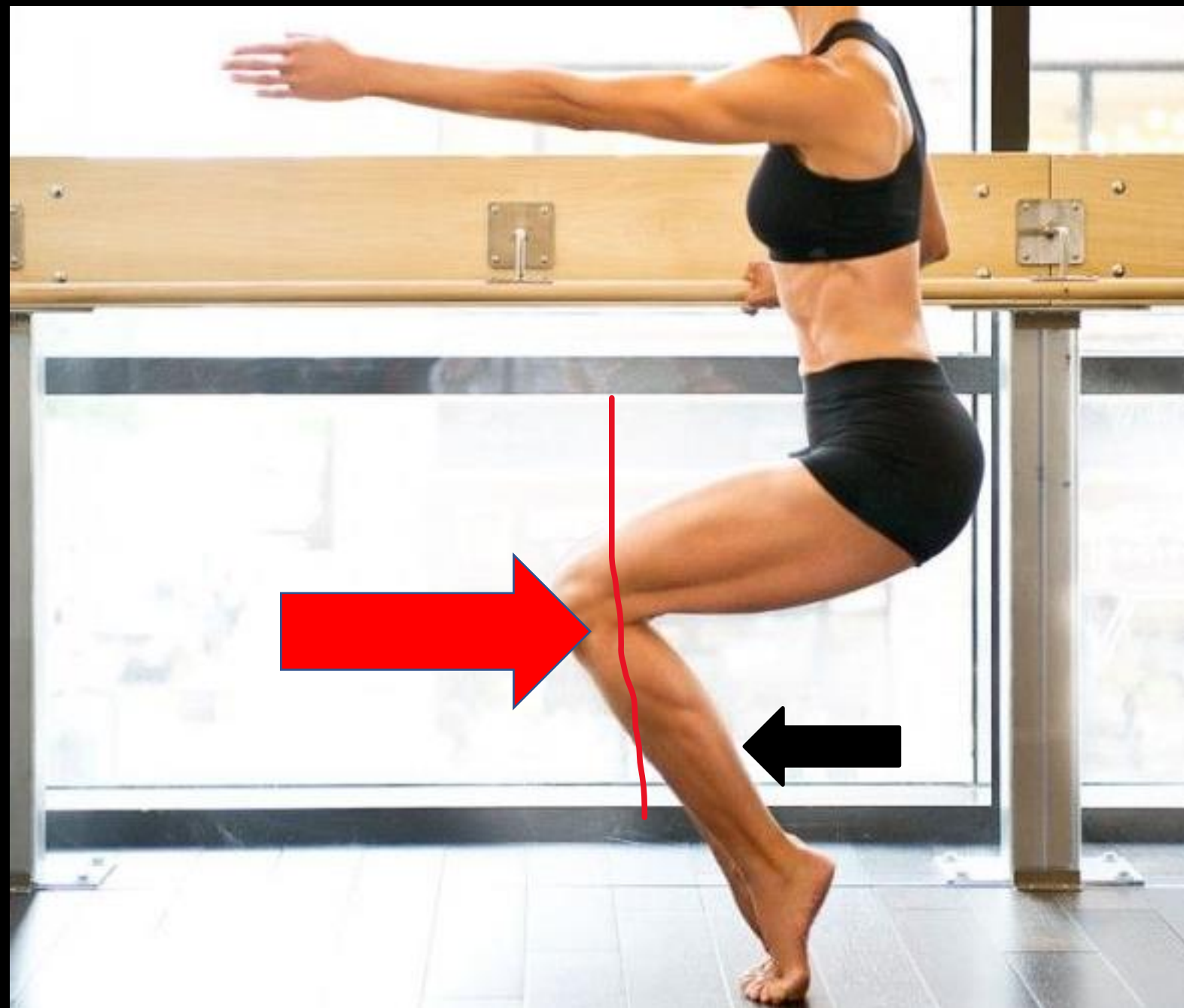
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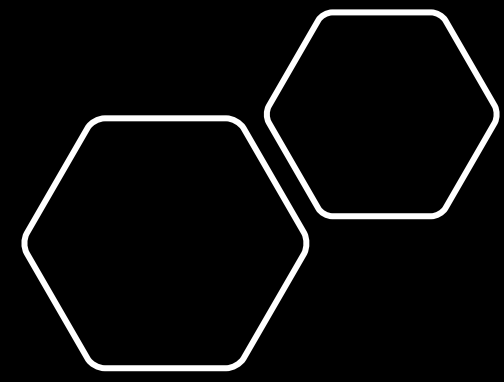


- The body adapts to the stress put upon it from movement patterns or habitual posture. Poor training techniques and diet. Lastly injuries and compensations
- Sitting is the new butt cancer
- Focusing on lengthening over shortening



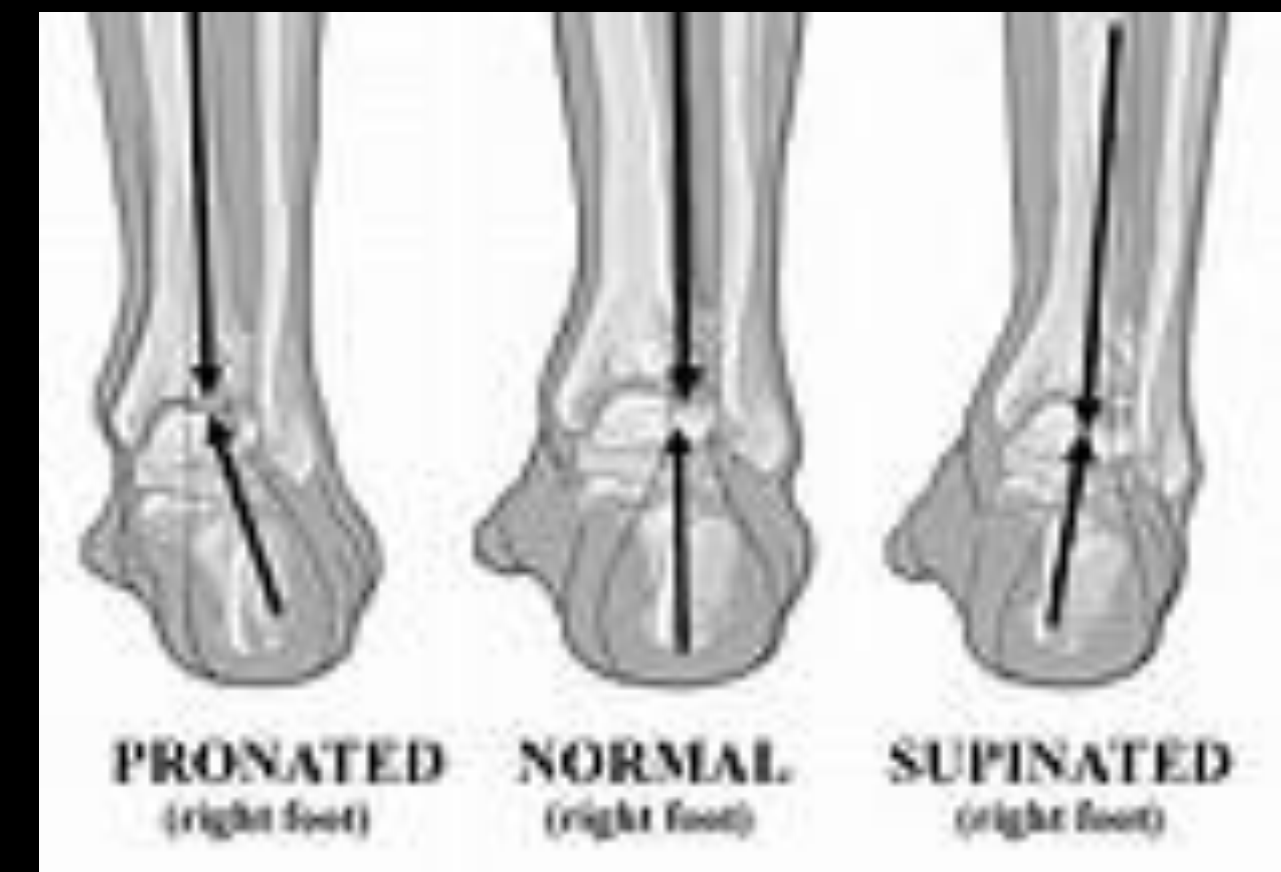
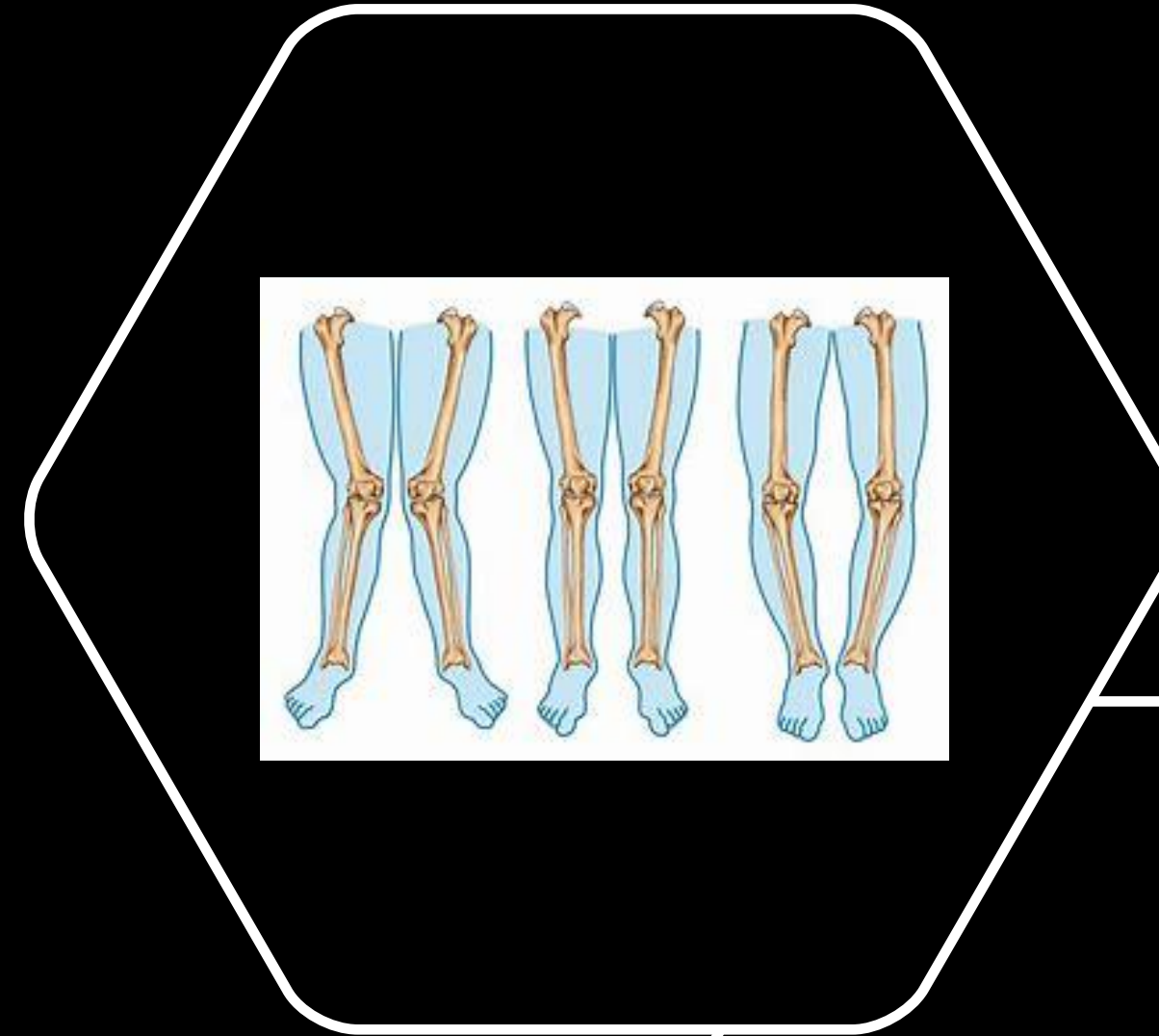
Dysfunctional training techniques that lead to short calves and compromises the knees and weakens Glutes function





## Pronated and supinated feet direct relationship to Gluteus and Hip Flexor Issues

- Over Pronation can lead to knock knees which will be demonstrated in poor squatting techniques
- Solution Utilize a ball or small band
- Over supination will be a more bow leg position resulting in tight hips and back



Lower cross Pelvis is held anterior leading to weak glutes

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- Weak glutes, calves abdominals
- Extremely tight hip flexors
- Tight lower back
- Should not be performing supine flexion without support!



## Pelvis held posterior (tucked)

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- **Stemming from supinated feet or high arches**
- **Tight hamstrings and gluteus (all three)**
- **Should not be lying supine crunches!**
- **Rotational movement is necessary standing**





# Strategies that lead to techniques

Test

Test for tight calves lack of dorsi flexion

Test

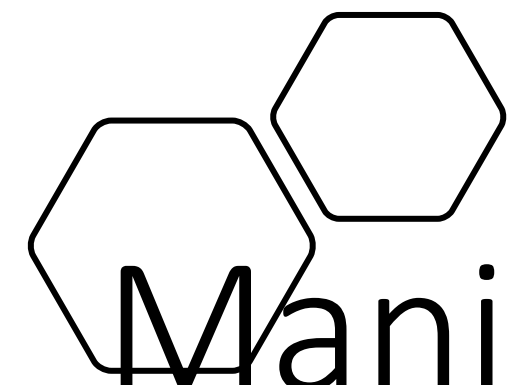
Test for tight hip flexors lack of hip extension

Test

Test for tight lateral hip mobility

Test

Test for tight multiplanar hip mobility



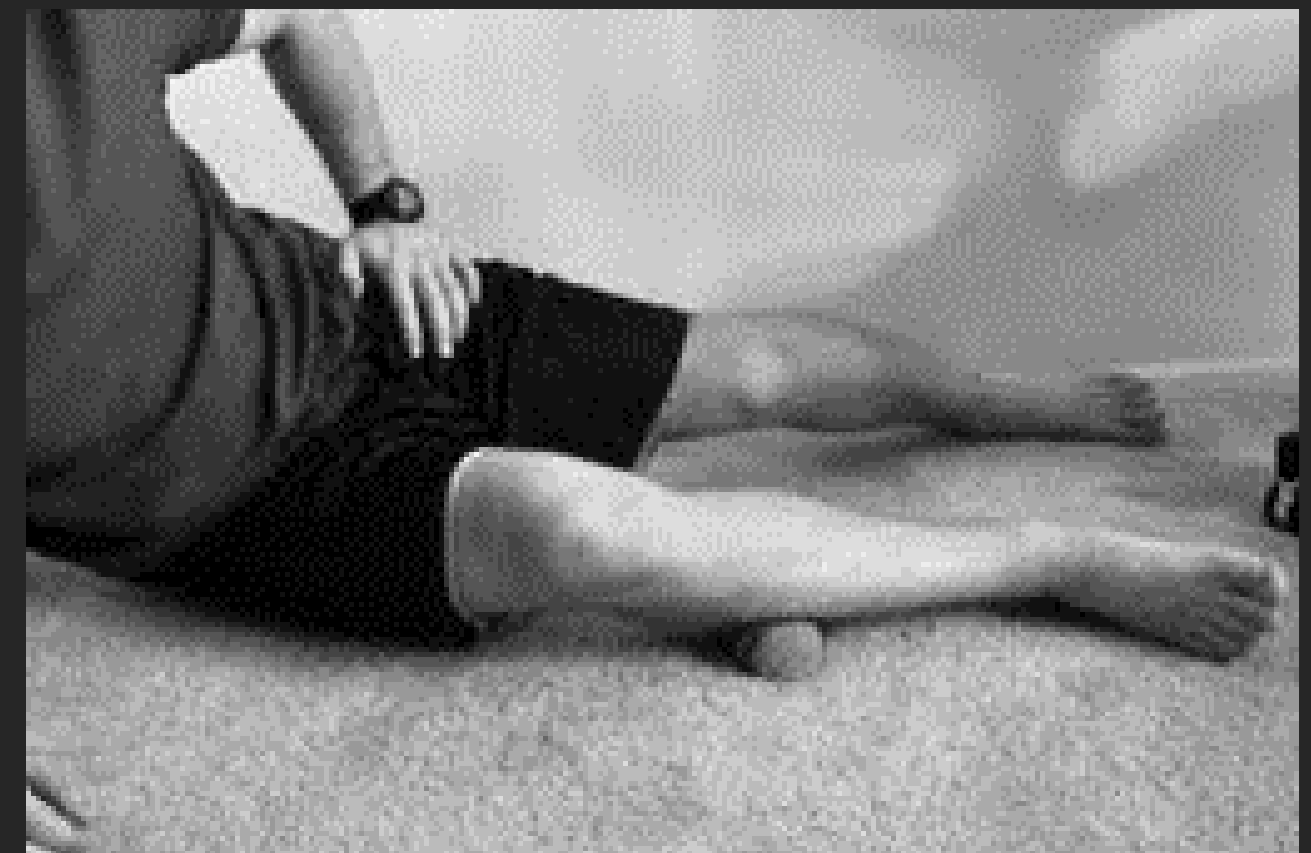
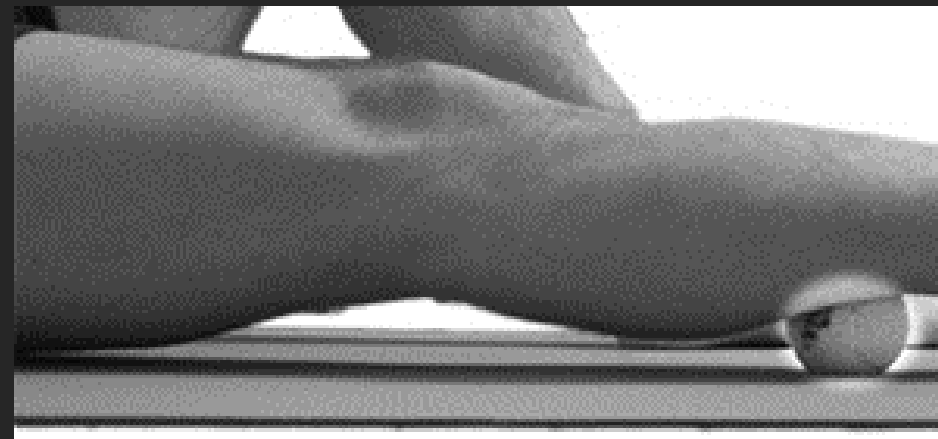
# Manipulate the feet and feel the response(bending over and squatting)

- Place the ball under the mid tarsal joint and, keep the heel on the ground and flex and curl your toes
- Next press down the arch of the foot on the ball like you are squishing a bug
- Finally Roll the ball under the arch
- Movement lengthen the calves the arch
- Test touching your toes feel the difference?



# Calf/soleus Increase dorsiflexion

- Begin with ball under the right calf, cross left leg over the top of the right. Flex and point the right ankle
- Place the hands on the right tibia and press gently. Move the ball to different positions
- Place ball under lateral part of the calf/soleus moving the right leg forward and back





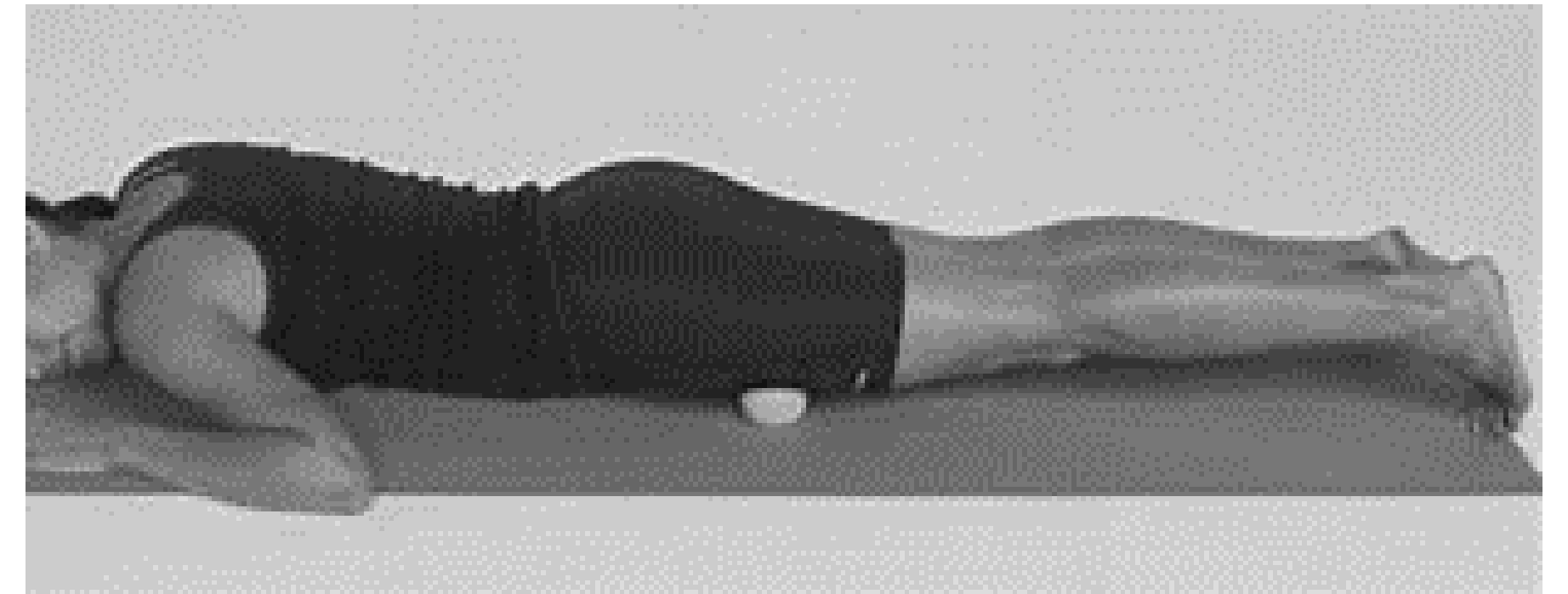
## Gluteus/Piriformis

- Place the ball under the Gluteus and lift the hips making a circular motion to massage the fascial lines
- Place the ball to the side of the hip for Gluteus Medius/Minimus
- Rock forward and back
- Supine place ball under Gluteus



## Hip Flexors

- Place ball under the hip in-between the femur and pelvis (iliopsoas) Lift and lower the leg, bend the knee extend the spine
- Place ball under the femur, bend the knee.





Appropriate range of motion for each individual



# Vertical Gliding strengthen and lengthen the lower extremities

- Strengthen all the gluteus
  - Utilizes gravity
- Utilizes the three planes
  - Functional

## Techniques and drivers with purpose Where you reach/look=outcome

- S lunge-vertical= lengthen hip flexors
- S lunge-hinge= lengthen Glutes
- SFT lunge-vertical lengthen hip flexors
- SFT lunge-hinge=lengthen Glute complex
- SFT lunge-hinge=lengthen lateral gluteus
- S lunges-vertical Gliding™
- S lunges-hinged Gliding™
- SFT lunges-hinged Gliding™ (partner)
- SFT Balance with rotation





# Conclusion

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- Determine what students needs are based on observation
- Lengthen over shorten
- Utilize gravity and the planes of motion
- Exercises that translate to what we do daily
- Sport specific
- Options
- Cuing position-purpose-experience (results)



# Thank you for attending

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- For more information
- I Am Ageless Now the method
- [www.idealife.com](http://www.idealife.com)

