



MUSCLE PROJECT
ABDUCTORS & GLUTEUS
MAXIMUS

By

GLUTEUS MAX

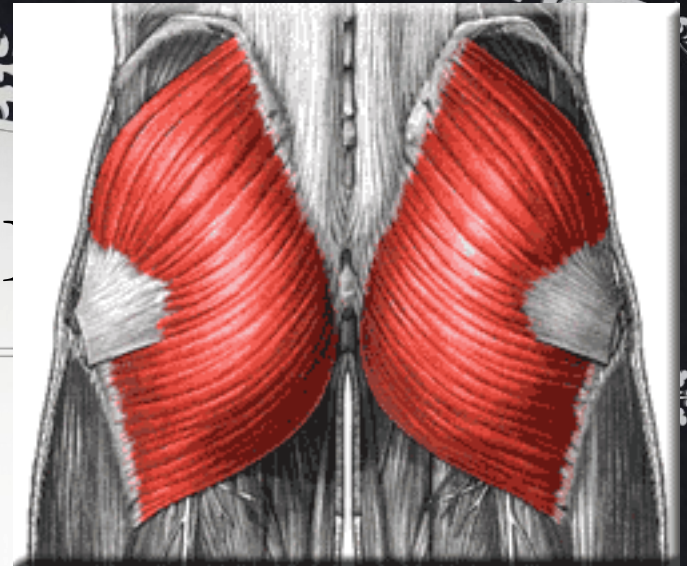
Scientific name: Gluteus Maximus

Common name: Butt or buttocks

Functions: Extends the leg back

Origin: On The outer surface of ilium behind the posterior gluteal line

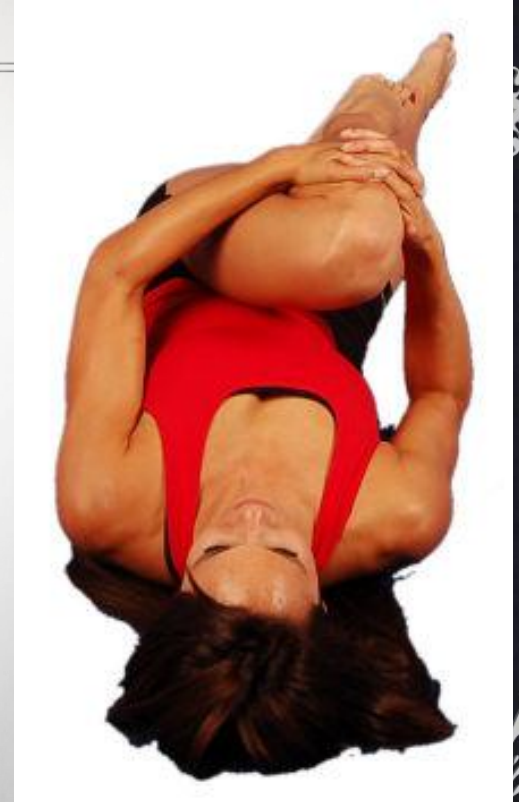
Insertion: Deepest quarter into the gluteal tuberosity of the femur



GLUTEUS MAXIMUS STRETCH

Teaching Points

1. Lay on the floor on your back.
2. Pull your bent knee up towards the opposite shoulder.
3. Hold for between 10 and 30 seconds.



GLUTEUS MAXIMUS STRENGTHENING EXERCISES

Squats

1. Separate your legs about shoulder width apart
2. Extend your arms out away from you
3. Squat!

Step-up

1. Place your one of your feet on the step
2. Jump-up and in the air switch legs





MUSCLE PROJECT (ABDUCTORS)

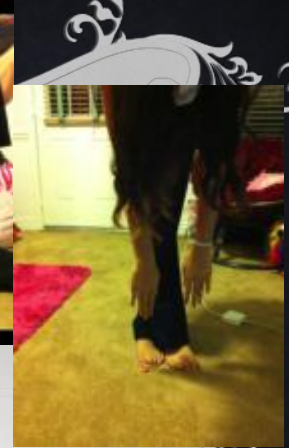
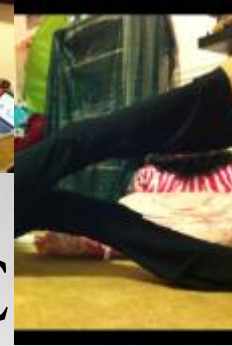
Abductors/ Gluteus Maximus

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ABDUCTORS

- ❖ Origin and insertion: The adductors originate on the pubis and ischium bones. Inserts on the medial, posterior surface of the femur.
- ❖ Function: move your thigh outwards away from the hip
- ❖ Muscles in this group: gluteus medius, gluteus minimus, sartorius muscle, tensor fasciae latae muscle, Abductor hallucis, abductor digiti minimi, and dorsai interossei of the foot
- ❖ Common name: abductors
- ❖ Scientific name: abductors

ABDUCTOR STRETCH



❖ **Standing Abductor Stretch**

❖ Stand up tall, cross one foot behind the other and bend from the waist toward the back foot.
Hold this stretch for about 20 seconds.

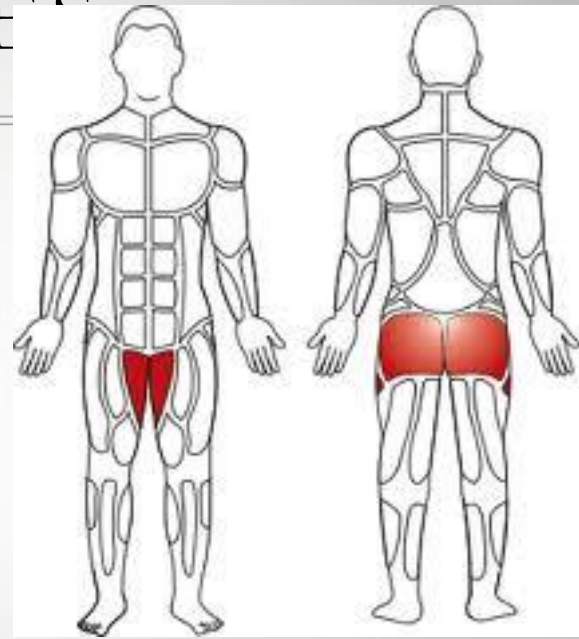
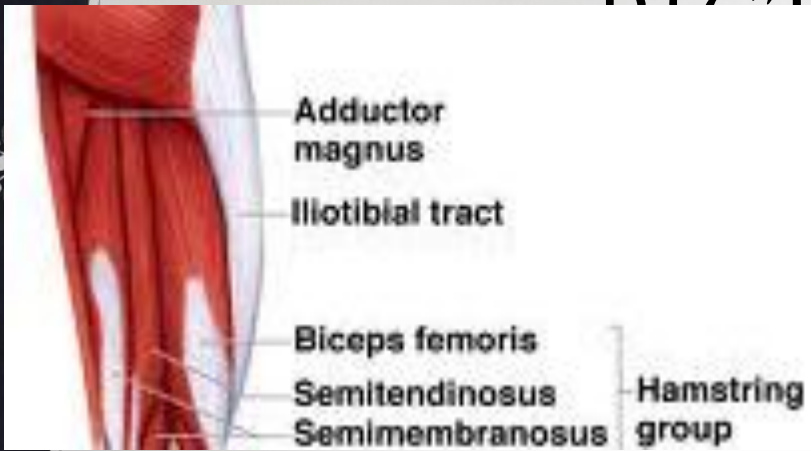
❖ **Standing Abduction with ankle weight (strengthening)**

❖ After fastening ankle weights to your lower legs, lift one foot off the floor and raise your leg as high as possible. Lower it down slowly.

❖ **Side Bridge with Leg Raise**

❖ To do this exercise, place your right forearm on the floor directly under your shoulder and turn it 90 degrees to your body with your legs parallel. Steadily push your hips off the floor and form a straight line from your shoulders to your feet. While holding this position, raise your left leg as high as possible and slowly lower it down.

PICTURES





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