

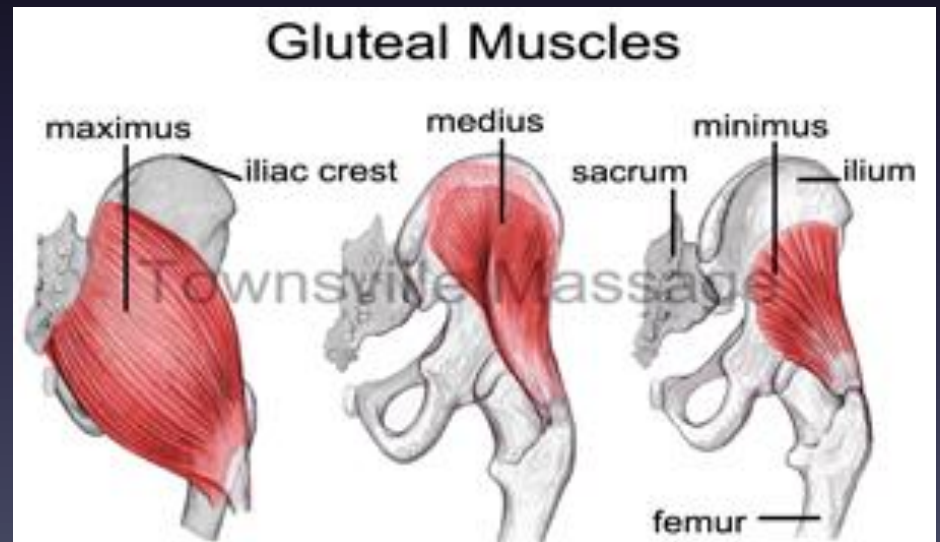
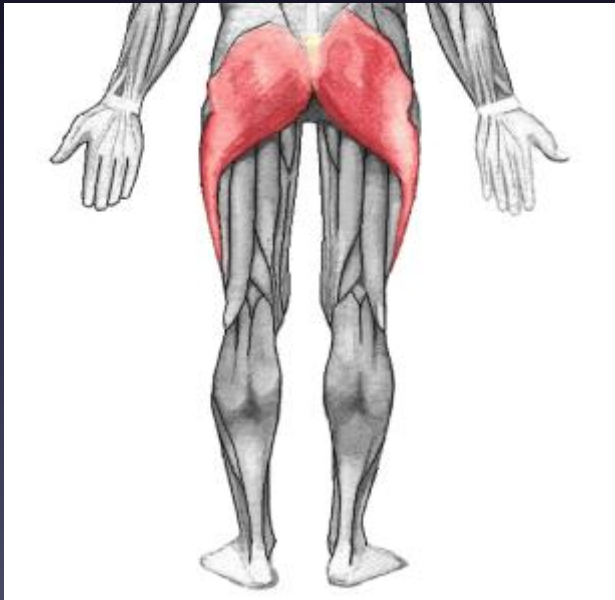
The Gluteus Spinae

The Gluteus Maximus and the Erector Spinae

By

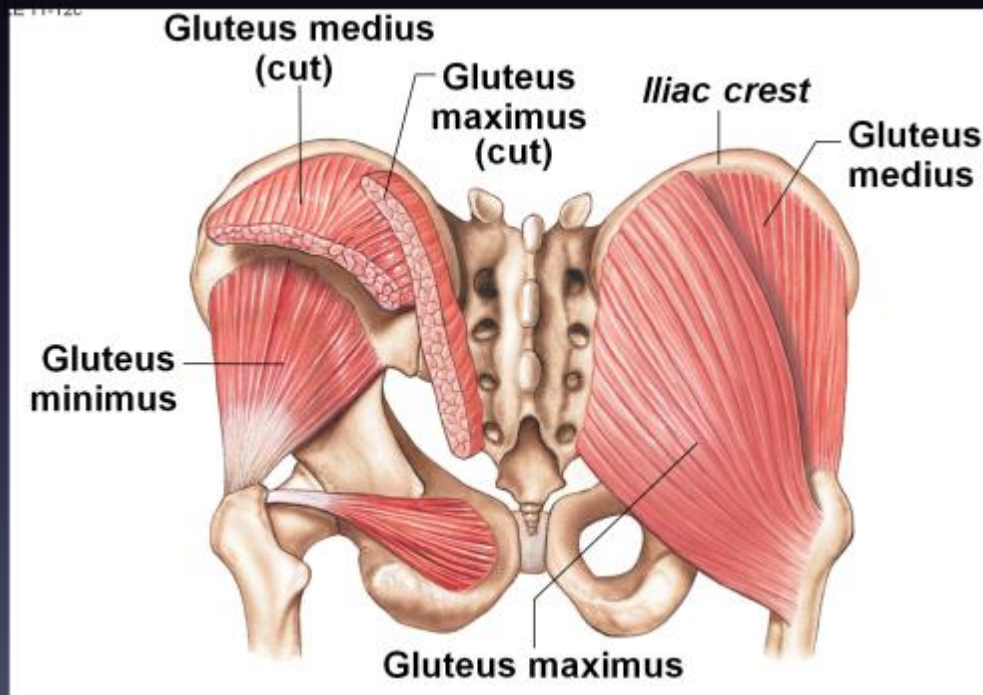
Gluteus Maximus

The gluteus maximus is more commonly known as the glutes. The gluteal muscles are a group of four muscles: the gluteus maximus, gluteus medius, and gluteus minimus muscles. The gluteus maximus is responsible for extending the leg, trunk, and hip. It also rotates the hip.



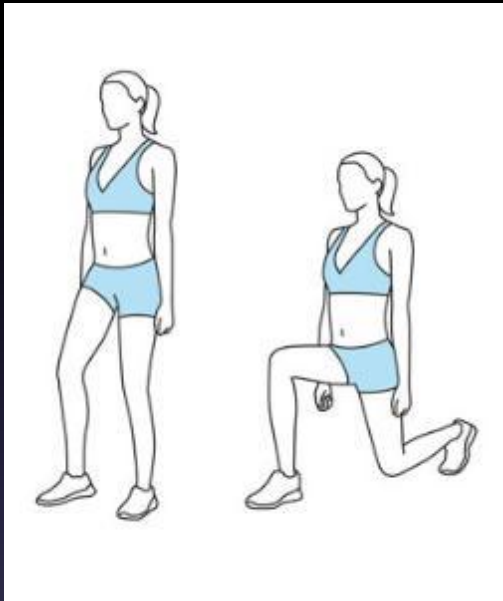
Origin and Insertion

The gluteus maximus arises from the ilium (upper pelvis bone), the sacrum (bottom of spine), and the coccyx (tailbone). It ends at the femur.



Strengthening Exercises

Lunges



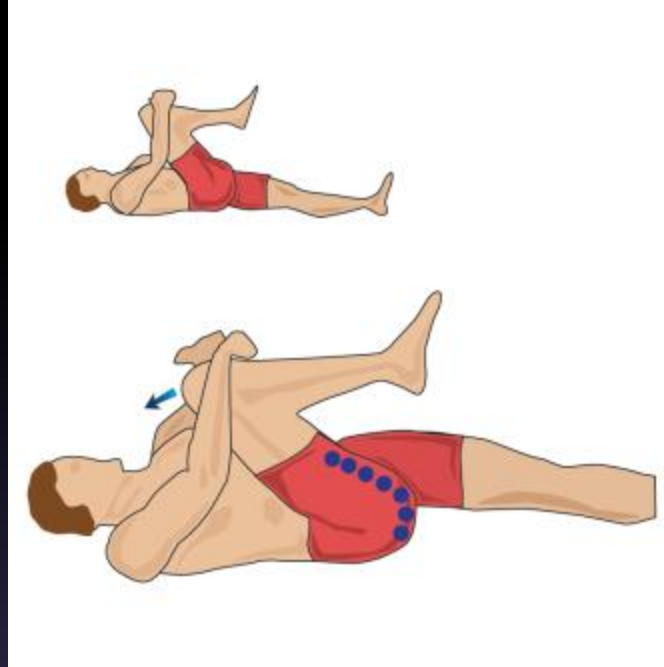
Keep your upper body straight, and step forward with one leg. Lower your hips until both knees are bent at a 90-degree angle and your front knee is directly above your ankle.

Plie Squats



Stand with your feet spaced slightly larger than shoulder-width apart, with your toes pointed outwards. Lower yourself into a sitting position, so that your thighs are parallel to the ground.

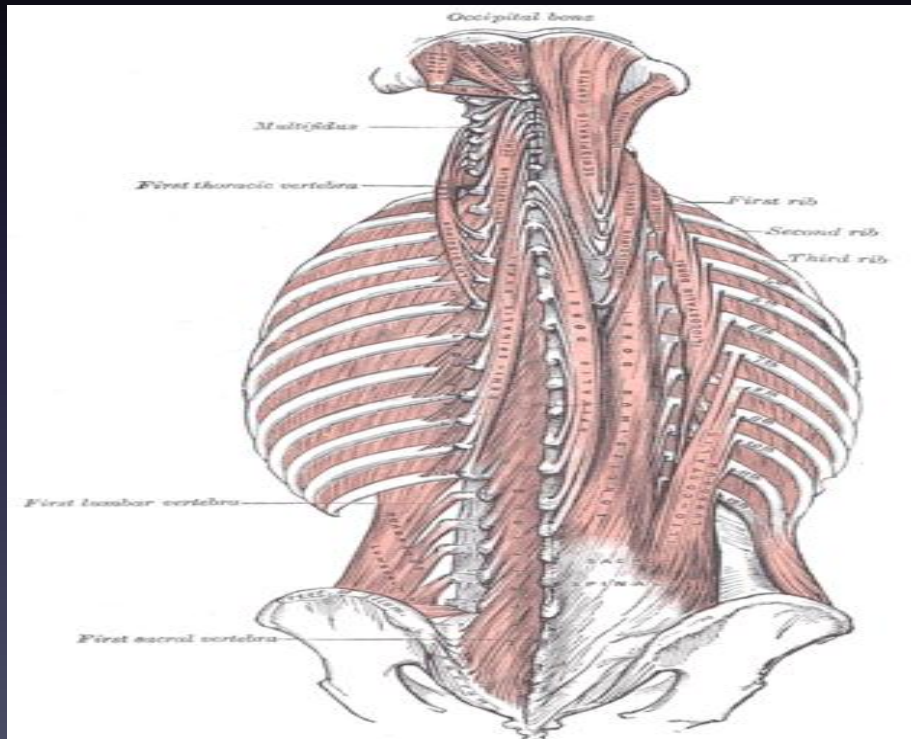
Stretching Exercise



Lay flat on the floor and bend one knee towards the chest while the other one remains straight. Pull the bent knee towards the opposite shoulder.

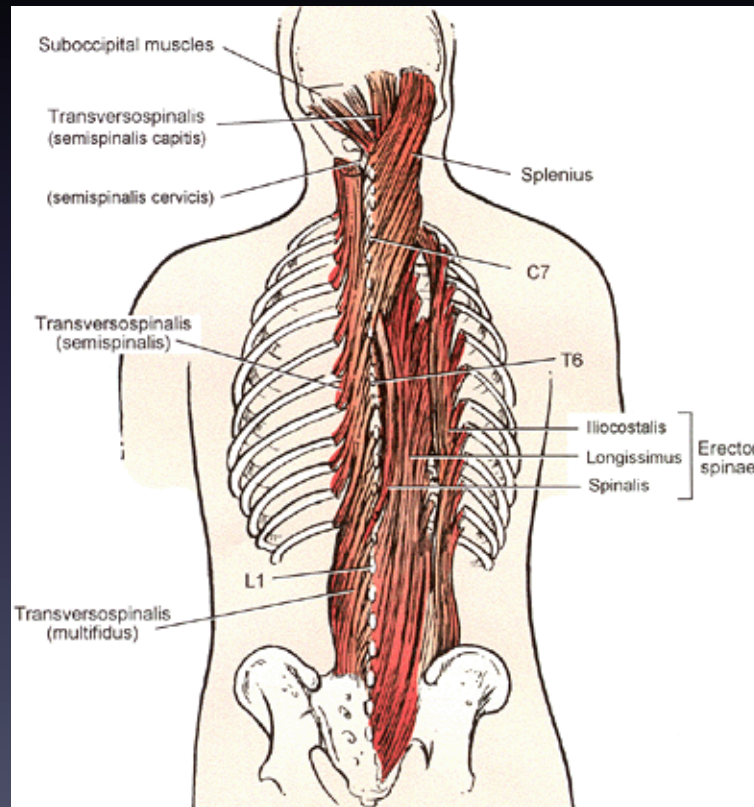
The Erector Spinae

The erector spinae is also known as the extensor spinae. It is a group of muscles that include the iliocostalis, longissimus, and spinalis. It helps support the back and maintain good posture.



Origin and Insertion

The erector spinae goes all the way from the neck, through your back, and down to the gluteus maximus.



Strengthening Exercises

Superman



Lie flat on your stomach, reaching your arms overhead with your palms down. Extend your arms and legs straight out, away from your torso, and lift them simultaneously. Look down, and don't overextend your neck. Squeeze your butt as you lift.

Dumbbell Rows



Bend over at the waist until the torso is parallel to floor or at 45 degree angle, abs in and knees slightly bent. Hold medium-heavy weights straight down without locking the elbows. Bend the elbows and pull the weights up until the elbows are level with the torso in a rowing motion. Try to keep the shoulders relaxed and away from the ears.

Stretching Exercises

Back Arch Stretch



On all fours, arch your back up as high as possible. Hold for 10 to 30 seconds then relax.

The End

Sources:

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