Twitter Thread by Lily | Workoutfrolic

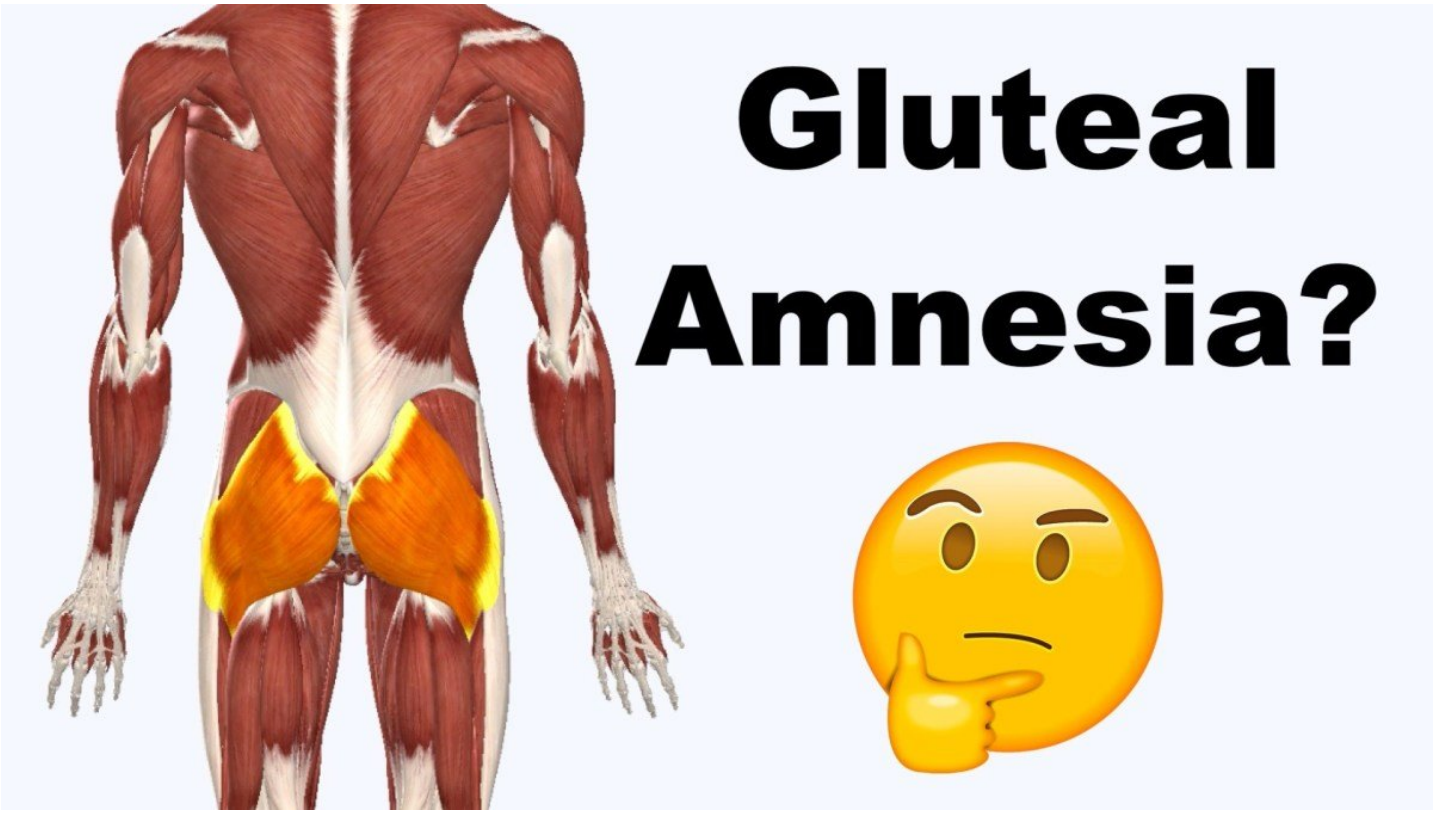
Lily | Workoutfrolic
@WorkoutFrolic

■The unexpected consequence of too much sitting ■

The negatives of a sedentary lifestyle are widely known■■

One issue that doesn't get mentioned enough is GLUTEAL AMNESIA, also known as the "dead butt syndrome".

Thread - Read more ■



Thread (1/9)

GLUTEAL AMNESIA, also known as the "dead butt syndrome" simply means:

➡■ Your gluteal muscles have been "unused" for so long that they now fail to activate whenever your body needs them to



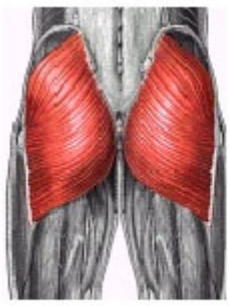
Thread (2/9)

Role of the Glutes:

➡■ Play a major role in the way our body moves

➡■ Not just there for aesthetics

➡■ Crucial for keeping our torsos upright, moving/rotating of the thighs & walking/running



GLUTEUS MAXIMUS



GLUTEUS MEDIUS



GLUTEUS MINIMUS

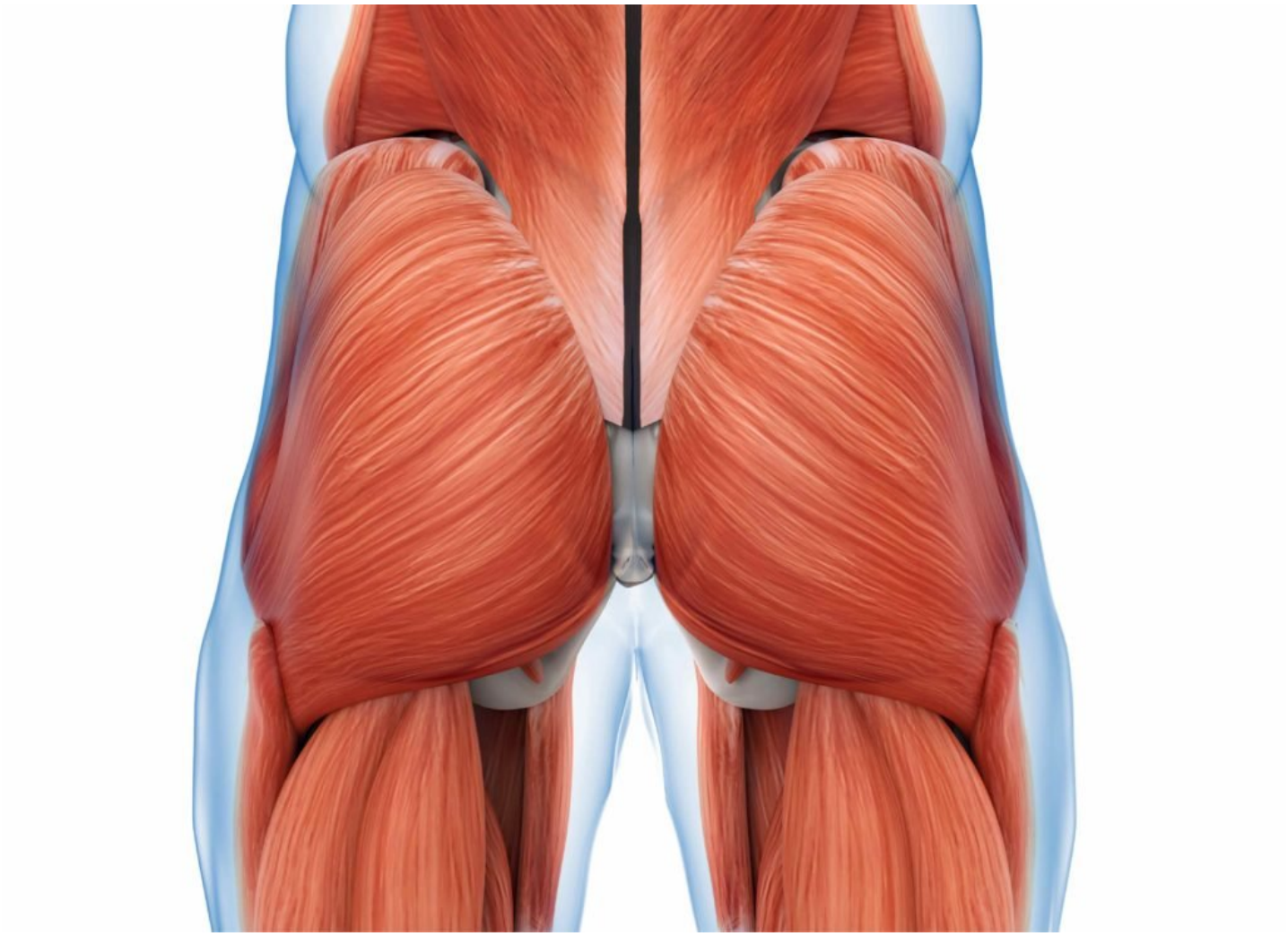
Thread (3/9)

GLUTEAL AMNESIA ■■

➡■ Glutes get so weak that they forget to activate

➡■ Consequence: Other muscles need to compensate - such as your lower back muscles or hip flexors

➡■ This can cause all sorts of problems such as lower back pain, knee pain & poor posture



Thread (4/9)

How do you know if you suffer from the "dead butt syndrome"?

➡■Glute amnesia can vary in severity

Here's a simple test:

➡■ Do 10 glute bridges (video ■)

■If you feel them more in your quads or hammies than in your glutes, you know you have some work to do.



Thread (5/9)

What can you do about it?

1. Choosing the right exercises

1■ Get off your butt (pun totally intended) & start focusing on your glute training

2■ Exercises like the squat, the deadlift & hip thrust are on top of the list

