

GLUTEAL

Meaning: Gluteal refers to the muscles or region related to the buttocks, particularly involved in movement and stability of the hip.

1. The gluteal muscles play a crucial role in maintaining proper posture and stability during physical activity.
2. Many athletes incorporate exercises targeting the gluteal region to enhance their performance and power.
3. During the yoga class, we focused on stretching and strengthening the gluteal area for improved flexibility.
4. An injury to the gluteal muscles can lead to significant discomfort and hinder mobility.
5. Physical therapists often recommend specific stretches to alleviate tension in the gluteal region.

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