

GLUTEUS

Meaning: Gluteus refers to any of the three muscles in the buttocks (gluteus maximus, gluteus medius, and gluteus minimus) that are involved in the movement and stabilization of the hip and pelvis.

1. The gluteus muscles play a crucial role in stabilizing the pelvis during physical activities.
2. Many athletes focus on strengthening their gluteus maximus to enhance performance in sports.
3. In yoga classes, various poses target the gluteus to improve flexibility and strength.
4. A well-developed gluteus can contribute to better posture and reduced lower back pain.
5. Physical therapists often recommend exercises that engage the gluteus for rehabilitation purposes.

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