

activation exercises for glutes

Activation Exercises for Glutes: A Comprehensive Guide

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Summary: This comprehensive guide explores the importance of glute activation exercises and provides a step-by-step approach to identifying and correcting common pitfalls. It outlines a variety of activation exercises for glutes, suitable for different fitness levels, emphasizing proper form and technique to maximize results and minimize injury risk. The guide also addresses common issues hindering glute activation and offers strategies for overcoming them.

Introduction:

Weak or inactive glutes are a common problem, contributing to various musculoskeletal issues like lower back pain, knee pain, and poor posture. Understanding how to perform effective activation exercises for glutes is crucial for building strength, improving athletic performance, and preventing injuries. This guide will provide you with a detailed understanding of glute activation, its importance, and a range of exercises to help you unlock the power of your glutes.

Understanding Glute Activation:

Glute activation refers to the process of recruiting and engaging the gluteal muscles (gluteus maximus, medius, and minimus) effectively. These muscles are vital for hip extension, abduction, and external rotation, playing crucial roles in movement, stability, and power generation. When your glutes are not firing properly, other muscle groups compensate, often leading to muscle imbalances and pain.

Identifying Weak Glutes:

Several signs can indicate weak or inactive glutes:

Lower back pain: Often a sign that your glutes aren't doing their job of stabilizing your hips and spine.

Knee pain: Weak glutes can contribute to improper tracking of the knee joint.

Poor posture: A swayback posture is often associated with weak glutes.

Difficulty with hip extension: Struggling to perform exercises like squats or deadlifts efficiently.

Limited range of motion in hip movements: Inability to fully extend or externally rotate your hip.

Best Activation Exercises for Glutes:

This section details effective activation exercises for glutes, categorized by difficulty level:

Beginner:

Glute Bridges: Lie on your back with knees bent and feet flat on the floor. Squeeze your glutes and lift your hips off the ground, maintaining a straight line from shoulders to knees. Hold at the top, then lower slowly.

Clamshells: Lie on your side with knees bent and stacked. Keeping your feet together, lift your top knee towards the ceiling, focusing on the glute contraction.

Banded Hip Abduction: Lie on your side with a resistance band around your thighs, just above your knees. Keeping your legs straight, lift your top leg towards the ceiling.

Intermediate:

Single-Leg Glute Bridges: Perform a glute bridge on one leg at a time, focusing on activating the glute of the working leg.

Banded Walk-Outs: Place a resistance band around your thighs, just above your knees. Take small steps sideways, maintaining tension on the band. This is great glute activation and external rotation exercise.

Donkey Kicks: Start on your hands and knees. Extend one leg back, keeping your knee slightly bent, and squeezing your glute.

Advanced:

Bulgarian Split Squats: Stand with one foot elevated on a bench behind you. Lower your body towards the ground, focusing on controlled movement and maintaining proper form.

Hip Thrusts: Lie on your back with your upper back resting against a bench and your feet flat on the floor. Lift your hips off the ground, squeezing your glutes at the top.

Kettlebell Swings: This full-body exercise heavily engages the glutes for hip extension and power generation.

(Detailed instructions and video demonstrations would be included for each exercise within the full article)

Common Pitfalls and How to Avoid Them:

Using momentum: Focus on controlled movements, avoiding using momentum to complete repetitions.

Arching your back: Maintain a neutral spine during exercises.

Not engaging your glutes: Consciously contract your glutes throughout the exercise.

Poor form: Watch videos, and consider working with a trainer to ensure proper form.

Programming your Glute Activation Exercises:

It's recommended to incorporate glute activation exercises into your routine 2-3 times per week. Start with 2-3 sets of 10-15 repetitions for each exercise. As you progress, you can increase the sets, repetitions, or resistance.

Conclusion:

Activating your glutes is crucial for strength, stability, and injury prevention. By understanding the importance of proper form, choosing suitable exercises, and addressing common pitfalls, you can effectively engage your glutes and reap the benefits of a strong and functional posterior chain. Remember to listen to your body and progress gradually to avoid injury.

FAQs:

1. How long does it take to see results from glute activation exercises? You may notice improvements in strength and function within a few weeks of consistent training.
2. Can I do glute activation exercises every day? It's generally recommended to rest your muscles between workouts. Aim for 2-3 times per week.

3. What if I still have pain after doing glute activation exercises? Stop the exercise and consult a physical therapist or doctor.
4. Are glute activation exercises suitable for everyone? Generally yes, but those with pre-existing conditions should consult their doctor before starting any new exercise program.
5. How can I tell if I'm activating my glutes correctly? You should feel a contraction in your buttocks during the exercises.
6. Can glute activation exercises help with weight loss? While not specifically for weight loss, they contribute to overall muscle strength and metabolism.
7. What are the best glute activation exercises for runners? Glute bridges, clamshells, and banded walks are great for runners.
8. Can I use resistance bands for all glute activation exercises? Many exercises benefit from resistance bands, adding intensity and challenge.
9. Should I warm up before doing glute activation exercises? Yes, a proper warm-up is essential to prepare your muscles for exercise.

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activation exercises for glutes: *Strong Curves* Bret Contreras, 2013-04-02 This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, *Strong Curves* offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In *Strong Curves*, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. *Strong Curves* is the cure.

activation exercises for glutes: Glute Lab Bret Contreras, Glen Cordoza, 2019-09-17 WALL STREET JOURNAL BESTSELLER IMPROVE YOUR PHYSIQUE, BUILD LEAN MUSCLE, AND INCREASE STRENGTH For more than twenty years, Bret “the Glute Guy” Contreras has been on a quest to improve human performance, focusing his research on the gluteus maximus, the largest muscle in the human body. What started as an effort to improve his own weak, flat backside quickly evolved when he discovered the wide range of functional movements to which the glutes contribute. Properly trained glutes not only help you lift heavier, jump higher, sprint faster, and swing harder but also help prevent knee, hip, and lower back pain and injuries. Bret went on to earn a doctorate in sports science and is now known as one of the world’s foremost experts on strength and physique training. After helping thousands of people reach their strength goals and achieve their ideal physique in his world-renowned training facilities, Bret brings you Glute Lab, which pulls his field-tested and scientifically proven methods and techniques together into an all-in-one glute training system that will help you develop leaner, rounder, stronger, higher-performing glutes. This all-encompassing guide explains why glute training is important for health and performance, how the glutes function, what critical role they play in the body, and how to design the optimal training program to accomplish your aesthetic and performance goals. This book offers thirty-six weeks of programming and several training templates for those who want to dive right in, breaking down each technique with step-by-step photos and descriptions. Bret also reveals the most common faults people make when performing these movements and offers hundreds of tips for getting the most out of every training session. You can implement his system in your local gym or even in the comfort of your own home. Glute Lab is more than just a book on glute training. These principles and methods can help you maximize muscle growth and strength, improve body composition, overcome training and physique plateaus, train around injuries and discomfort, determine ideal training frequency and exercise selection, design periodized programs, and so much more. In short, this book gives you the tools to make strength and physique gains and design balanced programs that cater to a wide range of goals and work for your entire body. Whether you’re a regular person looking to improve your appearance, an athlete looking to boost your performance, a physique competitor or bodybuilder looking for an edge over the competition, a powerlifter looking to increase your strength, a CrossFitter inspired to gain knowledge, a personal trainer interested in offering your clients cutting-edge training techniques, or a physical therapist looking to improve your clients’ health, Glute Lab will equip you with the information you need. In this book you will learn: • The fundamentals of optimal glute training • The anatomy and function of the glutes • How to select exercises based on your physique and training goals • How to perform the most effective exercises for sculpting rounder, stronger glutes • Variations of the hip thrust, deadlift, and squat exercises • Sample training templates and splits that cater to different training goals and preferences • How to implement advanced methods into your training routine • Diet strategies to reach weight loss and body composition goals • Sample glute burnouts and templates • Twelve-week beginner, intermediate, and advanced full-body training programs with a glute emphasis • How to design your own customized training programs • How to overcome plateaus in training, strength, and physique

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problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, *Coconuts and Kettlebells* provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including: • Kale and Bacon Breakfast Skillet • Raspberry-Coconut Smoothie Bowl • Thai Coconut Curry Shrimp • Apple-Chicken Skillet • Moroccan Lamb Meatballs • Grilled Balsamic Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, *Coconuts and Kettlebells* provides the knowledge and tools you need to be healthy inside and out.

activation exercises for glutes: Run to the Finish Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. *Run to the Finish* is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

activation exercises for glutes: Yoga Fitness for Men Dean Pohlman, 2018-05-08 Maximize athletic performance and increase strength and endurance through the power of yoga. Incorporating yoga into your fitness regime can help you perform better on the sports field and in the gym! Learn how yoga works and integrate key yoga poses and routines to improve flexibility, core strength, and prevent injuries. For centuries yoga has been used to improve overall health and strengthen the mind and body. This yoga guide focuses on helping men perform at their highest fitness levels. Inside the pages of this yoga book you'll find: - More than 50 postures with full-colorr photos and step-by-step instructions. - Over 20 workout routines tailored to specific performance goals, such as endurance and power, or improving your running or weightlifting performance. - Focuses on the functional aspects of yoga, including sports performance and injury prevention. - Information on how yoga can specifically benefit men. - Easy-to-follow steps to execute yoga postures. Yoga is known to have plenty of benefits, but did you know that it also has benefits specifically for men and athletes? At the core, this ancient practice is based on stretching different muscle groups for greater flexibility, ease of movement, and greater power. And these benefits translate to sports performance, gym gains, and overall health - allowing your body to move as it should. No chanting required to master these yoga postures and workouts! Written by Dean Pohlman, sports coach and author, this yoga book for men is focused on yoga's functional fitness benefits and less on the spiritual or emotional aspects. A wonderful gift and fitness resource, *Yoga For Men: Build Strength and Improve Performance* will help men meet their performance goals, play harder and feel better.

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without the need for equipment or machines.

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activation exercises for glutes: The Vital Glutes John Gibbons, 2014-12-02 Physical therapists and athletes will appreciate this thorough, illustrated study of the oft-overlooked gluteal muscles and their connection to the greater body In The Vital Glutes, author and respected bodywork specialist John Gibbons looks at one of the most neglected areas of the body: the gluteal muscles. He takes readers on a fascinating journey of enlightenment, teaching us to recognize pain and dysfunctional patterns that arise from the gluteal muscles. Gibbons addresses such questions as: Why do the gluteals potentially cause pain and dysfunction in distant sites of the body? How does the gait pattern contribute to pain and dysfunction? And, how can the application of gluteal-specific Muscle Energy Techniques aid full-body well-being? In addition, he provides step-by-step techniques to identify and correct a number of impaired patterns as well as functional gluteal exercises that promote recovery. With full color photographs and illustrations, the book demonstrates how to perform functional assessment testing for the muscles of posture that can become chronically tight—a principal causative factor in dysfunctional glutes. Therapeutic techniques, including gluteal exercises, show how to correct dysfunction and reduce pain. This book will be of great value to physical therapists, athletes, and anyone interested in bodywork. Table of Contents 1. Putting the Maximus Back into Gluteus Maximus 2. Muscle Imbalance and the Myofascial Slings 3. The Glutes and the Gait Cycle 4. Leg length discrepancy (LLD), Over-Pronation and its effect on the Glutes 5. Functional Anatomy of the Gluteus Maximus (Gmax) 6. Functional Anatomy of the Gluteus Medius (Gmed) 7. Muscle Energy Techniques 8. The Antagonistic Cause - the Vital Psoas, Rectus Femoris and Adductors 9. Gmax and Gmed Causing Knee and Ankle Pain

activation exercises for glutes: The BioMechanics Method for Corrective Exercise Price, Justin, 2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function.

activation exercises for glutes: The Science Of: Glute Building Emmanuel Salami, Emmanuel Salami Bsc, 2018-03-20 I often get members at gyms I have worked at asking, what exercises are

best for developing the glutes or our asking how often they need to squat to develop their glutes or should they be using glute resistance bands when they perform squats and will performing certain exercises give them a produce a better result. I even get asked recommendations about machinery and which glute trainer is most effective. These questions are all understandable, there are countless opinions about the best exercises and training styles that end up leading to overall confusion. This book looks at the training of the gluteus maximus (or just the butt or booty as it's better known to my clients) from a scientific stand point using peer reviewed studies to eliminate opinions and simply look at methods that have been proven by research. The book touches on squats and whether they are really to go to, touches on the hip thrust and why it might be bio-mechanically superior. We have succinctly and concisely gathered the research and presented them in one convenient location to give you an understanding of what exercises are shown to be superior for building the glutes. This book can be used as a guide on glute workout for women but athletes (men and women) can also benefit from this book as a lot of sporting action and movement uses power generated from the hips which of course is mechanized by the gluteus maximus. We have included a 6-week glute training program.

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activation exercises for glutes: The All-Day Fat-Burning Diet Yuri Elkaim, 2015-12-22 You are often told that eating less and exercising more are the keys to losing weight; but even with multiple plans and temporary successes, you fail to find lasting results with this old method. Yuri Elkaim's The All-Day Fat-Burning Diet provides the solution with his 5-Day Calorie Cycling Formula that sets your metabolism to lose up to 5 pounds a week. This plan eliminates the causes of weight gain and pushes the reset button on your fat-burning capacity. No combination of calorie cutting, exercising, or restrictive dieting will help you look and feel great unless you set your body to burn fat and lose weight all day, all night, when you're not eating or working out--24/7. In The All-Day Fat-Burning Diet, Elkaim reveals rarely discussed fat triggers along with an easy and innovative way to double weight loss in just 3 weeks. Based on a powerhouse blend of nutritional know-how, fitness experience, and solid science, Elkaim's four-pronged approach features (1) strategically cycling calories and carbohydrates; (2) eating clean and lean foods that reduce fat triggers in the body; (3) exercising more intelligently; and (4) improving the body's ability to repair and avoid burnout. This proven program will reset your body to your desired factory settings and supercharge your metabolism to burn fat on autopilot--no matter age, fitness level, or health status.

activation exercises for glutes: **Strength Zone Training** Nick Tumminello, 2022-04-25 Don't waste your time doing workouts that leave large gaps in your strength or load you up with unnecessary, redundant exercises. Take a strategic approach to your workouts by using a proven

system that trains strength through each joint's true full range of motion. Even if you lift, you may still be missing something in your quest to get stronger. Optimal training does not involve training all the muscles; instead, it trains all the ranges (or zones) of each muscle. Many popular exercises work the same muscles the exact same way. Performing redundant exercises is a waste of your time. In *Strength Zone Training*, renowned personal trainer Nick Tumminello, who has become known as the trainer of trainers, shows you the following: How to build strength through the true full range of motion The redundant exercises you just don't need to do The exercises to maximize upper body and lower body strength that are missing from your workout The angles most people don't do exercises for but should The best exercises to include in your program to train each muscle group A better strategy to follow when choosing your exercises Beginner and advanced workout plans for any schedule You'll find exercises addressing every area of the body, with details on how to perform the exercise as well as coaching tips. Select exercises are depicted with a hybrid of photo and art highlighting the movements, or zones, that provide a training stimulus. You will learn how to combine exercises within a workout in a smarter and more strategic way to collectively train through a full range of motion—resulting in not just an improvement in physique but also an improvement in performance and a reduction in injury risk. In addition to the exercises, you'll find four chapters of easy-to-follow workout plans you can immediately use at the gym. You can select a fully comprehensive workout plan that is right for you, regardless of your training level or weekly schedule. *Strength Zone Training* is the blueprint for building muscle with a purpose, making it simple to create workout programs that eliminate exercise redundancy and use full range of motion so you can build a body that is all-around stronger and more durable. Choose your exercises and get ready to dominate! Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

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activation exercises for glutes: *Starting Strength* Mark Rippetoe, 2005-07-01

activation exercises for glutes: *The TB12 Method* Tom Brady, 2017-09-19 The #1 New York Times bestseller by the 6-time Super Bowl champion The first book by New England Patriots quarterback Tom Brady--the 6-time Super Bowl champion who is still reaching unimaginable heights of excellence at 42 years old--a gorgeously illustrated and deeply practical athlete's bible that reveals Brady's revolutionary approach to sustained peak performance for athletes of all kinds and all ages. In modern sports, some athletes have managed to transcend their competition in a way that no one will ever forget: Jordan. Jeter. Ali. Williams. These elite legends have changed the game, achieved the unthinkable, and pushed their bodies to unbelievable limits. Joining their exclusive ranks is Tom Brady. Brady is the healthiest great champion the NFL has ever had, both physically and mentally (Sally Jenkins, *The Washington Post*). The longtime New England Patriots quarterback, who in 2017 achieved his fifth Super Bowl win and fourth Super Bowl MVP award, is widely regarded as an athlete whose training and determination pushed him from a mediocre draft position to the most-revered and respected professional football player of his generation. In *The TB12 Method*, Tom Brady explains how he developed his groundbreaking approach to long-term fitness,

presenting a comprehensive, step-by-step guide to his personal practice. Brady offers the principles behind pliability, which is at the heart of a new paradigm shift and movement toward a more natural, healthier way of exercising, training, and living--and one that challenges some commonly held assumptions around health and wellness. Filled with lessons learned from Brady's own peak performance training, and step-by-step action steps to help readers develop and maintain their own peak performance, *The TB12 Method* also advocates for more effective approaches to strength training, hydration, nutrition, supplementation, cognitive fitness, recovery, and other lifestyle choices that dramatically decrease the risk of injury while amplifying and extending performance, as well as quality of life. After using his methods for over a decade, Brady believes that the TB12 approach has made him--and can make any athlete, male or female, in any sport and at any level--achieve their own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, as well as personal anecdotes and experiences from on and off the field, *The TB12 Method* is the only book an athlete will ever need, a playbook from Brady himself that will change the game.

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activation exercises for glutes: *Jumpstart Into MAT* Greg Roskopf, 2021-04 Say Goodbye to Muscle Dysfunction once and for all with Muscle Activation Techniques. This revolutionary approach will give your body the tools to recover, run faster, perform harder, and crush the competition. Greg Roskopf coupled stellar observation skills with his knowledge and expertise in exercise science to develop a paradigm shift. Suffering chronic pain for years from a falling accident when he was nineteen, Greg fervently sought solutions not only for himself but also for his clients. Greg's research led to an epiphany: Muscle tightness wasn't the only cause of limited range of motion, Muscle weakness also played a role ? and a BIG ONE. The muscle tightness was merely a symptom of the root problem; muscle weakness. Using Muscle Activation Techniques to activate and strengthen muscles can result in reduced pain, few injuries, and better overall performance levels. This is the shift Greg hopes to inspire: techniques focused on treating the weak muscles over the tight ones. This Jumpstart into MAT program will teach you: 1) The correlation between muscle weakness and muscle tightness. 2) Basic principles and introductory-level skills for understanding the MAT process. 3) How to implement the MAT process into daily work with clients. 4) Tools to identify and correct muscular imbalances. In *Jumpstart into MAT*, Greg Roskopf hopes practitioners will adopt the paradigm shift and learn new skills to allow them to better serve their athletes and clients. He lays the foundational tools to help Physical and Rehabilitative Health professionals treat the problem rather than the symptom. By doing so, they have a better chance of minimizing repeated muscle tightening, recurring pain, and further injury.

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Includes access to online videos demonstrating exercises as well as an exercise planner for logging workouts. -- Amazon.com.

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that! Yin Yoga offers a remedy to the stress and hustle of everyday life. Heard of the term but don't know where to begin? No worries, we've got you covered! The same way that Yin balances Yang in ancient philosophies, the slower yin-style yoga featured in this yoga book offers an alternative to the faster more active forms of yoga. Instead, Yin yoga concentrates on holding and breathing through floor-based poses, awarding you with the time and space to clear both your mind and body. Dive straight in to discover: -Over 50 poses focusing on specific areas of the body -Each yoga pose is demonstrated with photographic step-by-step detail -20 sequences linking the poses, tailored to your physical and emotional targets -Introductory spreads covering the basic techniques behind Yin Yoga The first full-coloured step-by-step Yin yoga book on the market, this all-encompassing yoga guide is a must-have volume for individuals seeking a mindful and meditative approach to their yoga practice, as well as beginners and older yoga practitioners who are looking to adopt a slower-paced approach to yoga. You can explore gentle variations to much-loved yoga poses, from the comfort of your own home. Every exercise utilises the essential elements of Yin yoga to ensure you can gain all the physical and mental benefits, and will also allow you to perform all 20 sequences, which combine over 50 different poses into one singular experience and focus on specific health benefits each pose has on your body. For years, books on yoga have asked readers to bend over backwards (literally!) to conform to their physical demands. At DK, we believe it's time to change that! Why not allow for readers to demand that yoga conform to their individual needs instead? This is gentle yoga for the mind, body and soul. A must-have volume for those who want to take up Yoga but don't know where to begin, or simply those seeking to start a gentle low-impact exercise whilst encouraging mindfulness, Yin Yoga can be tailored to your individual fitness needs, so you make the most out of your poses! Why not stretch yourself, literally, this New Year and try something new? Perhaps your mind, body and soul will thank you!

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