

## Training the Medius

A lot of people train glutes with squats, deadlifts, and lunges, but still do not get the shape, stability, or hip comfort they want. One reason is that the glute max gets plenty of work, while the glute medius often gets neglected. The glute medius helps with pelvic stability, side-glute development, and controlling the leg during single-leg movement.

### What the glute medius does

The glute medius helps:

Keep the pelvis level

Control knee position

Stabilize the hip during walking, lunging, and single-leg work

Build the upper outer glute area

If it is weak or undertrained, other muscles can take over and you may feel more work in the hip flexors, low back, or front of the hips.

### Best training approach

The best approach is:

Activate it

Train it in standing positions

Load it with controlled strength work

### Important coaching cues

Do not swing the leg

Move from the hip, not the low back

Keep tension on the standing leg during single-leg drills

**Use control and position before adding load  
Form matters more than ego**

**Good exercise options**

**Activation**

**Side-lying toe stab**

**Side-lying back lift**

**Wall-supported standing swing**

**Loaded work**

**Offset reverse lunge with slight forward torso lean**

**Offset RDL**

**Frog press or frog bridge**

**Simple workout suggestion**

**Use this 2 times per week after your main lower-body workout or as a short glute-focused session.**

**A1. Side-Lying Toe Stab**

**2–3 sets of 12–15 reps each side**

**A2. Side-Lying Back Lift**

**2–3 sets of 12–15 reps each side**

**B1. Wall-Supported Standing Swing**

**2 sets of 10–12 reps each side**

**C1. Offset Reverse Lunge**

**3 sets of 8–10 reps each side**

**C2. Offset RDL**

**3 sets of 8–10 reps each side**

**D1. Frog Press**

**2–3 sets of 15–25 reps**

**Quick reminder**

**If you want rounder glutes and better hip stability, do not rely only on heavy squat and hinge patterns. Keep your big lifts, but add focused glute medius work consistently. That is usually the missing piece.**

