

Well-Rounded Glute Training

A Quick Guide to Glute Muscle Actions

Muscle	Concentric Action	Eccentric Action
Rectus femoris	Accelerates hip flexion and knee extension	Decelerates hip extension and knee flexion
Vastus lateralis	Accelerates knee extension	Decelerates knee flexion
Vastus medialis	Accelerates knee extension	Decelerates knee flexion
Tensor fascia latae	Accelerates hip adduction, internal rotation, and flexion	Decelerates hip adduction, external rotation, and extension
Psoas	Accelerates hip external rotation and flexion and rotates lumbar spine	Decelerates hip internal rotation and extension
Gluteus maximus	Accelerates hip external rotation and extension	Decelerates hip internal rotation and flexion and tibial internal rotation (via IT band)
Gluteus medius	Accelerates hip external rotation and abduction	Decelerates hip internal rotation and adduction
Gluteus minimus	Accelerates hip flexion, internal rotation, and abduction	Decelerates hip extension, external rotation, and adduction (frontal plane)
Piriformis	Accelerates hip abduction, extension, and external rotation	Decelerates hip adduction, flexion, and internal rotation
Biceps femoris (short head)	Accelerates knee flexion and tibial external rotation	Decelerates knee extension and tibial internal rotation
Biceps femoris (long head)	Accelerates knee flexion, hip extension, and tibial external rotation	Decelerates knee extension, hip flexion, and tibial internal rotation
Semimembranosus	Accelerates hip extension, knee flexion, and tibial internal rotation	Decelerates hip flexion, knee extension, and tibial external rotation

