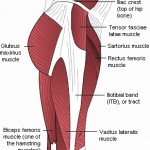
**[Walking with Your Butt Out](http://blog.corewalking.com/walking-with-your-butt-out/" \o "Permalink to Walking with Your Butt Out)**

It is important in both [standing](http://blog.corewalking.com/what-is-good-posture/) and [walking](http://blog.corewalking.com/walking-is-a-means-to-rebuild-yourself/) to stick your butt out. This simple statement seems to go against the grain of what many people want to think and believe is correct. As a culture we love to tuck our pelvis. Maybe you hurt your back and a physical therapist told you to tuck under to lengthen your low spine; or you’ve done too many bad fitness classes at the gym, or you simply think your butt is too big.  For whatever of the many reasons the vast majority of people allow the weight of the spine to fall backwards through the sacrum tucking the pelvis under and taking the femur (thigh) bones forward with it.

[](http://blog.corewalking.com/wp-content/uploads/2011/05/gluteus-maximus-muscle.jpg)

Standing up straight, and proper posture really is as simple as that, requires a skeletal adjustment to allow your thighs to move underneath your pelvis. This sticking out of the buttocks is actually meant to relax these muscles and help us find deeper core muscles to hold us up. We are truly a tight assed people. We grip our butts in tension and frustration, which is a natural reaction but as with everything [we tend to over do it](http://blog.corewalking.com/the-balance-of-flexors-and-extensors/). The femur bones falling forward in space results in a constant engagement of the butt and thigh muscles (quadriceps).

When standing the quads and glutes should be working as little as possible to let important core muscles function properly. When we walk the big buttock muscle gluteus maximus works as the back leg extends backwards but it doesn’t or shouldn’t need to hold us up. [Butt gripping](http://blog.corewalking.com/relax-your-butt/) is one of modern man’s great dilemmas.

The release of the butt goes hand in hand with a shifting of the pelvis. The effects of this shift are far reaching. As the thighs move back and under the pelvis your legs will release differently in walking and you will feel a more even distribution of energy through the foot with every step. The shift of the pelvis into proper alignment accesses the correct curve of your lower back bringing instant support to all the bones of the spine. Your shoulders will lift up and back naturally and the head will find greater support at the top of the spine.