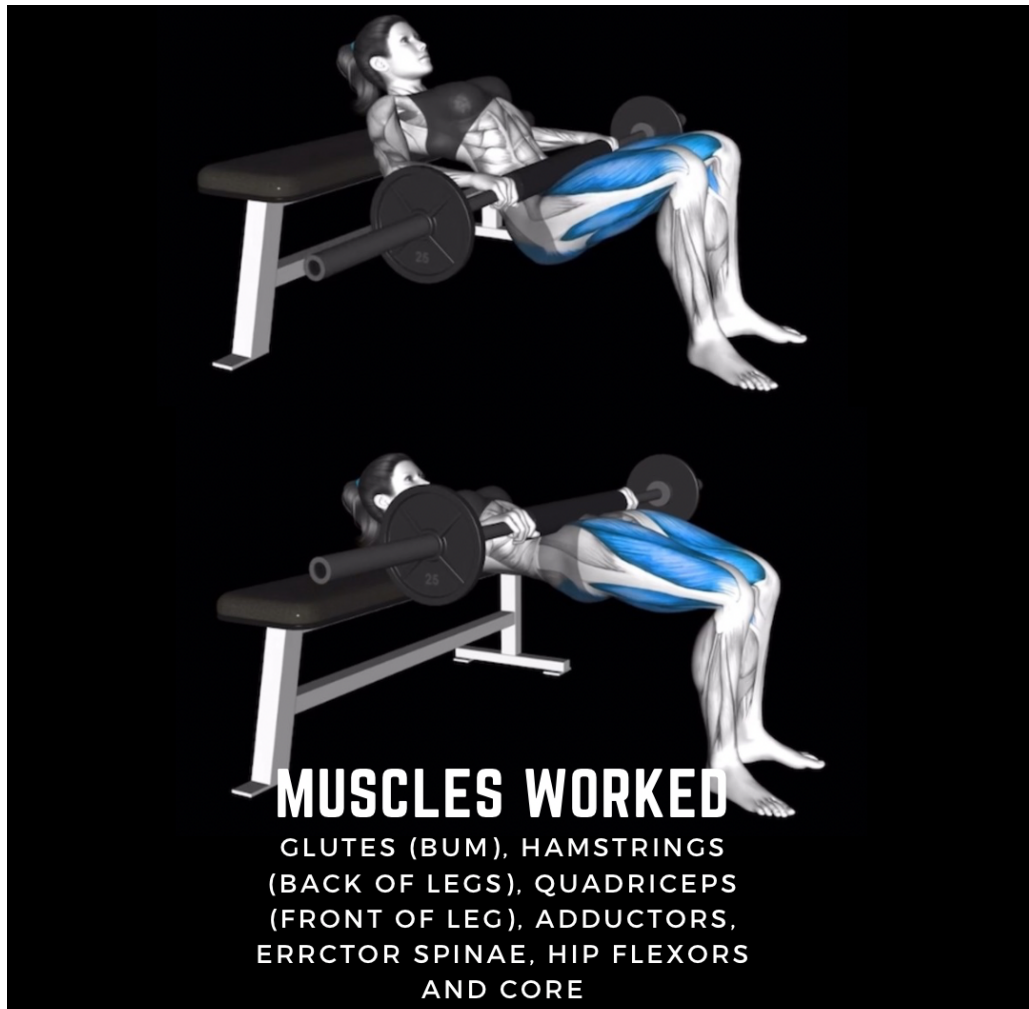


HOW TO PERFORM A BARBELL HIP THRUST



How to do:

1. Set up by loading your barbell and positioning it in front of a box or bench.
2. Sit in the centre of the barbell with your upper back resting on the edge of the box, legs extended out underneath the bar.
3. Pull the barbell towards the crease of your hips and place your feet flat on the floor, knees facing the ceiling, and then grip it just wider than hip width apart.
4. Engage your core by squeezing the abs and glutes to tuck under your pelvis, then push through the heels of your feet to thrust the bar up until your body is in a straight line from shoulders to knees.
5. Pause and squeeze the glutes before slowly lowering back to the ground, making sure the spine stays neutral throughout.

TIPS:

Proper set up and technique is important to make sure the movement comes from the glutes rather than the lower back.

Choose a box or bench height that allows the bottom of your shoulder blades to rest on the edge and place your feet hip width apart at a distance that allows the shins to be vertical at the top of the hip thrust. Try different foot positions without a barbell first.

Maintaining a neutral spine will help to protect the lumbar spine. Tuck your pelvis under and engage the core to straighten the spine and prevent it from overarched.