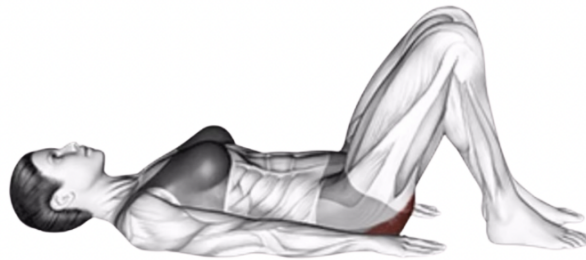
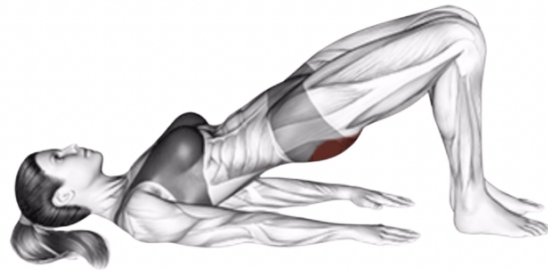


HOW TO PERFORM A GLUTE BRIDGE

MUSCLES WORKED

GLUTES, HAMSTRINGS, ABDOMINALS



- 1.** Lay down on your back with your knees bent and your feet flat on the ground. Your feet should be hip width apart with your toes pointed straight ahead, and your heels should be about 6-8 inches away from your glutes. Place your arms by your sides with your palms turned up toward the ceiling.
- 2.** Squeeze your glutes and your abs as you start to lift your hips toward the ceiling.
- 3.** Raise your hips as high as you can go without arching your back. The goal is to raise your hips until your body is in a straight line from your knee to your hip and to your shoulder.
- 4.** Squeeze the glutes as tightly as you can in the top position while you hold for two seconds.
- 5.** Slowly lower the hips down to the floor, keeping tension in the glutes and abs as you lower down.

COACHING QUEUES

You should feel your glutes the most during this exercise. If you feel your hamstrings working the most, try moving your feet back, closer to your glutes.

If you feel the muscles in your low back working the most, return to the starting position and reposition your back so that your hips are tucked under, and your abs are engaged.

When you raise your hips up, try to maintain a neutral core position to avoid arching the low back.