

## Glute Bridge Walkouts



**Description:** Begin by lying with your back on the floor with both knees bent and feet flat. Raise the hips upward into a glute bridge. Take short, alternating steps away from the body until your legs near full extension – your weight should be supported on the heels. Take alternating steps back to the glute bridge position and repeat.

**Sets/Reps:** 3 sets of 5 reps.

**Common Mistakes:** Letting the hips drop too low.

**Target Muscles:** Hamstrings, Glutes.

**Modifications:** If this is difficult try holding a regular glute bridge, or walking the legs out a shorter distance.

**\*\*Tip:** Engage the core before beginning. Imagine scraping mud off the heels when the feet are away from the body to engage the hamstrings.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

