

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.

