

Glute Bridge



Description: Start lying on back with knees bent at ~90 degrees with arms beside body for stabilization. Push through heels and raise hips to the sky by squeezing the buttocks. Engaging the abdominals will keep you supported on the front side, working with the gluteal muscles to keep a long spine and ensuring you do not arch back.

****Tip:** Bringing feet closer to the butt engages the hamstrings more.

Sets/reps: 10-12 reps for 3 sets.

Modifications: Once comfortable enough with the movement, try performing it on one leg while raising the other in the air. Once mastering the movement with arms by side, cross over chest to challenge balance and increase difficulty.

Common Mistakes: Letting knees drift over toes, arching back when raising hips.

Target Muscles: Gluteal Muscles, Hamstrings.

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

