

Working Your Glutes

MOVE OF THE MONTH OCTOBER ISSUE 2012

Use the Single Leg Glute Bridge with Shoulders Elevated, an advanced version of the single-leg bridge to improve hip extension and glute strength.



THE MOVE

Start with your shoulders resting on the bench supporting your body. Raise your right leg off of the ground and start with your hips up in a level bridge. Drop your hips until you are nearly sitting down. Raise your body back up as high as you can and fully contract your buttocks at the top of the motion. Lower your body back down into the seated position and repeat action. Do 3 sets of 8-12 reps. Repeat with left leg raised.

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Download Working Your Glutes