

The Glute Bridge



Step 1

Lying on your back with your knees bent. Keep your tummy tight and your spine neutral.

Step 2

Squeeze your glutes tight and keep your tummy tight. Lift your hips up. Do not arch your back. You should feel this in your butt, not in your hamstrings. Slowly return to normal.

Step 3

Once you have mastered that, try lifting your heels one after the other, before returning back to the start. Don't let your pelvis twist or dip. Hold strong in your glutes.

Step 4

Once you can do that without twisting at all. Try doing a whole rep with one leg. Don't twist or dip.