
Glute Bridge

Lying on your back hands by your side, head on the floor. Position your feet shoulder width apart close to your glutes, feet facing forwards. Place a theraband/mini band around your knee, *place the pelvis in neutral, squeezing through the glutes, push the heels into the ground, toes pointing up in the air. Push out against the theraband/mini band, maintain hip, knee and ankle alignment. Push the hips up until the knees, hips and shoulders are aligned. Hold this position for 10s and then lower back to the floor.

*Neutral Pelvis – to familiarise yourself with the neutral pelvis position. Stand side on to a mirror. Now place your hands on top of your pelvis. Have a slight bend in your knees and tilt (rotate) the pelvis towards the floor. Now slowly roll your pelvis backward, dropping your coccyx (tailbone) to the floor. Now find a place half-way between the extremes. When you are in a neutral position your anterior superior iliac spine (ASIS) front of the pelvis and back (Posterior Superior Iliac Spine – PSIS) are level.

