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## Level Four: Hip Bridge (barbell)

The hip bridge with a barbell is level four as we now have to engage the core to keep the spine neutral.

### Target Muscles

**Primary Muscles:** gluteus maximus, hamstrings, erector spinae

**Secondary Muscles:** rectus abdominus, transverse abdominus, quadriceps, adductors, abductors, gastrocnemius

**Look out for:** knees coming together / moving apart, not pushing the hips through, keeping the core engaged, hips not aligned, shift of weight to one side, keeping the head on the floor

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### Teaching Points

- Lying on the floor, position a barbell across the hips, place your hands next to your hips on the barbell
  - Feet should be shoulder width apart
  - Engage the core, push up using the glutes, keeping the spine straight
  - Stop when knees, hips and shoulders are aligned. Hold this position for no more than 5 seconds
  - Lower back down to the floor, keeping the core engaged and spine straight
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