

## Level Two: Hip Bridge (feet elevated)

This is a progression as the feet are raised. This means the glutes have to push through more to get the shoulders, hips and knees aligned. The core has to work harder to stabilise and hold the bridge position because of the higher angle.



### Target Muscles

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

**Secondary Muscles:** rectus abdominus, transverse

abdominus, quadriceps, adductors, abductors, gastrocnemius

### Teaching Points

- Lying on the floor, hands by your side, feet raised on a step/airex pads
- Feet should be shoulder width apart, heels on floor toes in the air
- 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 10 seconds
- Lower back down to the floor, keeping the core engaged and spine straight

**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

