

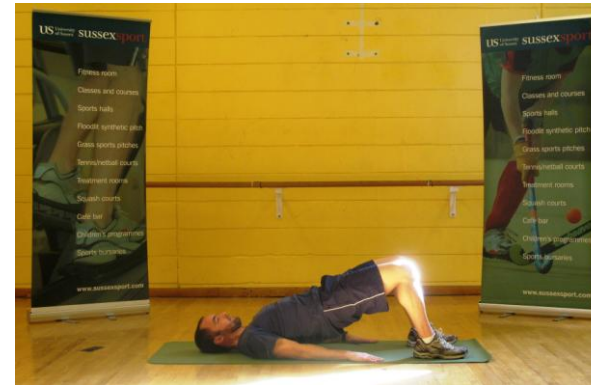
Level One: Hip Bridge

The hip bridge is level one as it has a stable base, with feet on the floor and hands by the side for balance. To progress this movement place the hands across the chest.

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 close to your bottom
- 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 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

