
Level One: Single Leg Hip Bridge

Single leg hip bridge places more emphasis through the glutes and core (has to hold a greater percentage of the member's body weight compared to double leg). The member has to maintain abdominal contraction and avoid arching the back. Hips should be symmetrical during the contraction



Teaching Points

- Lying on your back, bend one leg so it is flat on the floor near your bottom
- Raise one leg and point to the ceiling
- Keeping your thighs squeezed together push up through the foot on the floor
- Squeeze through the glutes, keeping your core engaged and spine straight, until knees, hips and shoulders are aligned
- Hold for no more than 10 seconds and return to start

Target Muscles

Primary Muscles: gluteus maximus, hamstrings, erector spinae

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

Look out for: hips not aligned, not pushing all the way up through the hips, rotation at the shoulders, hyper extension of the hips (pushing too high), head not on the floor, turning the head to the side