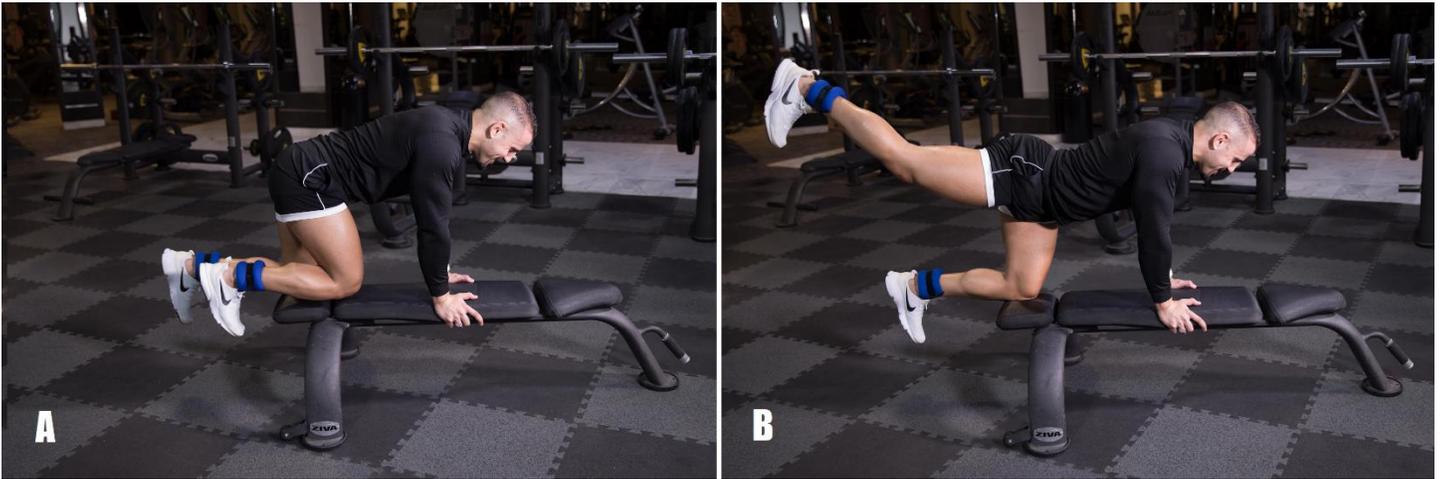


BENCH WEIGHTED GLUTES KICK-BACKS



1. Wrap an ankle weight around each one of your ankles, then get on top of a stable flat bench (face down) while supporting your torso on your fully extended arms that are holding on to the bench from both sides, with your knees bent and resting on the edge of the bench. Make sure your arms are perpendicular to your torso, with your knees bent and perpendicular to your hips. Elevate your right knee just an inch off the bench, while keeping both your feet flexed and pointing down, with your head also facing down. This will be your starting position.
2. Start kicking backwards and upwards with your right leg while simultaneously straightening your leg and go all the way up until your leg is fully extended, as you squeeze/contract your right leg's glutes muscles as hard as you can.
3. Slowly bring down your right leg to its starting position while keeping your glutes muscles fully engaged and under constant tension. Make sure to bring down your leg in the same manner you used to kick it up in. Only your leg should be moving back and forth while performing this exercise, while the rest of your body remains stationary.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch legs positions then perform the same exact motion for the same amount of repetitions with your other leg.

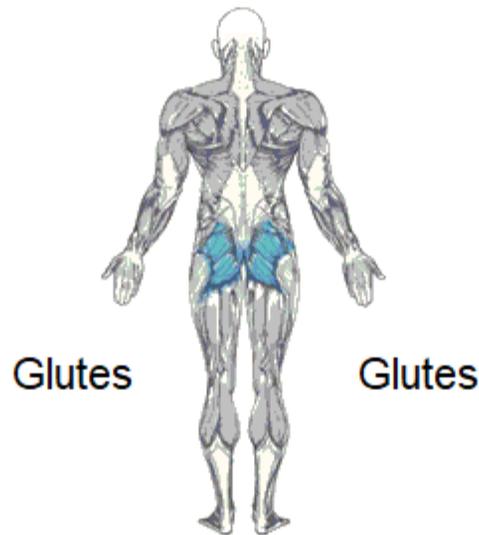
CAUTION: STOP immediately if you felt any sharp lower back pain. Do NOT arch your back while kicking back with your leg to avoid getting any lower back injury. It is normal for you to also feel a slight burn in your hamstrings muscles while performing this exercise.

ALTERNATIVE EXERCISES:

[Stepper Weighted Glutes Kick Backs](#) / [Floor Weighted Glutes Kick-Backs](#) / [Floor Weighted Hip Abductions](#)

BENCH WEIGHTED GLUTES KICK-BACKS

PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or the muscle group that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%100** when performing this exercise.



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