

# BENCH WEIGHTED STIFF-LEG 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 left knee bent and resting on the edge of the bench. Make sure your arms are perpendicular to your torso, with your left knee bent and perpendicular to your hip. Extend your right leg all the way down behind you while keeping your knee locked. Your head should remain facing down, with both your feet flexed and pointing down. This will be your starting position.
2. Now use your right leg's glutes muscles to raise your fully extended right leg all the way up, while the rest of your body remains stationary.
3. Slowly bring your right leg back down to its starting position, while keeping your glutes muscles fully engaged and under constant tensions. Only your leg should be moving up and down while performing this exercise.
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.

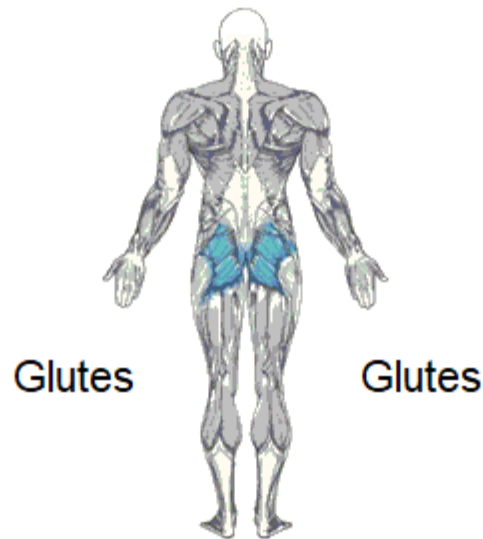
**CAUTION:** STOP immediately if you felt any sharp lower back pain. Do NOT arch your back while raising your leg up to avoid getting any lower back injury.

## ALTERNATIVE EXERCISES:

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

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## 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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