

# BENCH WEIGHTED HIP THRUSTS



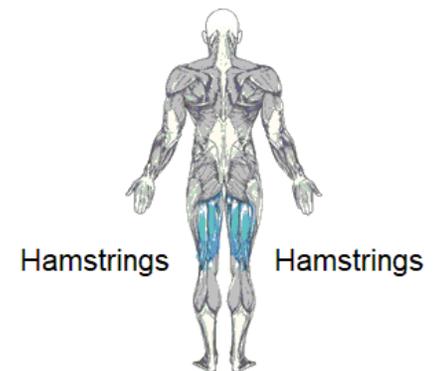
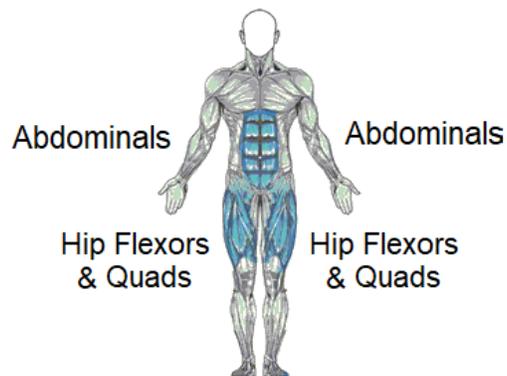
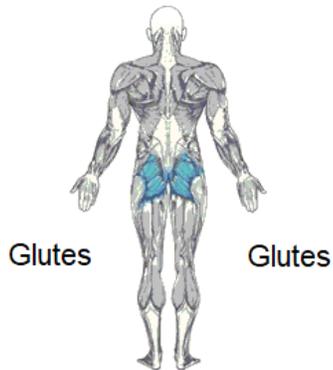
1. Lay your upper back on a stable flat bench with your hips unsupported, then place a single dumbbell on top of your hips from the front while holding it from both sides. Place your feet flat on the floor at about shoulders width apart with your knees bent and your head facing forward. This will be your starting position.
2. Slowly begin to thrust your hips up using your hip flexors, glutes, hamstrings, quads & core muscles while still holding the weight. Keep thrusting your hips up until your thighs and torso are on the same straight line, with your thighs becoming parallel to the floor.
3. Slowly bring your hips back down to it's starting position while keeping your glutes, legs & core muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** NEVER use a heavy dumbbell when performing this exercise to avoid getting any lower back, hips and/or hamstrings injury. STOP immediately if you felt any sharp pain anywhere across your spine. Make sure to focus most of the work load on your hips flexors, legs and core muscles instead of putting any negative pressure on your lower back.

**ALTERNATIVE EXERCISES:** [Bench Hip Thrusts](#) / [Floor Hip Thrusts \(Bridge\)](#)

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## PRIMARY MUSCLES

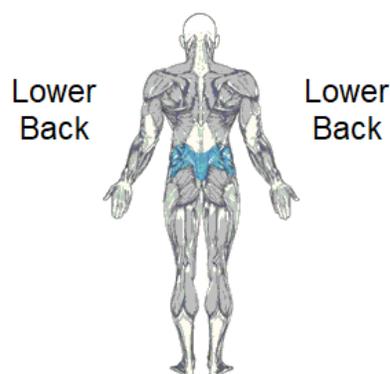


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%90** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%10** when performing this exercise.

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