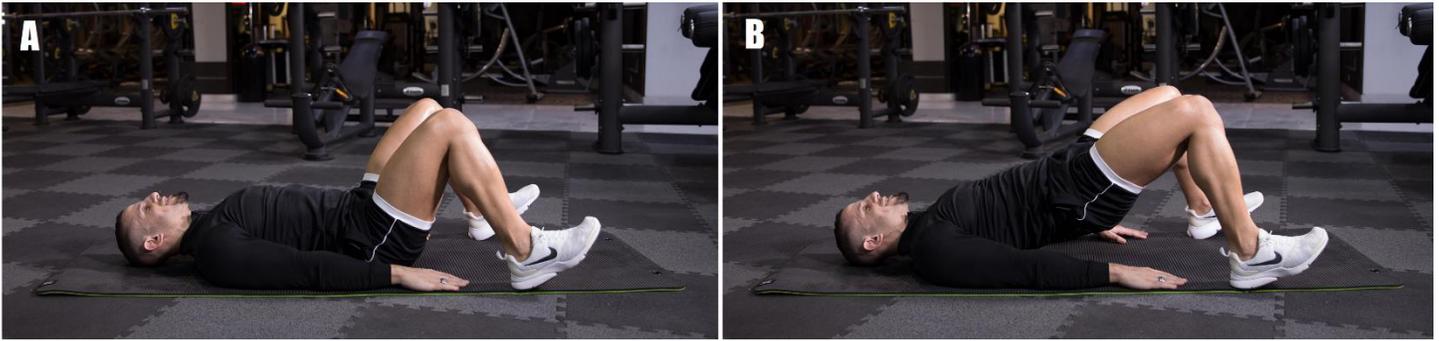


FLOOR HIP THRUSTS (BRIDGE)



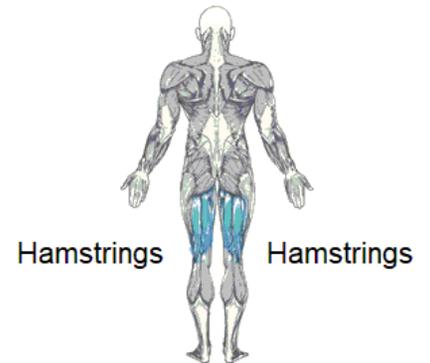
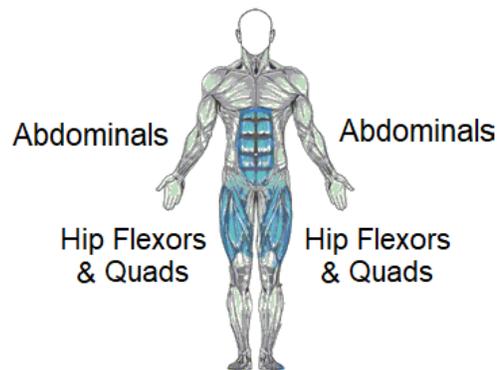
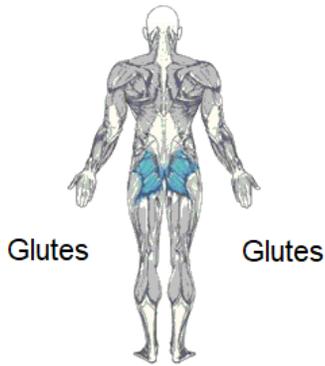
1. Lay down on your back with your heels placed at about shoulders width apart and your legs bent at the knees. Your arms should be fully extended on the floor laying down right next to you, with the palms of your hands facing the floor. This will be your starting position.
2. Slowly begin to thrust your hips up through your heels while engaging your hip flexors, glutes, hamstrings, quads & core muscles. Keep thrusting your hips up until your thighs and torso are on the same straight line.
3. Slowly bring your hips back down to it's starting position while keeping your glutes, legs & core muscles fully engaged.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: STOP immediately if you felt any sharp lower back pain. Make sure to focus most of the work load on your hips flexors, legs and core muscles instead of putting negative pressure on your lower back.

ALTERNATIVE EXERCISES: [Bench Hip Thrusts](#)

FLOOR HIP THRUSTS (BRIDGE)

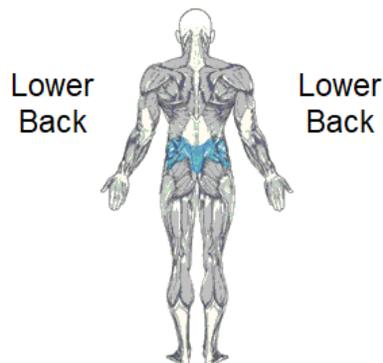
PRIMARY MUSCLES



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.

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.

FLOOR HIP THRUSTS (BRIDGE)



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