

BENCH HIP THRUSTS



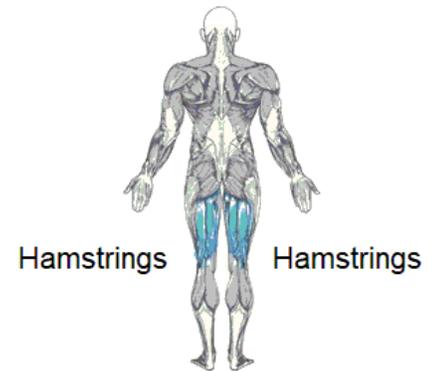
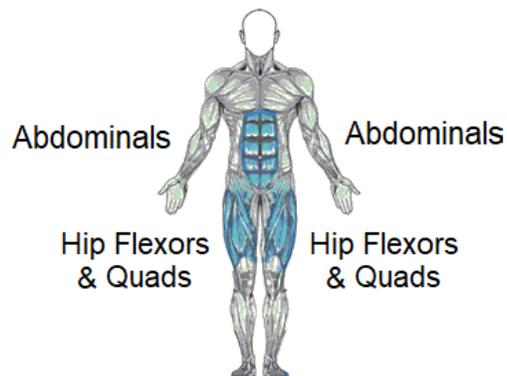
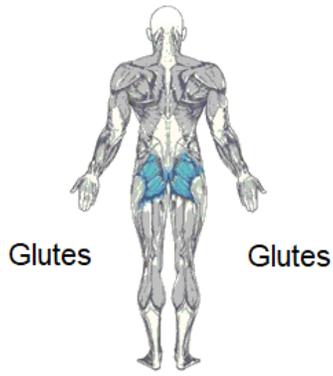
1. Lay your upper back on a stable flat bench with your hips unsupported, and your feet flat on the floor placed at shoulders width apart. Keep your knees bent and your head facing forward, with your hands grabbing your waist to give you support. This will be your starting position.
2. Slowly begin to 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, 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.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: 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. Make sure the bench is firm and stationary on the floor and won't by any chance slide away at any point while performing this exercise to avoid injury.

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

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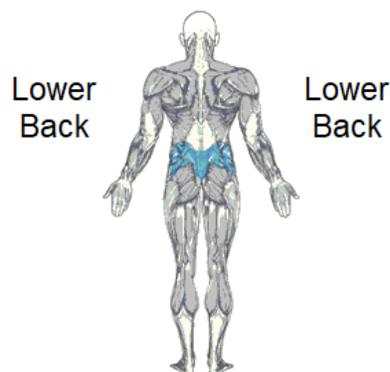
PRIMARY MUSCLES



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.

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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