



INSTRUCTIONS

BANDED CHEST PRESS WITH HIP BRIDGE

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/banded-chest-press-with-hip-bridge>

Abs

Chest

Full Body

Glutes

Hamstrings

Lower Body

Upper Body



STEPS:

- Banded Chest Press with Bridge:
Lying on your back with your knees bent, push and squeeze your glutes to the ceiling, hold this.
- With a band around your palms, press your hands straight out from your shoulders with tension on the band, while keeping your elbows away from your body.

Perform 8-12 reps before lowering your hips.

- [-] Remove the band
- [-] Remove the hip bridge