



INSTRUCTIONS

ONE LEG HIP BRIDGE

CATEGORIES: Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/one-leg-hip-bridge>

Back

Extension

Glutes

Hamstrings

Jumps and Leaps

Kicks

Leaps

Lower Body



Steps:

- begin laying out your back. Knees bent and feet flat on the floor.
- Lift your right leg off the floor
- Bend your right knee and flex your foot
- Pulling your belly button into your spine, roll your tailbone off the floor and push your hips up to the sky so you're in a diagonal from your left knee to your chin
- Hold at the top for a count
- Drop your butt back down to the floor and push it back into the air leaving the right leg up the whole time
- Repeat 10 times on each side

Modifications

- [+] Hold a weighted ball on your hips
- [-] leave both feet on the floor