

gdfgdg



INSTRUCTIONS

HIP BRIDGE

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

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

Extension

Glutes

Jumps and Leaps

Knee Strength

Lower Body

Turn Out



STEPS:

· On your back with your knees bent, lift your glutes so there is a straight line front your knee to your shoulders. Squeeze at the top.

Repeat 20 times

[+] Add a band above your knees for extra resistance