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INSTRUCTIONS

HIP BRIDGE ADVANCED

CATEGORIES: Power, Strength

LEVEL: Advanced

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

Extension

Glutes

Hamstrings

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
- Lift one leg off the floor and return your glutes to the ground.

Repeat on the other side.

Alternate legs for 8-12 reps