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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

Knee Strength

Lower Body

Turn Out



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