

## SINGLE LEG BRIDGE ON STEP

START



MIDDLE



END



- Lie on your back
- Arms on the ground by your side palms facing down
- Place your right heel on the step
- Do not have your butt too far away from the step
- Do not use only your hamstrings but engage your glutes too

- Drive through your heel and upper back to lift your glutes off the ground
- Push your hips up as high as possible
- Squeeze the glutes
- Keep stomach drawn in to avoid hyper extending your back
- Do not push backward off your heel

- Do not rush through the movement
- Hold at the top before slowly lowering down
- Do not rest your glutes on the floor
- Repeat the desired amount of reps
- Change legs and repeat sequence

### MUSCLES TARGETED

#### GLUTES, HAMSTRINGS, QUADRICEPS & HIP FLEXORS

- The single leg bridge is a calisthenics exercise that mainly targets the glutes and to a lesser degree targets the hamstrings and lower back

#### NOTE

*To prevent knee injury avoid an imbalance between your front and back thighs by keeping your hips level and your core tight when lifting.*