Title: Barbell Hip Thrusts

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on a padded surface with your legs out in front of you and the knees bent. Make sure your back is against a secured bench. Lay a barbell across your lap.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Focusing the tension in the glutes, raise your hips skyward, moving the bar up with you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause when you feel the contraction in your glutes then slowly lower yourself to the starting position.</span></li>

</ol>