Title: Hip Raises / Butt Lift / Bridges

Primary Muscle Groups: Glutes &amp; Hip Flexors, Hamstrings

Secondary Muscle Groups: Abs, Lower Back

Summary: <ol>

<li>Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.</li>

<li>Place your hands out to your sides palms flat for stability.</li>

<li>Raise your glutes off the floor by extending your hips upward while pushing down through you heels.</li>

<li>Continue until your back, hips and thighs are in a straight line. Hold for a count of one.</li>

<li>Return to the start position by lowering your hips back to the floor.</li>

<li>Pause then repeat.</li>

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