Title: Single Leg Glute Bridge / Hip Extension with Leg Lift

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs, Hamstrings, Quadriceps

Summary: <ol>

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

<li>Raise one leg off the floor and bend your knee up towards your chest. Yhis is the start position.</li>

<li>Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.</li>

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

<li>Complete all the repetitions for one set before changing legs.</li>

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