Title: Resistance Band Glute Bridges

Primary Muscle Groups: Glutes &amp; Hip Flexors, Lower Back

Secondary Muscle Groups: Quadriceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lay down on an exercise mat with your feet flat on the floor and your knees pointing upwards bent at a 90 degree angle. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a resistance band across your hips and pin it down to the ground using your hands at either side. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Raise your hips upwards until a straight line is formed from your knees to your shoulders.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this extended position for 1 second before slowly lowering your hips down to the starting position. </span></li>

</ol>