Title: TRX Suspension Straps Glute Bridge

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring yourself to the ground, lying on your back with your hands at your sides. Carefully, insert one foot at a time into hanging TRX bands. Bend at the knees.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Maintaining balance with your hands on the floor, drive your hips up, forming a straight line with your body.</span></li>

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

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