

Bodyweight Glute Bridge Video Exercise Guide

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Glutes

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Bodyweight Glute Bridge



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EXERCISE PROFILE

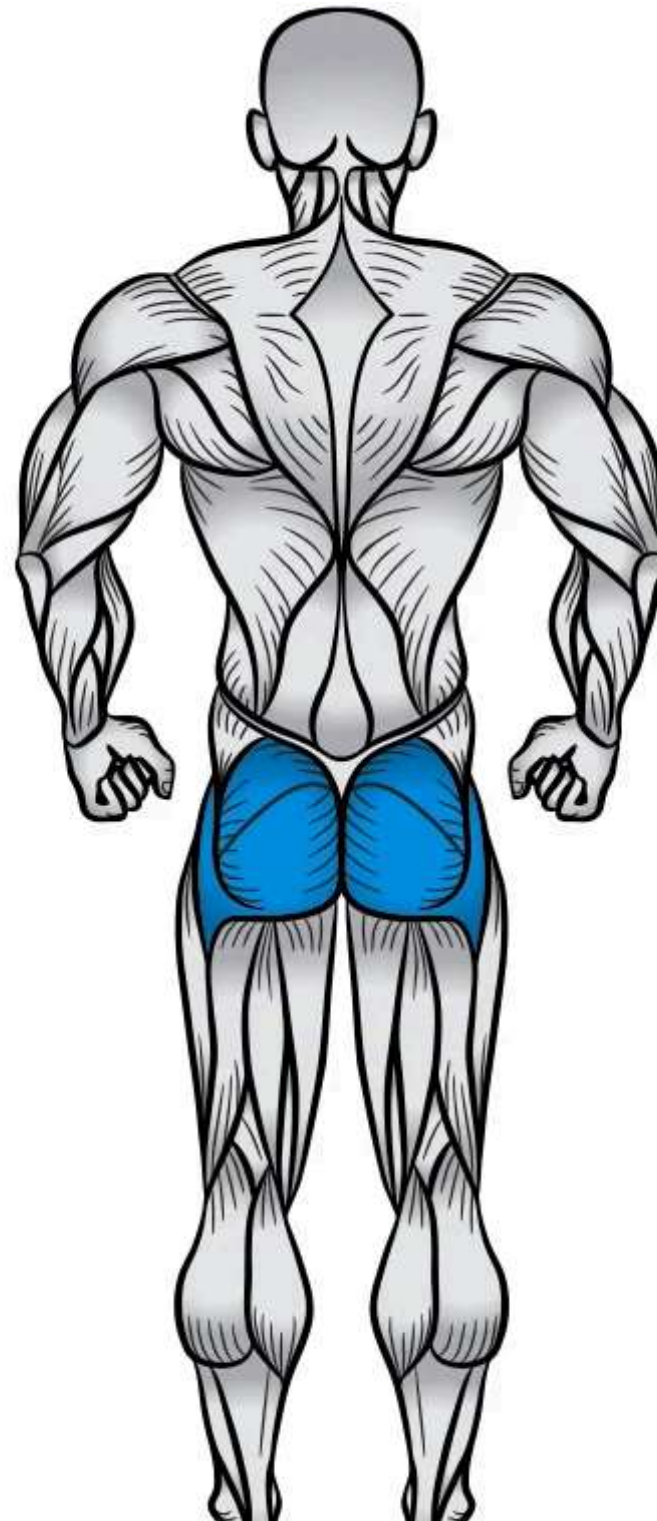
Target Muscle Group

Glutes

Exercise Type	Strength
Equipment Required	Bodyweight
Mechanics	Isolation
Force Type	Push (Bilateral)
Experience Level	Beginner
Secondary Muscles	Abs, Hamstrings

TARGET MUSCLE GROUP

Glutes





Bodyweight Glute Bridge Overview

The glute bridge is a variation of the hip thrust and an exercise that is used to build the glute muscles. It will also indirectly target the other muscles of the legs such as the hamstrings, quads, and calves.

hip thrust variations are thought to be the optimal exercise for glute specific training. So, if you have goals to build a bigger butt, hip thrusts should be included in your workouts.

Building strong glutes will also have a positive carryover into your other exercises including squat variations and deadlift variations.

Glute bridges can be included in your leg workouts and full body workouts.

Bodyweight Glute Bridge Instructions

1. Start in a supine position on the floor with your arms at a 45 degree angle relative to your torso.
2. Bridge your hips up by squeezing your glutes and driving your heels into the floor.
3. Lower your hips back to the starting position and repeat for the desired number of repetitions.

Bodyweight Glute Bridge Tips

1. Ensure that the lower back doesn't arch as you extend the hip, you should focus on squeezing the glutes and slightly posteriorly tilting the pelvis.

2. Ideally you should prioritize a straight line from your knees through your shoulders at the peak of contraction.
3. Focus on exhaling as you bridge the hips up. You shouldn't feel the movement through your lower back at all.
4. If you can't seem to feel your glutes activating, palpate the musculature with your hands and focus on pausing the movement at the peak of contraction.
5. If you find one glute has less contractility than another, perform the movement unilaterally and then incorporate the bilateral version after you have accumulated sufficient volume on the side with poor contractility.