

Hip Bridge (Strength)



1. Lie on your back with your knees bent and your feet flat on the floor. Put your arms at your sides, palms flat on the floor.
2. Tighten your core muscles. Keep them tight while doing the whole exercise.
3. Push down on your feet and raise your hips to lift your buttocks off the floor. Your body should be in a straight line from your shoulders to your knees. Don't arch your back.
4. Hold for 5 to 15 seconds.
5. Slowly lower your buttocks back down to the floor to the starting position.
6. Repeat 5 to 10 times.



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