

GLUTAL BRIDGES

It works the hamstrings, lower back, abs. it does not place any pressure on the lower back. This is also a great exercise for people who are unable to squat due to back, hip, or knee pain.

Benefits:

Knee and lower back pain is common in strength, power, and fitness sports. Recreation and competitive lifters alike often find themselves with nagging pain or overuse injuries that sometimes are due to poorly functioning glutes. Stronger glutes can relieve spinal extension stress, help to fully extend the hips, and can act as an antagonist during squatting movements to help stabilize and balance out the forces on the knee.

Greater Overall Athletic Capacity

Improved Squatting and Deadlifting Performance