

Glute Bridge

GLUTES / BODYWEIGHT

A bodyweight glute exercise performed lying on your back. Practice hip extension and trunk stability without equipment. Focus on lifting with your glutes, rather than creating height by arching your lower back.

Three phases of the movement



01 Set up

Lie on your back with knees bent and feet hip-width apart. Plant the soles and rest your arms beside you.



02 Lift your hips

Brace gently and exhale as you lift. Stop when your shoulders, hips and knees approach a straight line.



03 Lower slowly

Keep the pelvis level from side to side as you lower. Inhale and begin the next repetition without bouncing.

FORM FOCUS

Lift with the glutes. Do not gain height by arching your back.

Technique and training notes

Equipment: bodyweight. Use a stable floor or thin mat.

Muscles and their roles

PRIMARY	Gluteus maximus Extends the hips and lifts the pelvis.
ASSISTING	Hamstrings Assist hip extension.
STABILIZING	Abdominal and trunk muscles Steady the pelvis and lower back.

How to move

01 Set up on the floor

Lie on your back with knees bent and feet hip-width apart. Place the whole foot on the floor and rest the arms beside your body.

02 Brace and lift

Lightly tighten the abdomen. Exhale and use the glutes to raise the pelvis while keeping the ribs and pelvis controlled.

03 Find the top position

Stop as shoulders, hips and knees approach a straight line. Do not thrust the chest upward or overarch the lower back.

04 Lower with control

Keep the pelvis level from side to side and inhale as you lower slowly. Keep the head and upper back supported; repeat without bouncing.

KEY CUES

- Knees stay aligned with the feet.
- Press through heel and both forefoot edges.
- Keep the neck and shoulders relaxed.

COMMON ERRORS

- ! Overarching the back or thrusting the chest.
- ! Knees collapsing inward or flaring out.
- ! Feet slipping or the head lifting.

BREATHING: Exhale as you lift; inhale as you lower. **RANGE:** Stop when the shoulders, hips and knees align without overextending your back. Keep the head and upper back on the floor and the feet firmly planted.

Stop if pain occurs. Work within a comfortable range and do not force the movement.

REFERENCES / LINKS FROM THE ORIGINAL JAPANESE GUIDE

ACE Exercise Library: [Glute Bridge](#)
PureGym: [Glute Bridges](#)
Video reference: [Well+Good](#)