

Barbell Hip Thrust

Bilateral barbell hip thrust with bench support

Key positions



1. Start: upper-back support
Pad at hip creases



2. Lift: pelvis and bar rise together



3. Top: hip extension
Avoid arching your back

Muscles worked

Main muscles

- Gluteus maximus extends the hips to raise the pelvis and bar.

Supporting muscles

- Hamstrings and adductor magnus assist hip extension.
- Gluteus medius and other stabilizers control alignment; trunk muscles steady the torso and forearms hold the bar.

What makes it useful

A bench-supported hip extension with weight across the front hips. Support differs from a floor glute bridge. Adjust bench height and foot position to your build and control.

Movement & technique

Barbell Hip Thrust | Keep bench and feet steady. Move your pelvis and bar together.

Before you start

Secure the bench and practice unloaded. Use light, evenly loaded plates, collars and thick padding. Clear space for safe loading and unloading; get assistance if needed.

1 Position bench and bar

Support your upper back near the lower shoulder blades on the bench edge. Center the padded bar across your hip creases and steady it with both hands. Keep pressure off your neck.

2 Plant feet and brace

Bend your knees and plant both feet roughly hip-to-shoulder width. Adjust distance for approximately upright shins at the top, with knees following toes. Brace your abdomen and gently tuck your chin.

3 Extend through the hips

Exhale and press through your feet, raising pelvis and bar together. Squeeze your glutes when shoulders, hips and knees broadly align. Avoid lifting your ribs or arching your lower back for extra height.

4 Lower with control

Inhale and lower by flexing your hips. Keep hands, feet and bench steady. Reverse within a comfortable controlled range without bouncing; floor contact is optional.

Form reminders

- Keep pad and bar centered on the same hip region.
- Keep whole feet planted and knees tracking toes.
- Move at the hips without craning neck or arching your back.
- Avoid bench movement or substantial upper-back sliding.

Finish safely

- Lower and stabilize the load before removing it, with help if needed. Do not abruptly reposition yourself or release a loaded bar.
- Stop for pressure pain, back pain or dizziness. Learn the movement unloaded and choose a load and range you can control.

References

1. NSCA / Contreras et al. - Barbell Hip Thrust (bretcontreras.com)
2. ACE - Understanding the Barbell Hip Thrust (www.acefitness.org)
3. Bret Contreras - Hip Thrust: Hinge vs. Scoop Method (bretcontreras.com)
4. Jeff Nippard - Hip Thrust Technique (movement reference) (www.youtube.com)