

Glute Bridge Exercise



Summary of Content

A glute bridge is a bodyweight hip-extension exercise that strengthens the gluteus maximus, hamstrings, and core by lifting the hips until the shoulders-hips-knees form a straight line. It's beginner-friendly, requires no equipment, and improves glute activation, hip stability, and lower-back support.

What the Glute Bridge Does

- Primarily trains the gluteus maximus (main hip-extension muscle).
- Secondary activation of hamstrings, adductors, and deep core muscles for pelvic stability.
- Helps counteract underactive glutes from prolonged sitting and reduces lower-back tightness.
- Supports functional movement patterns like walking, stair climbing, and posture.

How to Perform a Standard Glute Bridge

- Lie on your back with knees bent, feet flat, hip-width apart; heels 6-8 inches from your glutes.
- Slightly tuck your pelvis to avoid lower-back arching.
- Brace your core and drive through your heels to lift your hips.
- Raise until your body forms a straight line from shoulders to knees.
- Squeeze your glutes hard at the top for 1-2 seconds.
- Lower under control, keeping tension on the glutes.

Article Content

3 Ways to Do a Glute Bridge

The glute bridge is a simple bodyweight exercise, perfect for beginners who want to strengthen their glutes and

How to Do the Glute Bridge Exercise

Learn how to do the glute bridge exercise with proper form and variations for joint issues. Follow our step-by-step

Glute Bridge Workout

As you develop strength and stability, progressing the movement will help you build muscle and increase endurance.

Glute Bridge Exercise: How to Do It, Benefits & Form Tips

Learn how to do a glute bridge correctly with four simple steps to strengthen your core and glutes. Find out the benefits, mistakes to

Glute bridge exercises – 4 variations demonstrated

You can easily make the exercise harder or easier without the need for fancy equipment by adapting your glute bridge

Glute bridge exercises – 4 variations demonstrated

Learn how to do glute bridge exercises with proper form and progressions. Glute bridges

Guide To Glute Bridges

Learn how to do Glute Bridges correctly, the best glute bridge exercise variations, and how to avoid common mistakes for this

Glute Bridge Exercises to Strengthen, Lift, & Sculpt Your Glutes

What Is a Glute Bridge? A glute bridge is a hip-extension exercise performed by lifting your hips off the ground while keeping your

20 Glute Bridge Variations | Redefining Strength

Learn how to do glute bridge exercises with different variations to

How To Do a Glute Bridge and What Muscles It Builds

Find out how to do a glute bridge, learn the health benefits, and get tips about mistakes to avoid.

20 Glute Bridge Variations | Redefining Strength

Check out these 20 Glute Bridge Variations to activate your glutes and stretch out your hips! Strengthen your glutes and alleviate low

Glute Bridge Exercise: How to Do It, Benefits & Form Tips

Learn how to do the glute bridge exercise with correct form, plus its benefits for your glutes, low back, and hips — from a sports

Glute Bridge Progression: Beginner to Advanced Variations

Build stronger glutes with our complete glute bridge progression guide. From beginner to advanced moves for every

Contact Us

For more information, pricing, or custom solutions, please contact us:

Website: <https://benniedesignstudio.co.za>

Email: sales@benniedesignstudio.co.za

Phone: +27 82 391 4765

Address: The Towers, 1 St Georges Mall, Cape Town, 8001, South Africa

This document is for informational purposes only. Specifications subject to change without notice.

