Leg-raised glute bridge



Overview

How to Do the Glute Bridge Exercise Learn how to do the glute bridge exercise with proper form and variations for joint issues. Glute bridge exercises – 4.

Key Takeaways

The leg-raised glute bridge is a single-leg variation of the glute bridge that intensifies glute and hamstring activation while improving core stability.How to Perform a Leg-Raised Glute Bridge
• Starting Position: Lie on your back with one knee bent and the foot flat on the floor, while the other leg is extended straight in the air .

• Engage Core and Glutes: Contract your abdominal muscles and glutes to stabilize your pelvis.

• Lift Hips: Press through the heel of the grounded leg to lift your hips off the floor until your body forms a straight line from shoulders to knees .

• Hold and Lower: Pause at the top for 1–2 seconds, squeezing the glutes, then slowly lower your hips back to the starting position.

• Repetitions: Perform 10–15 reps per leg, 2–3 sets, resting 1–2 minutes between sets .
Benefits
• Glute Activation: Targets the gluteus maximus more intensely than a standard bridge, helping strengthen and shape the buttocks .

• Hamstring Engagement: The single-leg position increases hamstring recruitment, enhancing posterior chain strength .

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• Core Stability: Requires the gluteus medius and minimus to stabilize the pelvis, improving balance and preventing hip drop .

• Lower Back Support: Strengthening glutes and hamstrings reduces strain on the lower back and can alleviate discomfort .

• Progression: This variation is more challenging than the conventional glute bridge and can be used to progress toward weighted or elevated bridges .
Tips for Proper Form
• Avoid arching your lower back; the glutes should drive the movement .

• Keep the extended leg straight and in line with your torso to maintain balance.

• Focus on slow, controlled movements to maximize muscle engagement and prevent injury .

• Incorporate holds at the top of the lift for isometric strength gains.
Variations and Progressions
• Elevated Single-Leg Glute Bridge: Place the grounded foot on a bench or step to increase range of motion and hamstring activation .

• Weighted Single-Leg Bridge: Add a dumbbell or barbell on the hips for added resistance once bodyweight becomes easy .

• Marching Glute Bridge: Alternate lifting each leg while holding the bridge position to further challenge core stability . Incorporating leg-raised glute bridges into your routine can significantly enhance glute strength, improve hip stability, and support overall lower body performance.

Article Content

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Glute bridge exercises – 4 variations demonstrated

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The straight-leg bridge hold is a glute bridge variation where the lifter keeps their legs elevated and straight

Elevated Glute Bridges: Muscles Worked, and More

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Elevated glute bridges are a more advanced variation of glute bridge where the feet are raised higher off the floor. This

Single Leg Raise Glute Bridge

The single-leg raise glute bridge combines elements of the traditional glute bridge with a

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Repeat with right heel. Keep hips raised and core engaged the entire time. Once both legs

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If you''ve nailed the classic version, try these glute bridge exercise variations to target the

Single Leg Glute Bridge

Here is Amanda from the Queen of Lean giving you instructional clips on the type of

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The bridge exercise not only works your glutes, but also your core, hamstrings, and back. Up for the challenge? Try

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Looking to strengthen your glutes, hamstrings, and core while improving hip stability?

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Learn how to perform basic glute bridge exercise with proper form to build stronger glutes,

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The glute bridge exercise strengthens the glutes, improves glute activation, and increases core stability. It helps to

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A glute bridge is performed on the ground, while the hip thrust is performed with the upper back leaning

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See how to perform an elevated single-leg glute bridge perfectly with instructions by Sweat BBG trainer, Kayla Itsines.

Single Leg Raise Glute Bridge

The single-leg raise glute bridge combines elements of the traditional glute bridge with a leg raise for added intensity.

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