



*The bridge is an excellent starting exercise which functionally trains the glutes. By adding a resistance band such as the Band Loop to this exercise resistance to turning the hip, thigh and knees outwards will help you achieve a greater isolation of the gluteus maximus than could be otherwise be accomplished.*

### **Starting position:**

- Lay on your back and place the band loop around your thighs just above your knees
- Place your feet directly under your knees
- If necessary tie a knot in the band to allow for more resistance

### **The exercise:**

- Maintain normal respiration (avoid holding your breath!)
- Squeeze your glutes tightly
- Push your knees outwards against the band
- Slowly lift your tailbone, then buttocks, and then lower back up in sequence
- Slowly lower the bridge from the top down
- Relax

### **Repetitions:**

- Perform 8-10 repetitions very slowly twice a day (up to 10 seconds/repetition)
- Increase to 3 sets over time