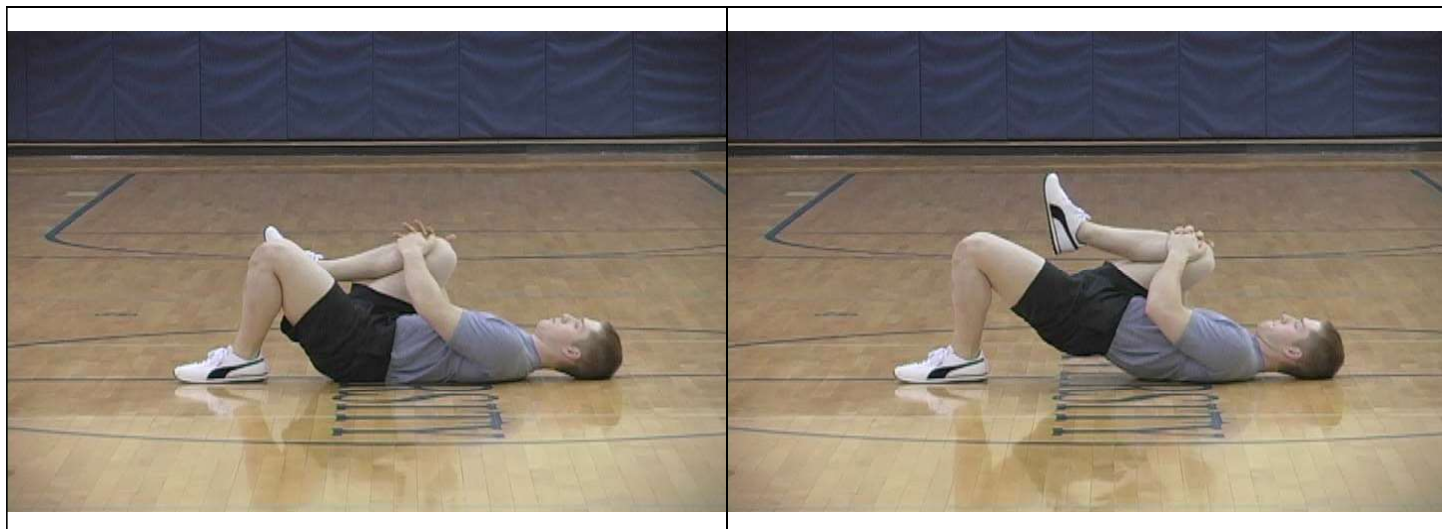


8.2 – ONE-LEG SUPINE BRIDGE



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve hip extension, and learn the difference between hip motion and lumbar spine motion. ▪ To activate the gluteals in a unilateral fashion.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Lie on your back with your arms at your sides, knees bent and feet flat on the floor. ▪ Pull one leg up to your chest.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Tense your abs and squeeze your glutes to initiate the movement. ▪ Go only as high as your glutes will take you; don't arch your back! ▪ Lower under control to a point just above the ground, and repeat.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Drive through the heels and use the glutes to promote the movement, versus the lower back and hamstrings. ▪ Don't go further than your glutes can take you, and definitely don't hyperextend the low back. Do it right! ▪ Avoid rounding the back when grabbing the shin. Your head should not come up off the floor.