

30 DAY GLUTE BRIDGE CHALLENGE

Glute bridges are a low impact lower body workout that not only works the glutes, but also the hamstrings, low back, and core. This is a fantastic move for all people, but especially those who spend a lot of their day seated as it builds up glute strength and helps balance out the muscles in the back and legs.

Benefits of Glute Bridges Include:

- > Improved posture - glute muscles get weak when they are not used, so if you sit for any length of time, your hip flexors can shorten, making them feel tight. Eventually this will impact your posture!
- > Strengthens your core - When we think of core, your mind might go to "abs" but the core is anything other than your head, arms, or legs! Glutes attach directly to your low back and wrap around to the abdominal muscles.
- > Helps improve low back pain - who doesn't need this!
- > Improves knee pain - many people struggle with traditional leg exercises like squats and lunges due to knee pain. This is due to challenges controlling the upper leg. Due to the position of glute bridges, they can improve strength in this area!

How to perform a Glute Bridge:

1. Lie flat on your back, feet flat on the floor.
2. Feet should be shoulder distance apart,
3. close to your butt.
4. While engaging your core, tilt your rib cage down towards your hips, begin lifting the hips toward the ceiling.
5. Slowly lower back to the ground maintaining this posture throughout.
6. Exhale as you lift your hips, inhale down to the floor



All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

Types of Glute Bridges

Marching Glute Bridge:

Perform the bridge, hold at the top. While holding, begin marching one leg at a time while keeping hips lifted.



Single Leg Glute Bridge:

Perform the Glute Bridge with one leg extended as you lift.



Elevated Glute Bridge

This is the same as the regular bridge, but with feet on an elevated surface like a step, box or chair.



Glute Bridge Hold:

Perform the Glute Bridge and hold at the top.



Single Leg, Holds and Marching Bridges can all be performed in the elevated position and will be used in this program.

For the single side Bridges (marching & single leg) the reps listed are for the TOTAL amount to complete. Ex: 24 reps = 12 per side.

GB = Glute Bridge

**Add Mini Band if Accessible Just Above the Knees

10 Rep Glute Bridge
X 3

1

10 Rep Glute Bridge
20 Rep Marching GB

2

10 Rep Glute Bridge
20 Rep Marching GB
X2

3

10 Rep Glute Bridge
20 Rep Marching GB
10 Rep Elevated GB

4

Rest

5

10 Rep Glute Bridge
20 Rep Marching GB
10 Rep Elevated GB
20 Rep Single Side GB
X2

6

20 Rep Glute Bridge
20 Rep Marching GB
20 Rep Elevated GB
20 Rep Single Side GB
X2

7

20 Rep Glute Bridge
20 Rep Elevated GB
20 Second GB Hold
X2

8

30 Rep Marching GB
20 Rep Elevated GB
30 Second GB Hold
X2

9

Rest

10

30 Rep Single Side GB
30 Rep Elevated GB
30 Second GB Hold
X3

11

30 Rep Single Side GB
30 Rep Glute Bridge
20 Rep Marching GB
30 Second GB Hold
X2

12

30 Rep Glute Bridge
30 Rep Elevated GB
20 Sec Elevated Hold
X2

13

30 Rep Glute Bridge
30 Rep Elevated GB
20 Sec Elevated Hold
X2

14

30 Rep Single Side GB
30 Rep Marching GB
30 Rep Glute Bridge
30 Rep Elevated GB
30 Sec GB Hold
X2

15

Rest

16

30 Rep Single Side GB
30 Rep Marching GB
30 Rep Glute Bridge
30 Sec Elevated Hold
X3

17

30 Sec GB Hold
20 Rep Glute Bridge
30 Sec Elevated Hold
20 Sec Elevated GB
X3

18

Rest

19

40 Rep Marching GB
30 Sec GB Hold
40 Rep Single Side GB
30 Sec Elevated Hold
X3

20

Rest

21

15 Rep Glute Bridge
X 2
30 Rep Marching GB
X2
15 Rep Elevated GB
X2
30 Rep Single Side GB
X2

22

15 Rep Glute Bridge
30 Sec GB Hold
30 Rep Marching GB
30 Sec Elevated Hold
15 Rep Elevated GB
30 Sec GB Hold
30 Rep Single Side GB
30 Sec Elevated Hold

23

Rest

24

15 Rep Glute Bridge
30 Rep Marching GB
15 Rep Elevated GB
30 Rep Single Side GB
X3

25

40 Sec GB Hold

20 Rep Glute Bridge
X 2
40 Rep Marching GB
X2
20 Rep Elevated GB
X2
40 Rep Single Side GB
X2

26

20 Rep Glute Bridge
40 Sec GB Hold
40 Rep Marching GB
40 Sec Elevated Hold
20 Rep Elevated GB
40 Sec GB Hold
40 Rep Single Side GB
40 Sec Elevated Hold

27

20 Rep Glute Bridge
40 Rep Marching GB
20 Rep Elevated GB
40 Rep Single Side GB
X3

28

Rest

29

20 Elev. Single Side GB
20 Rep Glute Bridge
20 Elev. Marching GB
20 Rep Elevated GB
20 Rep Single Side GB
20 Rep Marching GB
X3

30

60 sec GB Hold
40 Sec Elevated Hold