

Leg workout with Sam Rodman from Cornish Pirates RFC



Glute Bridge



Explanation

Starting position	Performing the movement	Finishing the movement
Lie on your back on the floor, Knees bent, Feet flat on the ground, Arms by your sides.	Lift your hips off the ground until they make a straight line with your shoulders and knees. Squeeze your glutes (bottom) hard. Tense your abdominal muscles. Don't over extend your back	Slowly lower your hips back to the ground

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 30 seconds between each set of exercises.

Beginners – 10 Repetitions for 3 Sets

Intermediate – 20 Repetitions for 3 Sets

Expert – 30 Repetitions for 3 Sets

