

# Exercise Spotlight

## Hip Lift

Muscles Worked	- Glutes, Erector Spinae, Transverse Abdominis
Benefits	<ul style="list-style-type: none"><li>- Improve spine and hip flexibility</li><li>- Strengthen the posterior chain of muscles</li><li>- Enhance posture and promote balance</li></ul>
Precautions	- Think about maintaining a slight posterior pelvic tilt throughout the entire duration of the exercise. This will help to encourage a strong contraction from the glute and abdominal muscles and foster a flattening effect on the stomach and waist
Instructions	<ul style="list-style-type: none"><li>- Begin by lying down on a matt with your knees bent, feet close to your glutes and set hip-width apart, hands at your sides with the palms down, shoulders drawn down and back, and a slight posterior pelvic tilt</li><li>- Concentrate on holding this same posture as you lift your hips up and establish your start position</li><li>- Inhale as you lower your hips down towards the ground, doing your best to maintain tension through the glutes as you do so</li><li>- Exhale as you drive through your heels and squeeze the glutes, pressing your hips up and returning to start position</li><li>- Repeat for desired number of sets and repetitions, practicing strong form and a controlled tempo</li></ul>

Start and Finish

Mid Point

