



HIP THRUSTING: FOUR VARIATIONS

With **Hip Thrusting**, we're taking the **basic glute bridge** to a much higher, more intense level!

The main driver for the increase in intensity? One reason is that the legs are raised high above the trunk, which increases the total range of motion.

This is the kind of exercise where we can take advantage of the "optimal" patterning/practice we did with the more basic exercises that brought us to this point.

If we patterned those well, these variations are simply a matter of effort – dancing right on the edge of our ability!

There are FOUR variations of this thrusting movement presented in the video, each one providing a progressive and unique dynamic challenge!

1. We start with basic **BILATERAL hip thrusting**.
2. Then comes **SINGLE-SIDE NEGATIVES**.
3. Next are **END RANGE PARTIALS**.
4. And finally, **EXTERNAL rotations at the top end range** – while in full extension.

Master each of the variations, starting of course with bilateral.

When you're training, always begin (after a warm-up) with the most challenging variation for you. And then peel back from there to less challenging variations as you fatigue.

It won't be easy, but it will be worth it!

In each of these kinds of exercises in this program, the goal is to move progressively toward doing them with a single leg/hip.

Typically referred to as “isolateral,” single-leg versions of these movements truly challenge us in a way that mirrors how we move in our sports. We load our hips differently when on a single leg vs. being on two legs.

You can’t rush this process. It must happen progressively, starting with basic skill development and learning with little to no load on two legs, and progressing to single-leg and beyond.

Step by step. The only way!