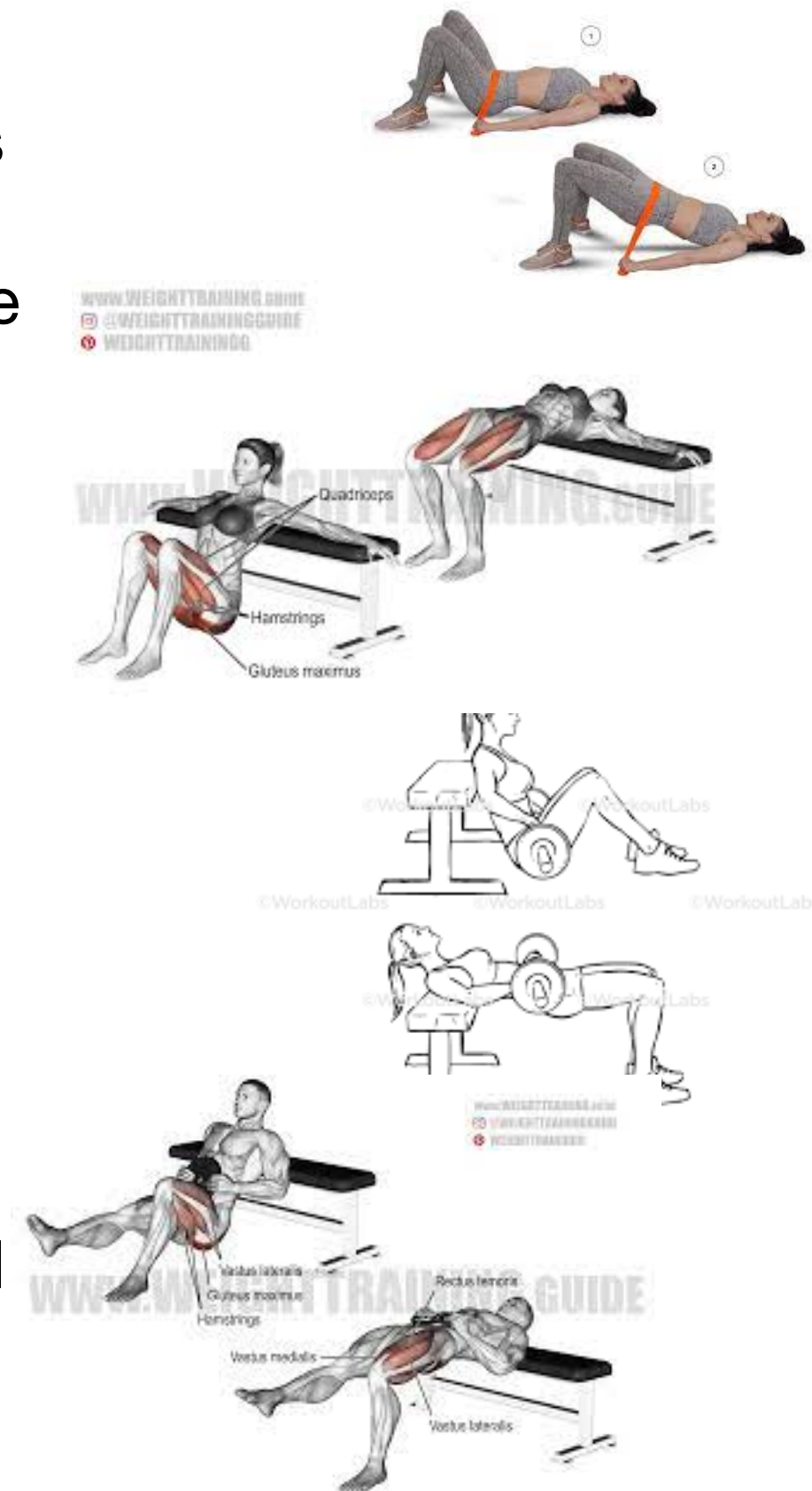


Hip Thrusts

GREAT ATHLETIC TRAINING EXERCISE SERIES

Summary: The Hip Thrust is a great exercise that has different versions. The traditional Hip Thrust has your shoulders off an edge of a bench so you can lower to and from the floor using your gluteal muscle to drive the motion. *Remember the gluteal muscles are some of the most important muscles. They protect the back and knees and drive performance.* Barbell hip thrust exercise presents greater activation of the hip extensor muscles compared to more conventional exercises. Post-activation potentiation of the barbell hip thrust is significant, improving short sprint time. Barbell hip thrust training with sub-maximal loads can improve sprint times. I like using a dumbbell versus a barbell when doing a traditional bench hip thrust because the ability to get in and out of position is easy and fast. I also prefer the single leg version since it activates the entire core. READ ON

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Exercises you Should Do



Hip Thrusts

GREAT ATHLETIC TRAINING EXERCISE SERIES

Start seated on the floor, knees bent, feet slightly wider than hip-distance apart. The toes can be turned out just slightly. The upper back (lower scapula) should be resting against the edge of the weight bench in the center of the bench. Place the weight bar (or dumbbell, which I prefer) across the hips. Hold onto the weight to keep it in place, but do not use your arms to lift it. Squeeze the glutes and press the bar straight up until the hips are in line with the shoulders and knees. The bench should be supporting the mid-scapula area. Keep the core tight and maintain a slight chin tuck with your focus down your body (a few inches above the bar). Slowly lower the buttocks down until the hips are just a few inches off the floor. Squeeze the glutes and lift again. See single leg version [video](#). You can do this many ways. One way is on the floor with bands. I particularly like using a dumbbell on the floor one leg at a time.

The Hip Thrust is an exercise that I do regularly in the form of Bridges (single leg). I feel they help me run with greater triple extension extension. The Hip Thrust is a great exercise that has different versions. The traditional Hip Thrust has your shoulders off an edge of a bench so you can lower to and from the floor using your gluteal muscle to drive the motion. *Remember the gluteal muscles are some of the most important muscles. They protect the back and knees and drives performance.* This exercise has gained a lot of popularity recently. The reason is that muscle activation when doing it is different from those associated with more traditional exercises such as squatting (front or back barbell), split squats, deadlifts and others. A systematic review analyzed the activation of the muscles involved in the barbell hip thrust (BHT) and its transfer to sports activities that include horizontal displacement ([study](#)). What they found was: Barbell hip thrust exercise presents greater activation of the hip extensor muscles compared to more conventional exercises. Post-activation potentiation of the barbell hip thrust is significant, improving short sprint time. Barbell hip thrust training with sub-maximal loads can improve sprint times. Another study found though that the traditional body weight squat was better at developing muscle hypertrophy of the quadriceps femoris and gluteus maximus than the Hip Thrust. So again I say do not just do one exercise and think it is superior to others. Employ variety in your training. Another study suggests this by stating exercises can be used interchangeably and safely to avoid training monotony during longer training periods for chronic adaptations ([study](#)). [See more research here.](#) I like using a dumbbell versus a barbell when doing a traditional bench hip thrust because of ease of use and the ability to get in and out of position easily and fast. I also prefer the single leg version since it activates the entire core.

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