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Move of the month

NAME OF EXERCISE: glute bridge with leg extension

DIFFICULTY LEVEL: intermediate

EQUIPMENT: exercise mat

BENEFIT: This exercise works the muscle groups in your buttocks (glutes), thighs (hamstrings and quadriceps), lower back and abs.

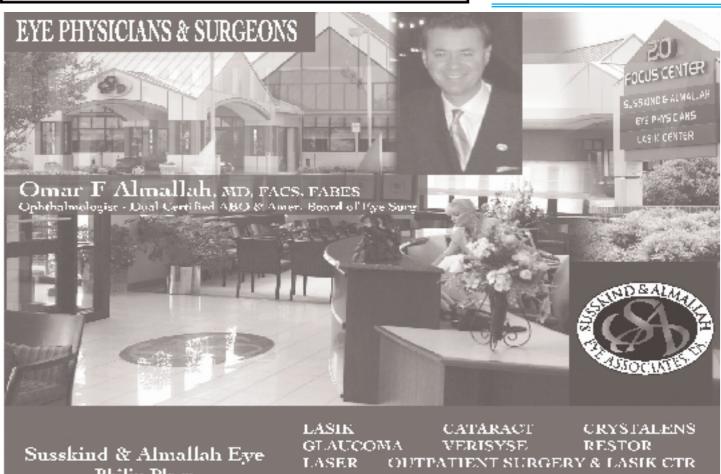
PROGRESSION: Start off doing one set of 8-12 reps. Once you learn the form of the exercise gradually increase to an additional set of 10-15 repetitions. Performing this movement on both sides counts as one

DESCRIPTION OF THE MOVEMENT:

- Lie face up on a mat, with your knees bent and your feet flat on the floor. Bring your arms out to your sides, palms side down.
- Contract your glutes and lift your hips off the mat so that your body forms a straight line from your shoulders to your
- Bring your left leg up slightly and straighten your knee, extending the leg in line with your body. Hold momentarily.
 - Bring your left leg back to starting position.
 - Now, switch sides and perform the same movement.

WAYNE'S TIP: During this particular exercise keep your abdominals pulled in and dig your heel into the mat Really squeeze your glutes at the top.

This exercise is being demonstrated by Wayne Matus, owner of Fitness Together Freehold, a private personal training studio. For more information, call 732-431-5555 or go to www.ftfreehold.com.



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