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# Health & Fitness

## 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 rep.

**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](http://www.ftfreehold.com).*



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