

HEELCURVE HOCKEY

SINGLE-LEG GLUTE BRIDGE WITH HOLD AT TOP

EXERCISE MECHANICS

WHAT IT IS

A lower body exercise that develops unilateral glute strength, hip stability, and posterior chain control by performing a glute bridge on one leg and holding at the top. It improves hip extension strength, balance, and functional stability.

1 START

Lie on your back with one foot flat on the ground, the other leg extended. Arms by your sides.

2 DRIVE UP

Drive through your heel, extend your hip, and lift your hips off the ground.

3 HOLD

Hold at the top with your hips fully extended and squeezed. Keep your body in a straight line from shoulders to knee.

4 LOWER

Slowly lower your hips back down with control without letting your hips drop too fast.

5 REPEAT

Reset and repeat for the desired number of reps, then switch legs.



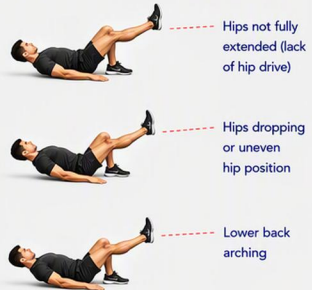
KEY POINTS

- Drive through your heel—don't push through your toes.
- Keep your hips level and square.
- Squeeze your glute at the top.
- Maintain a neutral spine—don't arch your lower back.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Glutes
- Hamstrings
- Calves
- Core
- Quadriceps
- Hip Stabilizers

TRAINING TIPS

- Use as a strength and control builder, not just for height.
- Start with bodyweight and progress by adding a pause, tempo, or load.
- Focus on controlled reps and full hip extension.
- Include in lower body or hockey-specific training.