

HEELCURVE HOCKEY

SINGLE LEG GLUTE BRIDGE

EXERCISE MECHANICS

WHAT IT IS

A unilateral hip extension exercise that builds glute strength, improves hip stability, and helps address strength imbalances to support better movement and injury prevention.

1 START

Lie on your back with one knee bent and foot flat on the ground. Extend the opposite leg straight out. Arms down by your sides, core tight, and hips square.

2 DRIVE UP

Drive through your heel and squeeze your glute to lift your hips off the ground until your body forms a straight line from shoulders to knee. Keep your extended leg in line with your hips.

3 SQUEEZE

At the top, squeeze your glute hard and hold briefly. Keep your hips level and avoid letting them drop or rotate.

4 LOWER

Lower your hips back down with control until your glutes lightly touch the ground. Repeat for the desired reps, then switch legs.



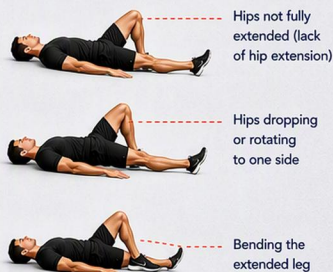
KEY POINTS

- Drive through your heel, not your toes.
- Keep your core braced and ribcage down.
- Squeeze your glute hard at the top.
- Keep your hips level—don't let them drop or rotate.
- Keep the extended leg straight and in line with your hips.
- Focus on quality reps, not quantity.

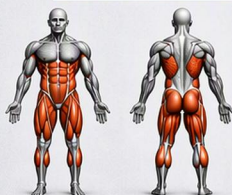
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Glutes
- Hamstrings
- Calves
- Lower Back (Erector Spinae)
- Core

TRAINING TIPS



Use this as a strength builder, prehab exercise, or posterior chain accessory.



Focus on controlled reps and a strong squeeze at the top.



Progress by adding load (dumbbells or kettlebell) or elevating the supporting foot.



Include in lower body days or as part of your off-ice injury prevention routine.