

HEELCURVE HOCKEY

GLUTE BRIDGES (BODYWEIGHT)

EXERCISE MECHANICS

WHAT IT IS

A foundational exercise that builds glute strength, hip stability, and core control without added load. It improves posterior chain activation, supports lower body power, and enhances balance and pelvic control.

1 SETUP

Lie on your back with knees bent and feet flat on the ground, hip-width apart. Arms by your sides.

2 DRIVE HIPS UP

Press through your heels and squeeze your glutes to lift your hips toward the ceiling until your body forms a straight line from shoulders to knees.

3 HOLD AND SQUEEZE

Pause at the top and squeeze your glutes firmly. Keep your core tight and avoid arching your lower back.

4 LOWER SLOWLY

Lower your hips with control back to the starting position without letting your hips touch the ground completely.

5 REPEAT

Repeat for the desired number of reps with smooth, controlled movements.



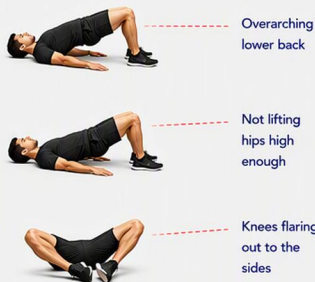
KEY POINTS

- Squeeze your glutes at the top.
- Keep your core tight and ribs down.
- Drive through your heels, not your toes.
- Avoid arching your lower back.
- Move with control—quality over speed.
- Focus on consistent reps and tension.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Glutes
- Hamstrings
- Lower Back
- Core
- Calves
- Hip Stabilizers

TRAINING TIPS



Use as a warm-up, activation drill, or accessory movement.



Start with higher reps (15–20) and focus on strict form.



Progress to single-leg or weighted variations as you get stronger.



Include 2–4 sets in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.