

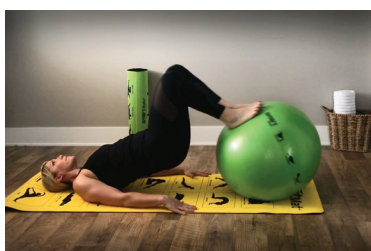
FEATURED MOVE: HIP BRIDGE ROLL-OUT

FEATURED PRODUCT: SMART STABILITY BALL

The hip bridge roll-out is a great workout for the hamstrings, abs, glutes, and lower back. An exercise such as the hip bridge rollout helps target and strengthen your glutes and lower back muscles, helping to keep your posture upright in either a standing or sitting position

Smart

SELF-GUIDED FITNESS



STEP 1

Start with your back flat on the ground, arms to the side, neck long, and put your heels firmly into the stability ball. Pushing through the heels, raise your hips off the floor and hold.



STEP 2

Keeping your upper body still, slowly straighten your legs while keeping your hips lifted and your body aligned.



STEP 3

Keep your hips lifted and slowly roll the ball toward your torso using your feet. Repeat. When finished with your set, slowly return to the ground from this position.

WHAT THE EXPERTS SAY:

This exercise is a great alternative for those who have a hard time with squats because of hip or knee pain.

WE MAKE IT SMART. YOU MAKE IT HAPPEN.