Twitter Thread by Alex Bernier



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The extension of the hips is an action many people lack in their motion diets

You sit on the most powerful muscles in your body and numb them over the years

This video shows a Hip Extension progression from easiest to hardest

Find the right one for you and work your way up



Your hip extensors have a high power potential and adapt well to heavier weights.

Load them to crank your voltage up and build yourself some mighty legs.



4 ways to change change a hip extensions at home:

1. Back position (floor, bench, standing)

2. Arm position (by your side, behind you, straight ahead, palms up/down)

3. Foot placement (narrow,wide, elevated)

4. Two legs at a time vs one https://t.co/1XisARfRBb

> The Glute Bridge is a useful exercise that changes based on how we place our arms.
>
> Your lats will get a greater stretch if you have your arms behind you.
>
> Hold 3 seconds the top, then lower your hips slowly.
>
> Do this exercise if you woke up with a stiff lower back this morning. pic.twitter.com/IrsZc6HEFU
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> — Alex Bernier (@mythoughtfood) July 16, 2022