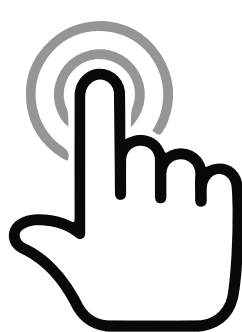
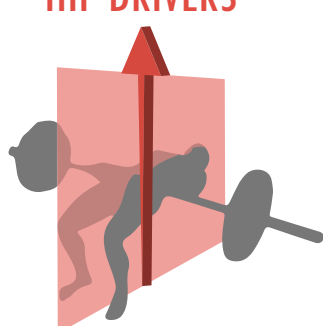
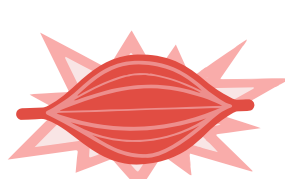


HIP DRIVERS



Click the exercise name to view the video

Activators



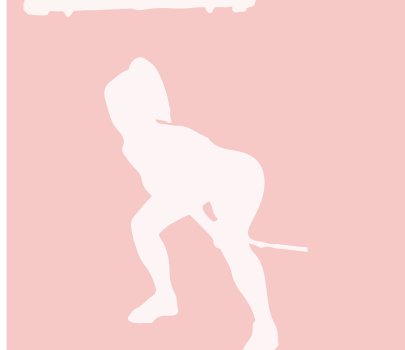
Barbell Hip Thrust



American Hip Thrust



Cable Pull-Through



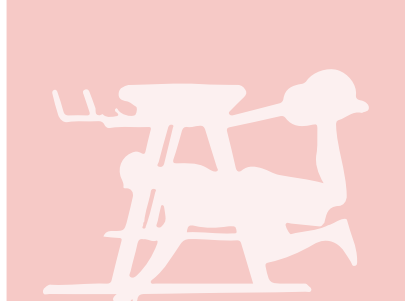
Back Extension



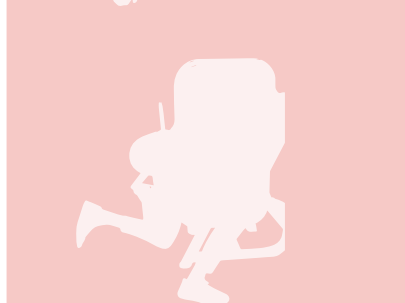
Cable Kick-back



Bent-knee Weighted Hip Extension



Leg Extension Glute Kickback



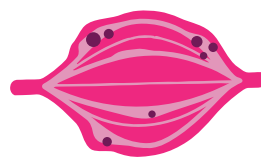
Rounded Back Extension



Frog Extension



Pumpers



Elevated Glute Bridge



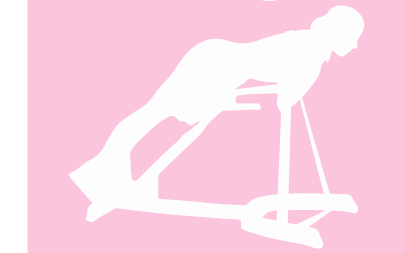
Band Quadraped Hip Extension



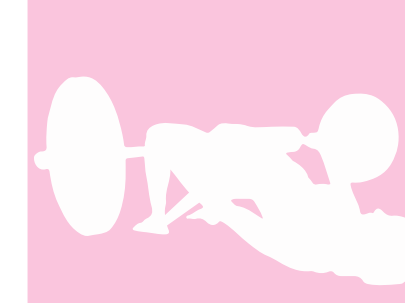
Frog Pump



Band Back Extension



Barbell + Band Glute Bridge



Standing/kneeling Banded Hip Hinge



Double Banded Hip Thrust



Band around knees and waist