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After the bar passes the knees aggressively pull the bar back, driving your hips forward in a hip thrusting motion. Lower the bar by bending at the hips and guiding it to the floor, ensuring that it stays close to your body to reduce any excess load on your low back. 19 Best Glute

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Drive the front knee forwards and ' pull ' yourself down using your front hamstring and glute.. When you reach the bottom position, push back up through the heel of the front foot. Be sure not to ' fall forwards ' at the torso.

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