



Bridge Exercise: Building Elite Full-Body Strength

Description

Building and keeping full-body strength helps people live independently and with confidence. It's important to stay fit for the future because without strength, everyday tasks like showering, doing laundry, or taking out the rubbish can become hard or even impossible. Exercising is always helpful. But how do you know if you're strong enough? We spoke with experts to find out.

To check your strength, try holding a bridge position. Doing this after the age of 55 shows strong full-body strength. Josh York, CEO of GYMGUYZ, says adults aged 55 and over should aim to hold a glute bridge for 30 to 45 seconds. If you can hold it for up to 60 seconds with good form, this is considered "elite" strength. Keeping the body aligned and the core engaged is important.

The glute bridge is a good test because it uses several muscles. The glutes lift the body, while the core stabilises the spine, and the hamstrings and back help hold the position. This exercise checks overall strength, not just the glutes.

Having strong muscles in the back of the body helps people stay upright and balanced. It also reduces the chance of falling and lessens pressure on joints. The glute bridge is a good measure of functional strength, which is needed for daily activities like standing and walking.

Comprehension Questions

Multiple Choice

1. What is a good exercise to check full-body strength?

- Option: Sit-ups
- Option: Glute bridge
- Option: Push-ups
- Option: Squats

2. How long should adults aged 55 and over aim to hold a glute bridge?

- Option: 10 to 20 seconds
- Option: 20 to 30 seconds
- Option: 30 to 45 seconds
- Option: 45 to 60 seconds



-
3. Which muscle group does the glute bridge primarily use?
- Option: Arms
 - Option: Legs
 - Option: Back
 - Option: Glutes
4. What is considered 'elite' strength for holding a glute bridge?
- Option: 30 seconds
 - Option: 45 seconds
 - Option: 60 seconds
 - Option: 90 seconds
5. What does strong muscles in the back of the body help improve?
- Option: Flexibility
 - Option: Balance
 - Option: Speed
 - Option: Strength
6. Which age group is discussed for testing strength with a glute bridge?
- Option: Adults aged 25 and under
 - Option: Adults aged 36 to 45
 - Option: Adults aged 55 and over
 - Option: Adults aged 60 and over

True-False

7. You should hold a glute bridge for at least 60 seconds to have elite strength.
8. The glute bridge only checks the strength of the glutes.
9. Keeping the body aligned is crucial while performing a glute bridge.
10. Strong full-body strength is not important for daily tasks.
11. Adults aged 55 and over must not engage in strength testing exercises.
12. The glute bridge helps reduce pressure on joints.



Gap-Fill

13. Building and keeping full-body strength helps people live independently and with

_____.

14. Exercising is always _____ for strength testing.

15. The glute bridge uses several muscles including the glutes, hamstrings, and _____.

16. The glute bridge is a measure of functional strength needed for daily activities like

_____ and walking.

17. Having strong muscles in the back of the body helps people stay _____ and balanced.

18. Without strength, everyday tasks like showering can become hard or even _____.

Answer

Multiple Choice: 1. Glute bridge 2. 30 to 45 seconds 3. Glutes 4. 60 seconds 5. Balance 6. Adults aged 55 and over

True-False: 7. True 8. False 9. True 10. False 11. False 12. True

Gap-Fill: 13. confidence 14. helpful 15. core 16. standing 17. upright 18. impossible

CATEGORY

1. Health - LEVEL3

POST TAG

1. B1
2. Bridge Exercise
3. Elite Strength
4. ESL learning
5. esl news
6. Full-Body Workout
7. L3
8. Level 3

Tags



1. B1
2. Bridge Exercise
3. Elite Strength
4. ESL learning
5. esl news
6. Full-Body Workout
7. L3
8. Level 3

Date Created

2026/05/01

Author

aimeeyoung99

ESL-NEWS.COM