

**GOOD**

*Is the Good Morning Exercise  
Worth Adding to Your  
Routine?*

# MORNING

GOOD MORNING EXERCISE



# About Morning Exercise

The Good Morning Exercise is a powerful strength-training movement designed to target the hamstrings, glutes, and lower back while engaging the core for stability. By hinging at the hips with controlled motion, this exercise helps improve posture, flexibility, and posterior chain strength. When performed correctly, it can enhance performance in other compound lifts and support overall functional fitness. For optimal results, it's important to combine proper form, gradual resistance, and a balanced routine. Incorporating a **good morning exercise** into your workouts can contribute to stronger muscles, better spinal alignment, and reduced risk of lower-back strain.





## 03 Key Highlights

### 01 Posterior Strength

Targets hamstrings, glutes, and lower back for improved posture and overall strength.

### 02 Flexibility & Posture

The *Good Morning Exercise* improves hip hinge, core control, and reduces injury.



### 03 Boosts Strength

Improves strength, balance, and body awareness for better overall fitness results.

# Recap



The Good Morning Exercise is a strength-training movement that primarily targets the hamstrings, glutes, and lower back, while also engaging the core. By hinging at the hips and maintaining a straight spine, this exercise helps improve posture, flexibility, and overall posterior chain strength. When performed correctly, it can enhance athletic performance, support injury prevention, and build functional strength. For beginners, it's recommended to start with a light bar or bodyweight to master the form before progressing to heavier resistance. Incorporating a Good Morning Exercise into a balanced routine can offer significant benefits for both fitness enthusiasts and athletes alike.

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