

Bridge (Level 1)

Starting position:

Lying on your back with your hips and knees bent.

Movement:

Squeeze your buttocks, tighten abs, and lift your hips into the air, pushing through your heels until your body is straight. Slowly return to starting position.

Perform ____ Reps ____ Sets ____ Times a day

Bridge with Alternating March (Level 2)

Starting position:

Lying on your back with your hips and knees bent.

Movement:

Squeeze your buttocks and lift your hips into the air, pushing through your heels until your body is straight. When bridge is reached perform a marching motion lifting your feet 3-4 inches off the ground. Slowly return to starting position.

Perform ____ Reps ____ Sets ____ Times a day

Bridge with Alternating Knee Extension (Level 3)

Starting position:

Lying on your back with your hips and knees bent.

Movement:

Squeeze your buttocks and lift your hips into the air, pushing through your heels until your body is straight. When bridge is reached, slowly extend one knee so your thighs are parallel, then alternate. Return to the starting position and repeat.

Perform ____ Reps ____ Sets ____ Times a day

