



Bridge on Physioball (Knees Extended)

Starting position:

Lying on your back with your knees extended and feet on the ball.

Movement:

Squeeze your buttocks and lift your hips into the air, keeping your knees extended until your body is straight. Slowly return to starting position.

Perform ____ Reps ____ Sets ____ X/day

Bridge on Physioball (Knees Extended) with Leg Lift

Starting position:

Lying on your back with your knees extended and feet on the ball.

Movement:

Squeeze your buttocks and lift your hips into the air, keeping your knees extended until your body is straight. Lift one leg up in the air. Bring raised leg back down to ball slowly, while keeping hips up and core tight. Repeat with other leg.

Perform ____ Reps ____ Sets ____ X/day