

BRIDGING VARIATIONS



Starting Position

- Roll up into the Bridge position as described in the Bridge exercise sheet
- Hold the bridge position
- Distribute the weight evenly on your feet and keep your legs parallel



Movement

- Exhale. Engage your abdominal and hip muscles to hold your body in position and your pelvis stable during the exercise
- Lift up your toes and rest on your heels
- Inhale. Hold then roll onto your toes, lifting your heels up
- Repeat 5 – 10 times, then slowly lower your body down onto the mat



Progression

- Roll up into the Bridge position
- Lift your arms off the mat and stretch your finger tips to the ceiling
- Hold in this position and rock onto your heels and toes like the previous exercise
- Repeat 5 times
- Then slowly roll your body down to the mat

Notes:

- Keep your shoulders and neck relaxed and uninvolved throughout the exercise