

BRIDGING PROGRESSIONS



Starting Position

- Lie on your back with your knees bent and feet hip width apart
- Place your feet approx 30cm away from your body
- Make sure your neck and shoulders are relaxed
- Roll up into bridge position



Movement – Bridging progression 1

- Maintain the bridge position keeping hips level
- Lift one leg into air, keep this leg straight
- Hold for 5 seconds then return to bridge position
- Repeat with opposite leg before lowering body back down to the floor
- Repeat 5 lifts each leg



Movement - Bridging progression 2

- Maintain the bridge position keeping hips level
- Lift one leg up towards the ceiling
- Lower your hips slowly down half way towards the floor with your leg still stretching up to the ceiling
- Lift your hips up again, repeat 5 times on each leg

Notes:

- Keep neck and shoulders relaxed and continue to breathe normally throughout the exercises