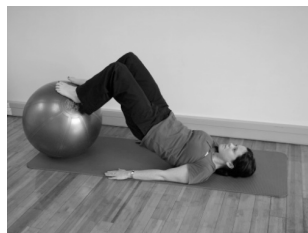


## SWISS BALL BRIDGING



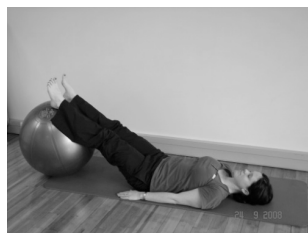
### Starting Position

- Lie on your back with your knees bent and feet on top of the swiss ball
- Your feet should be hip width apart
- Arms by your sides
- Make sure your neck and shoulders are relaxed



### Movement

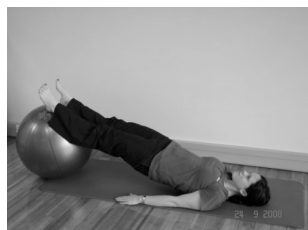
- Exhale. Set your abdominal muscles and glute muscles and lift your hips off the floor
- Inhale. Rest at the top of the movement with your shoulder blades still in contact with the floor
- Exhale. Lower your body back to the starting position
- Repeat 5 – 10 times



### Straight Leg Swiss Ball Bridge Exercise

#### Starting Position

- Place your heels on the swiss ball, hip width apart
- Rest your arms by your sides



#### Movement

- Exhale. Set your abdominal muscles and glute muscles and lift your hips off the floor
- Inhale. Rest at the top of the movement with your shoulder blades still in contact with the floor
- Exhale. Lower your body back to the starting position
- Repeat 5 – 10 times
- NB: To make this exercise easier, bring the ball closer to you and place more of your leg on top of the ball