

REFORMER BRIDGING



Starting Position

- Lie on your back on the reformer, knees bent and heels on the foot bar hip width apart
- Make sure your neck and shoulders are relaxed and the head rest is down



Movement

- Exhale. Draw in your abdominal muscles and begin to curl the pelvis so your lower back presses into the mat
- Then lifting the lower back vertebra by vertebra off the reformer
- Inhale. Rest at the top of the movement with your shoulder blades still in contact with the reformer
- Exhale. Then slowly roll your spine back to the starting position, articulating the spine in the reverse order from the top of the spine, vertebra by vertebra. Repeat 5 times



Progression

- Roll your spine up off the reformer as you did in the previous exercise
- Exhale. Press your heels into the foot bar and straighten your legs
- Inhale. Hold momentarily in this position before slowly resisting the springs on the reformer as you bend your legs in
- Your lower abdominal and hip muscles should be engaged throughout the exercise
- Repeat 5 – 10 times before rolling down to the starting position

Notes:

- Keep your shoulders and neck relaxed and uninvolved throughout the exercise
- Do not over extend your back, shoulder blades should remain on the reformer