

## BRIDGING



### 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



### 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 floor
- Inhale. Rest at the top of the movement with your shoulder blades still in contact with the floor
- 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

- Start this exercise with your hands on your hips. Roll your spine up off the floor as you did in the normal Bridge exercise.
- Hold, for 5 seconds at the top of the movement then roll slowly down, articulating the spine, one vertebra at a time.
- Repeat the exercise 5 times



### Bridging faulty technique

- Do not over extend your back, shoulder blades should remain on the mat.

### Note:

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