

FOAM ROLLER BRIDGING



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- Lie on the ground with feet on the roller and arms by your side
- Lift your bottom in the air gently, curling your spine, and roll back down



SINGLE LEG BRIDGING

- Heels on roller, hip width apart, bridge up to your shoulders
- Take 1 leg off the roller and reach your foot up to the ceiling. Hold your leg up while keeping your pelvis level.

Notes: