

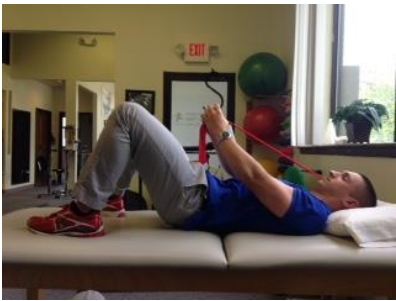
Bridge Progressions

Begin lying on your back, with your knees and feet shoulder width apart. Engage your lower abdominals throughout the motion to maintain proper back alignment. Squeeze your glutes and push your weight into your feet to lift yourself off of the table, going only as high as you can while maintaining your abdominal control. Slowly return to the starting position. Your low back and glutes should make contact with the table at the same time; if they do not, then you are not maintaining proper abdominal control.

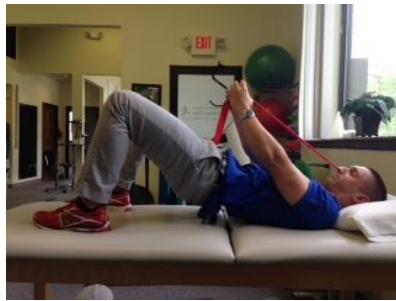


If necessary, add one of the following to assist with proper bridging form:

TheraBand for abdominal facilitation...



Mini-Bridge



Full bridge

TheraBand for glute facilitation... try single leg when ready!



Add in the **Swiss Ball** when abdominal control and glute activation are easily utilized and maintained!

