

TIPS for Better BRIDGE



OPEN HIP FLEXIBILITY

NOT CRUNCHING IN LOWER BACK

GOOD UPPER BACK & SHOULDER FLEXIBILITY

CORRECT SHOULDER ALIGNMENT

STRONG & LIFTED SHOULDERS

STRONG CORE

FEET PARALLE



TIPS:

- Use a wide variety of different hip stretches to find the ones you need most.



HIP FLEXIBILITY FOR BRIDGES

Good hip flexibility is extremely important for bridges.

Better hip flexibility:

- Allows the weight shift into shoulders, giving better access to shoulder flexibility.
- Takes pressure off the lower lumbar.

- Always do at least 2 hip stretches before starting bridges
- Try increasing the amount of hip flexor stretches you do during the week & notice your bridges getting easier.



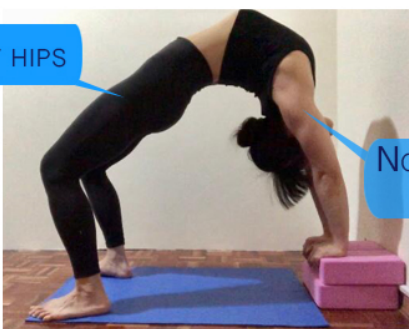
NEUTRAL LOWER BACK

TIGHT HIPS

BETTER HIP FLEXIBILITY

GOOD SHOULDER FLEXIBILITY ACCESS

NOT ABLE TO FULLY ACCESS SHOULDER FLEXIBILITY



TIPS for Better BRIDGE

PROTECTING THE LOWER LUMBAR



NEUTRAL LOWER BACK



CORRECT

3 FACTORS
GO INTO
PROTECTING
LOWER BACK

CRUNCHING LOWER BACK



INCORRECT

CORE STRENGTH

Do core conditioning at least 4x's per week. Try our core circuit for bridge strength. Start with doing each exercise for 30 sec & build to 1 min each.

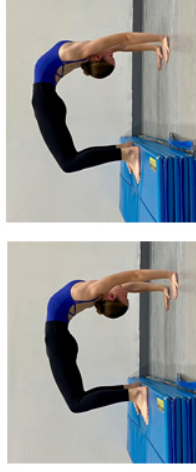


HIP FLEXIBILITY



LOWER LUMBAR CONTROL

Once your hips & core are ready, start working on not crunching your lower back in bridges.



Start with feet up on a mat. Push up into bridge. Lift up into shoulders & hips, hold 3 sec then relax down. Start with 5x's & build to 10. Don't allow lower back to crunch.

TIPS for Better BRIDGE



SHOULDER & UPPER BACK FLEXIBILITY FOR BRIDGES

Make sure to stretch shoulders in all ranges.



For Hyperextended elbows, keep armpits of the elbow facing each other for correct alignment.



INCORRECT **CORRECT**

ROTATIONAL

INCORRECT
SHOULDER ALIGNMENT

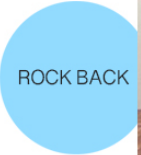
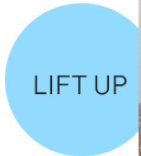


CORRECT
SHOULDER ALIGNMENT



TO HELP IMPROVE YOUR SHOULDER FLEXIBILITY IN BRIDGE:

Set up in bridge on elbows, with elbows pressed against folding mat. Make sure elbows are only as wide as shoulder width, hands flat on floor, thumbs touching. Lift up into shoulder strength & rock back into upper back pushing against mat. Start with 5 rocks & building to holding 30 sec.



TIPS for Better BRIDGE



STRENGTH FOR BRIDGES

Core Strength Circuit:

Do each exercise for 30 sec each & build to 1 min each. Try to complete entire set 3x's per week.



1) Crunches feet on floor:
Crunch up & hold briefly at top.



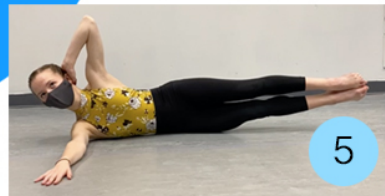
2) Tuck V-Ups: From straight body, tuck bent knees to chest at same time arms & chest come forward to meet knees & pause. Then return back to straight.



3) Plank Feet Up: Set hands in plank position. Feet on chair. Hold plank core in, strong shoulders.



4) Crunches feet up: Legs on chair, knees bent, lay on back, arms behind head. Crunch up as high as possible.



5) Side Leg lifts: Lay straight on side, feet together, core engaged, no arch in back. Bottom hand supports on floor, top hand on back of head. Hold feet 1 inch off floor. Lift legs high as possible, then return back to 1 inch above floor.



6) Crunches Side to Side: Feet up on chair. Crunch up & turn to side, then come down and crunch up to other side.



7) Pop Ups: Lay on back, feet piked at 90° toes pointed & legs straight. Slightly lift up bum from the floor by using the core.



8) Forearm Plank: Set into plank position on elbows, hands flat on floor, elbows shoulder width apart.



9) Hollow Leg Crosses: Sit up into crunch position, stay entire exercise, arms straight by ears. Start legs at 90°. Criss cross legs very quickly to down. Do not touch floor, stop heels slightly above then bring back up & repeat.

Arm Strengthening: (use a chair if you don't have a ball)

Do 2 exercises 5x's a week. Choose 2 different exercises each time. Start with 30 sec and build to 1 min each exercise.

1) Plank Holding: Feet on floor, strong arms, good alignment, core engaged.



2) Plank Arms Touch: Plank hold good form. Slowly bring up one arm and tap opposite shoulder without body moving. Do same with opposite arm.



3) Pike 1/2 Handstand Wall: Hands on floor away from wall, toes pointed on wall higher than hips. Shoulders lift up, core in, body position slightly hollow.



4) Plank Elbow Exercise Ball: Hold plank position with feet on ball, flat body, knees straight, feet together. Core engaged, shoulders lifted.



5) Plank Feet on Ball 1 Leg Up: Plank holding with two feet on exercise ball. Slowly bring up one leg toward ceiling parallel, hold, and bring back down.