

# Achieve Standing BRIDGE

With Ease & Confidence



Confident & Correct Standing Bridge comes from 5 Building Blocks



Upper Back Flexibility is Essential for Standing Bridge

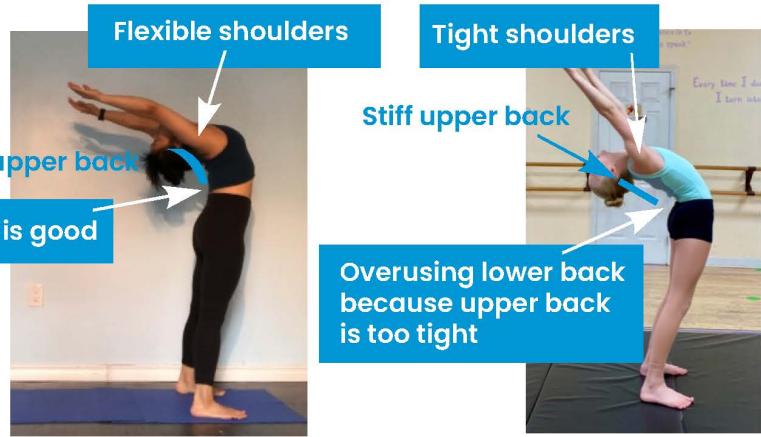
Gain upper back flexibility with a variety of different stretches:





This will make a huge difference in finding a comfortable, relaxed opening in the upper back that can safely support the bridge.

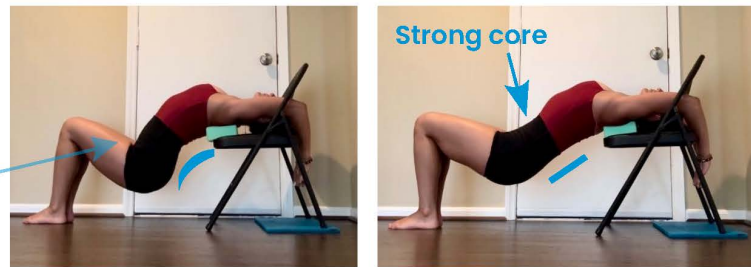
Neutral lower back because upper back is good



## Tips For Improving Upper Back for Standing Bridge...

When stretching the upper back, work hard to keep the core in & a straight line from the shoulders to the hips. This will maximize the gain in the upper back & shoulders flexibility.

Lack of core support



Sometimes it is hard to access the upper back in standing bridge because it feels scary. Practice laying back, relaxing in upper back. Close your eyes, reach arms back. Stay for 1 minute.



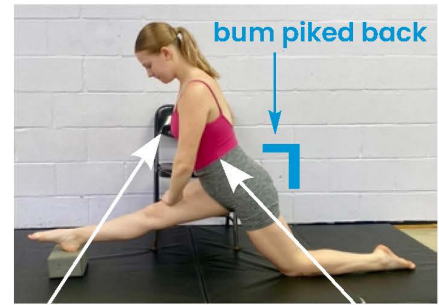
Small gain in Upper Back

Maximum Gain in Upper Back



## Good Hip Flexibility is a Very Important Key to Standing Bridge

When you stretch the hips, it is important to keep the core engaged, at the same time hips are square & relaxed. This will help create a "rainbow arch" access for the hip flexibility which will improve bridge standing.



straight chest core engaged square hips

chest leaning forward core out



Full Hip Access



Not Using Hip Flexor Access

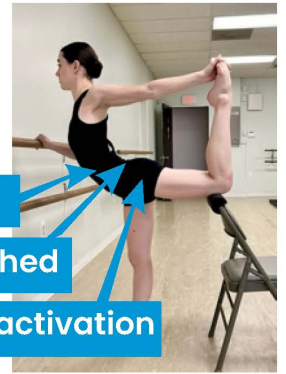
## Tips For Improving Hip Flexibility for Standing Bridge...

Engaging the core & not arching the lower back during hip stretches will give you better flexibility gains, and protect the lower lumbar from stress.

no arched back  
core engaged  
better hip activation



core out  
back arched  
less hip activation

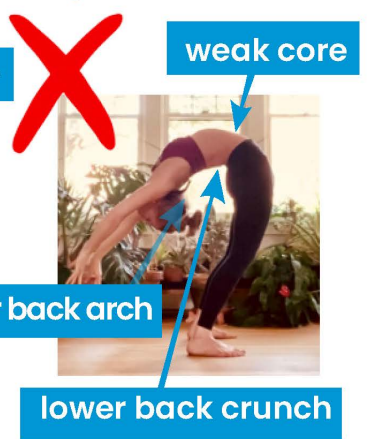


Do a lunge with the foot raised & supported against the wall. Place a chair behind bum. Engage the core, relax & practice hinging the support hip forward while staying square & core in. This will improve the hip hinge needed for standing bridge.



## Core Strength is Necessary in Standing Bridge for Safety & Control

If there is not enough core strength, it is very easy to fall into hinging from the lower lumbar causing stress or injury. Lack of core strength will also make it more difficult to control the access through the upper back & hips, as well as the slow, gradual decent in bridge.



Practice core engagement with leg extension:



Start in pike

Very slowly extend to hollow

Pull back to tuck

Begin again

Tuck lifts 10x's & hold 30 sec

Pike lifts 10x's & hold 30 sec

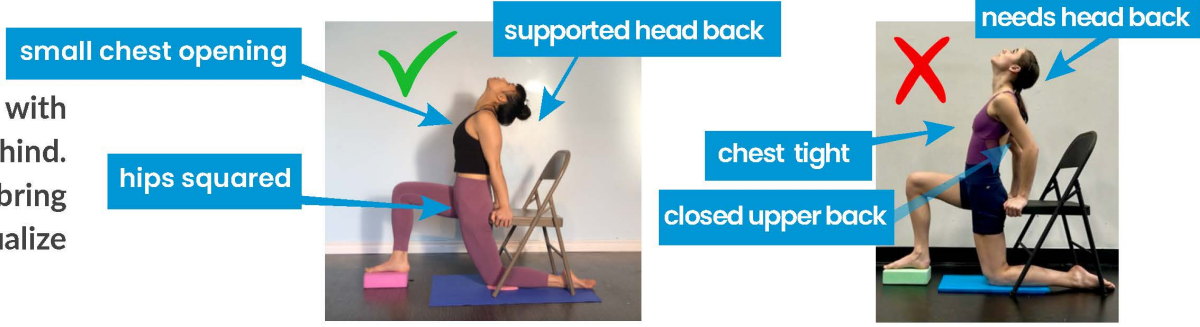


# Good Technique & Trusting the Upper Back Comes From Learning Baby Arch

"Baby Arch" is an isolated, small arch incorporating hip flexibility, core engagement & upper back. Correct technique is very important to gain the right control & feeling

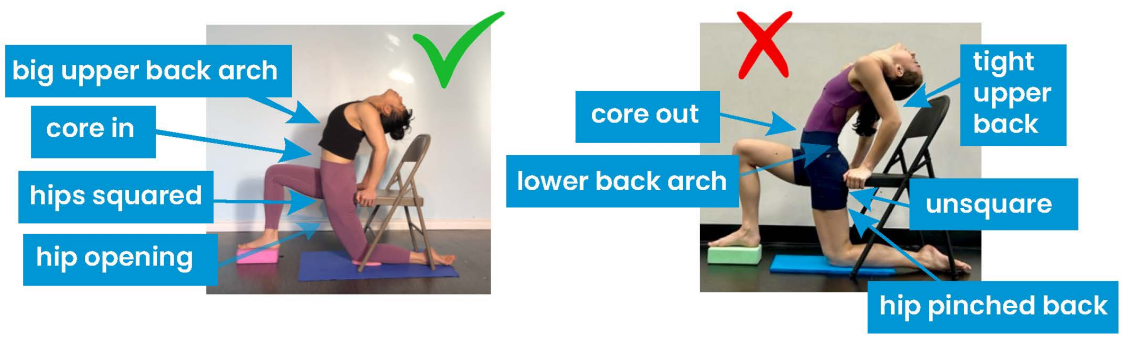
## Baby Arch Part 1:

Start in a raised lunge, with chair support behind. Square hips & core in, bring head back & visualize opening at chest.



## Baby Arch Part 2:

When part 1 is correct, move on to part 2. Increase the range of the baby arch into a deeper upper back position. It is important to keep the core strongly lifted & hips square & relaxed.



## Make Sure to Have Strong Bridge Foundations

### Bridge with Hands Up:



Teaches the Rainbow Arch of Upper Back & Shoulders

### Elbow Bridge on Raiser:



Improves Upper Back Flexibility

### Cobra:



Feel the isolation of each part of the back, with the same movement as standing bridge

### Elbow Bridge on Floor:



Using upper back & shoulders & hips without falling into lower back

Bridge Exercises + Core Strength + Hip Flexibility + Baby Arches + Upper Back Flexibility = Good Standing Bridge!

