Exercise Sheet – Central Stability – Bridge Level 1

Purposes;

* Restore mobility between the spine and the pelvis
* Loosen tight back muscles
* Engage the hip extensors, in particular Gluteus Maximus, in the hip straightening movement pattern

#### Step 1

* Lie on your back with your knees bent and feet on the floor with heels down. Keep your feet close to your body.



* Relax your abdominals and roll your pelvis towards you, pressing through your heels so your bottom comes off the ground.
* Your back should stay relaxed.
* You may feel a stretch in your quadriceps due to rolling your pelvis towards you.



#### Step 2 – feet elevated

* As step 1 but elevate feet on a step.

