

Start to Finish 5K Stretches & Exercises

BRIDGE PROGRESSION

1. BRIDGE



DESCRIPTION:
 WHILE LYING ON YOUR BACK WITH YOUR KNEES BENT, TIGHTEN YOUR LOWER ABDOMINALS, SQUEEZE YOUR BUTTOCKS AND THEN RAISE YOUR BUTTOCKS OFF THE FLOOR (OR BED) AS SHOWN.

REFER TO YOUR SCHEDULE FOR SET AND REPS



2. BRIDGE WITH MARCHING



DESCRIPTION:
 LAYING ON YOUR BACK WITH KNEES BENT AND FEET FLAT, ROLL YOUR HIPS AND BUTTOCKS UP INTO A BRIDGE POSITION. HOLD THIS POSITION THEN ALTERNATE MARCHING EACH LEG, KEEPING YOUR HIPS UP AND OFF THE GROUND. MARCHING EACH LEG ONCE IS ONE REPETITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS



3. BRIDGE WITH ALTERNATING LEG KICK OUT (BRIDGE W/KO)



DESCRIPTION:
 LAYING ON YOUR BACK WITH KNEES BENT AND FEET FLAT, SQUEEZE YOUR BUTTOCKS AND RAISE YOUR HIPS OFF THE GROUND INTO A BRIDGE POSITION. THEN ALTERNATE EXTENDING ONE LEG AT A TIME. KICKING OUT ONCE ON EACH LEG IS ONE REPETITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS



4. SINGLE LEG BRIDGE (SL BRIDGE)



DESCRIPTION:
 WHILE LYING ON YOUR BACK WITH YOUR KNEES BENT, EXTEND ONE KNEE AS SHOWN. CONTRACT THE MUSCLES IN YOUR BACK AND BUTTOCKS TO RAISE UP INTO A BRIDGE POSITION WHILE MAINTAINING YOUR KNEE EXTENDED. TRY KEEPING YOUR HIPS LEVEL THROUGHOUT THE LIFT.

REFER TO YOUR SCHEDULE FOR SET AND REPS

