

# 03

## Bridge Track

### EXERCISE 3.1 Basic Bridge

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly raise your pelvis off the floor into the bridge position (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly lower back to the starting position.

Repeat \_\_\_\_\_ times.



Figure 1



Figure 2

### EXERCISE 3.2 Bridge with Strap

From the hook lying position, wrap a strap or belt around your legs just above the knees. Maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly raise your pelvis off the floor into the bridge position (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly lower back to the starting position.

Repeat \_\_\_\_\_ times.



Figure 1



Figure 2

### EXERCISE 3.3 Bridge With Heel Raises

From the bridge position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly raise your right heel off the floor (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver.

Slowly lower back to the starting position. Repeat with the left heel.

Repeat \_\_\_\_\_ times on each side.



Figure 1



Figure 2

### EXERCISE 3.4 Bridge With Steps

From the bridge position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly raise your right foot approximately 1" off the floor (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver.

Slowly lower back to the starting position. Repeat with the left foot.

Repeat \_\_\_\_\_ times on each side.

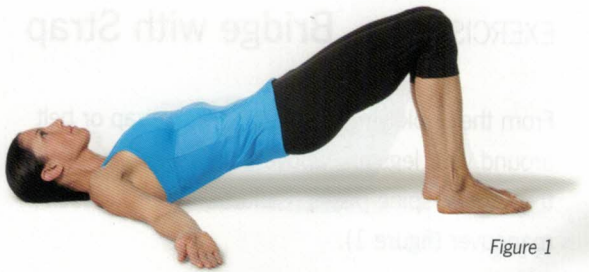


Figure 1

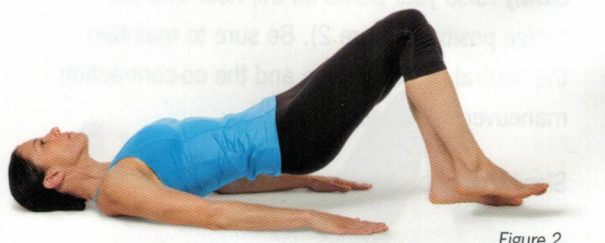


Figure 2



### EXERCISE 3.5 Bridge With Leg Extension

From the bridge position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly extend your right leg until it is straight (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly lower back to the starting position. Repeat with the left leg.

Repeat \_\_\_\_\_ times on each side.



Figure 1



Figure 2

### EXERCISE 3.6 One Leg Bridge

From the bridge position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Extend your right leg until it is straight (figure 2).

Slowly lower your pelvis back down to the floor (figure 3). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Raise your pelvis back up to the starting position. Repeat with the left leg.

Repeat \_\_\_\_\_ times on each side.



Figure 1



Figure 2



Figure 3

### EXERCISE 3.7 Side Bridge with Bent Knees

Lie on your side, propped up on your forearm (figure 1). Maintain the neutral spine position and the co-contraction maneuver. Have your knees bent so that your feet are behind you. Your body from head to knee should be in a straight line.



Figure 1

Push your pelvis up a few inches from the floor (figure 2).



Figure 2

Slowly lower yourself back down to the floor.

Repeat \_\_\_\_\_ times. Then switch sides and repeat motion.

If you have trouble with this exercise at first, try it with one hand on the floor for support (figure 3).



Figure 3

### EXERCISE 3.8 Side Bridge with Straight Knees

Lie on your side, propped up on your forearm with your legs straight (figure 1). Maintain the neutral spine position and the co-contraction maneuver. Your body from your head to your feet should be in a straight line.



Figure 1

Push your pelvis up a few inches from the floor (figure 2).



Figure 2

Slowly lower yourself back down to the floor.

Repeat \_\_\_\_\_ times. Then switch sides and repeat motion.

If you have trouble with this exercise at first, try it with one hand on the floor for support (figure 3).



Figure 3