

Exercise Prescription: Bridging

Purpose of Exercise:

This is a stability exercise to integrate core engagement with symmetrical hip extension.

Starting Position:

Laying on your back with arms out at 30-45 degrees from your body, palms pressed down into the floor, knees flexed to around 90 degrees.

Exercise Description:

From the starting position, begin by stiffening your core and squeezing your glutes. Now, push your hips up from the ground, using your glutes to lift. Fully extend at the hips, keeping good spinal and pelvic alignment. Knees, hips, and shoulders should be making a straight line. Return to the starting position and relax your core and glutes.

Repeat this motion 8-12 times.

Make sure to press down into the floor with your palms, activating your core during this exercise. Take care not to allow the pelvis to hike or dip during this movement.

Pictures:

