



Bridae

Lie on back with knees bent and feet flat on the floor.
 Place arms 45° at sides with palms up.
 From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position.
 Shoulder blades should remain on floor.
 Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridae / Tubina

Lie on back with knees bent and feet flat on the floor, with tubing or a belt around thighs.
 Place arms 45° at sides with palms up.
 Maintaining outward resistance into belt as well as maintaining abdominal hollowing, slowly raise pelvis up off floor into a bridge position.
 Shoulder blades should remain on floor.
 Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridae With Adduction

Lying on back with knees bent and feet flat on the floor, arms at the sides with palms up.
 Place small ball between knees.
 Maintaining pressure on the ball, as well as maintaining an abdominal hollow, squeeze the buttocks to slowly raise pelvis up off floor into a bridge position.
 Shoulder blades should remain on floor.
 Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridae March

Holding a bridge position, maintain pelvic tilt and abdominal hollow.
 Slowly raise one foot up off the floor keeping pelvis level.
 Lower foot back to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridae Lea Extension

Holding the bridge position, maintain pelvic tilt and abdominal hollow.
 Slowly raise and extend one leg out until it is straight, keeping pelvis level.
 Lower foot back to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridae One Lea Dips

From the bridge position, maintain pelvic tilt and abdominal hollow.
 Raise and extend one leg out until it is straight.
 With control, slowly lower pelvis down to floor and raise back up to the starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31