

Bridge

Why we do it:

Open up the shoulders.

Functional Benefit:

Stability
Flexibility



Start seated with your knees bent. Put your arms behind you, fingers facing your buttocks.

Push your hips up, making a 'table'. Keep your head back and return to centre.

Repeat the movement bringing your left leg up, knee bent.



Return to centre.

Repeat the movement, this time extend your leg upwards.



Move your leg diagonally to the side.

Bring your leg back up and return to centre.