

Bridge Extended

Why we do it:

Open up the shoulders.

Functional Benefit:

Stability
Flexibility



Start in a seated position, legs extended and hands on your knees.

Move your arms behind you, elbows bent and fingers facing you buttocks

Push up and straighten your arms. Keep your legs extended, tense your core.

Return to centre



Repeat the movement, this time bringing your right leg towards you, knee bent.

Return to centre and repeat on the opposite side.



Repeat the movement, but instead, extend your leg upwards.

Move your leg diagonally to the side. Then return to centre.

Repeat on the opposite side.