

# Active Health Solutions

## Bridge Track – Seated on Ball



Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK

	Repetitions
	Sets
	Second Hold
	Times per day/week



1. Seated, perform abdominal hollowing. Roll down ball into bridge position. Return to sitting position with neutral pelvis. (Take small steps, do not stop/hold, keep moving.)
2. Seated, perform abdominal hollowing/bracing, and roll down ball part way until abdominals begin “working.” Hold position and slowly march in place.
3. Lie with shoulders on ball, with abdominal hollowing/bracing and bridge up. Hold bridge and lift one flexed leg, knee bent, bending at the hip. Keep abdominal hollowing/bracing and prevent opposite hip from falling, hiking, or rotating.
4. Lie with shoulders on ball, with abdominal hollowing/bracing and bridge up. Hold bridge and raise one leg with knee fully extended.
5. Bridge up and down with one leg on the floor.