

Active Health Solutions

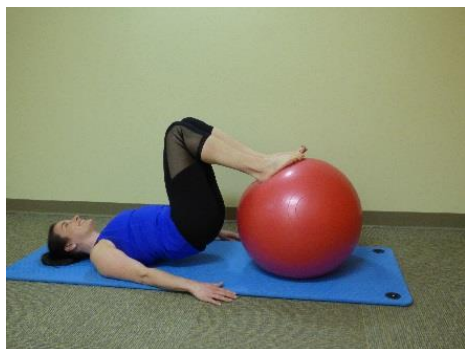
Bridge Track: Feet on Ball



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. Lie with back and arms on the floor, feet on the ball and slowly bridge up.
2. Same as above, but with arms folded over chest.
3. Alternate short arc foot raises off of ball, with arms on floor (advanced).
4. Alternate short arc foot raises off of ball with arms on chest (advanced).
5. Pull ball towards buttocks with both legs.
6. Pull ball towards buttocks with 1 leg.