

Little Bridge with Leg Lift

INSTRUCTION: Duration 1 min

Lay on your back with both knees bent and feet flat on the ground. Slowly raise buttocks from the floor. Keep stomach muscles tight and with your body in control, focus on contracting the gluteus muscles (bum) as you attain this position. Hold controlled position for up to 1 minute.

Starting Position



Beginner



When able to hold for 1 minute proceed to intermediate.

Slowly extend and straighten one knee, keep your stomach tight and your body rigid without allowing your hip to drop. Hold this position for 30 seconds. Repeat with other leg.

Intermediate

