

Gymnastics Progressions: Bridge Exercise



- (1) Lie on your back with feet on the floor and your knees bent.
- (2) Contract your stomach muscles (Pull your belly button into your spine)
- (3) Pull your hips up into the air.
- (4) Drop your hips 5 to 6 inches to the ground while keeping your stomach contracted.
- (5) Keep good form by having your back straight at the top of the exercise (Arching the back may lead to injury).