

Metadata: <https://www.youtube.com/watch?v=RmXITg0QYRg>

Alright guys, let's go over the next bridging option, which is a knee drive bridge or single leg bridge. Our partner will be in the same position in mount, and from here, same deal. For these options, we're looking to get them off balance going forward. Instead of just doing a straight bridge, I'm going to get one knee, trying to get it in their tailbone, and then we're bridging off the other foot here. So it's here, and then we have options to start trying to trap the heel, etc. But for right now, just getting it here and back. A little more powerful than just the straight bridge. Okay, we can do the other side. Good, one more. So then doing that as a sole movement, we're here, feet close to our butt, picking one leg. If we need drive with our right, we're pressing off the left, and we're here. Let me switch sides. Alright, so let's do this, get a little workout. We'll go 10 reps on each side. Let's do same leg. So we'll knee drive with the right first for 10, and then knee drive with the left for 10. Okay, ready? Three, two, one, here we go. Two, three, four, five, six, seven, eight, nine, ten. Good. Left side, one, two, three, four, five, six, seven, eight, nine, ten. Good. So that's the knee drive bridge or single leg bridge. you