



## EXERCISE PROGRESSION SERIES

# BRIDGE

During this time when most of you can't train in the gym, work on some exercises that will make you stronger and help prevent injuries when you do return!

### **DON'T FORGET TO WARM UP!**

Always start with 10 minutes of cardio activity to get warmed up. This can be fast-paced walking, slow jogging, biking – anything to get your heart pumping a little and your muscles warmed up.

### **PICK YOUR STARTING LEVEL**

This will depend on your current strength and fitness level. It's okay to do one exercise at the basic level and another at the intermediate or advanced levels. Focus on form! Make sure your form is correct as you are doing the exercises.

- **Younger children** (approx. 8 and under) should start with the basic level. When they can do that level with perfect form, they should progress to the intermediate level.
- **Older children** (approx. 8-12) may start with intermediate-level exercises if they can do them with good form.
- **Teens** may start at the intermediate or advanced levels, depending on their strength. They may need to use different levels for different exercises.

### **PERFORM THE EXERCISE**

You should do enough repetitions of each exercise until you are fatigued. You will know you are fatigued when you can't keep your form or when your muscles are too tired to continue. Do 3 sets of each exercise with at least a 30-second break between each set.

If you can do 20 repetitions without fatigue, move to the next level!

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### BRIDGE

#### BASIC

Try to make a straight line between your knees and shoulders. Hold 1-2 seconds and lower. Repeat.



#### INTERMEDIATE

Make a straight line between your toes and shoulders. Hold up to 30 seconds.



#### ADVANCED

While holding one leg straight out as shown in the photo, lift and lower your hips. Keep your pelvis level (don't let one side drop), and make sure your outstretched leg is "strong." Really squeeze your gluteal muscles at the top to drive your hips toward the ceiling.

