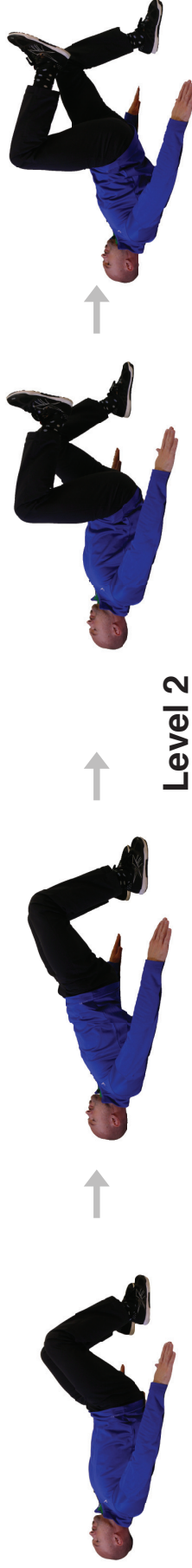




BRIDGE



Level 3



INSTRUCTIONS

- Step 1: squeeze butt / tighten abs / push arms down / tuck chin / squeeze knees together / push knees out
- Step 2: push heels into the ground
- Step 3: lift hips using your legs without extending your back
- Step 4: pause at the top for ____ seconds then return to the ground lowering your hips slowly over ____ seconds

Sets: ____ Repetitions: ____ Duration: ____ Frequency: ____