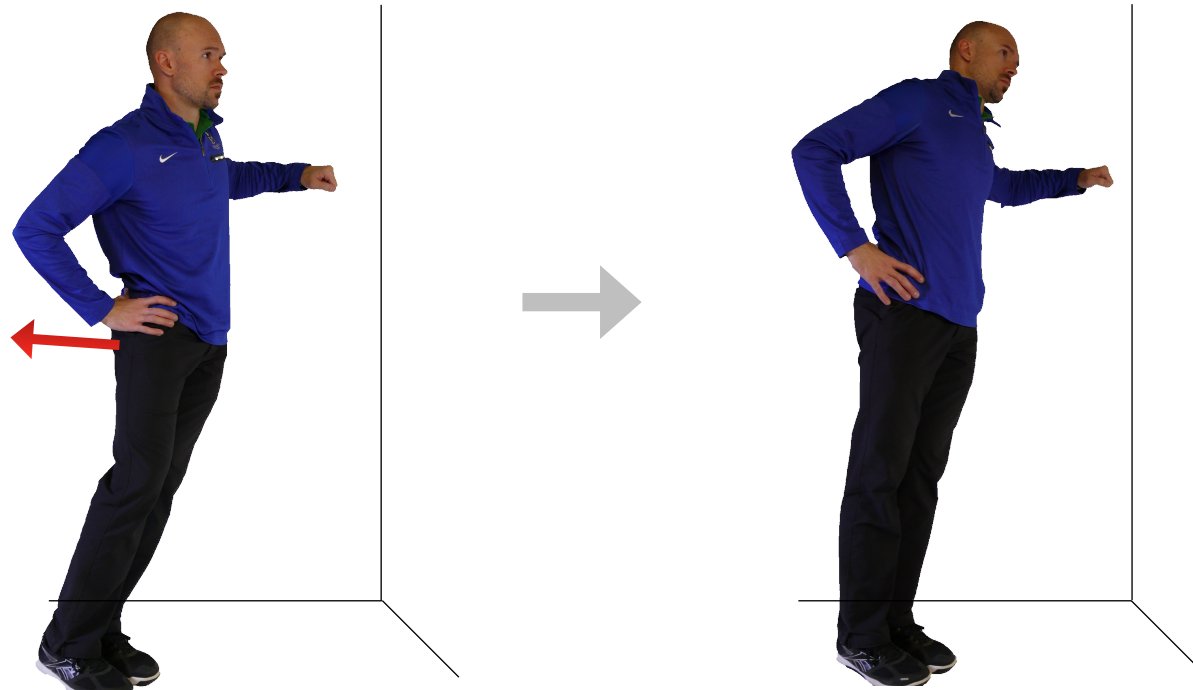




## STANDING SIDE BRIDGE



### INSTRUCTIONS

Step 1: Keep your head in neutral position, similar to tall standing posture

Step 2: Brace upper body by pushing forearm into the wall

Step 3: Lift the hip closest to the wall increasing the distance between your hip and the wall

Step 4: Pause at the top for \_\_\_\_ seconds then return to the ground lowering your hips slowly over \_\_\_\_ seconds

Sets: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Duration: \_\_\_\_\_ Frequency: \_\_\_\_\_