

PLANK HOLD TO BRIDGE

PLANK HOLD MOVEMENT

- 1 • Begin with elbows under shoulders, hands in line with elbows and weight on forearms.
• Weight on toes and legs fully extended.
• Shoulders down and back with shoulder blades pinched.
• Core tight, tuck tail, squeeze glutes and draw belly button back into spine.

Perform for 30 seconds, rest for 30 seconds.

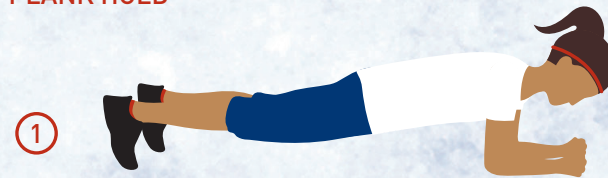
ADVANCED

PLANK TO BRIDGE PROGRESSION

- 1 • Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
• Back should form a flat bridge.
• Weight on toes and legs fully extended.
• Shoulders down and back with shoulder blades pinched.
• Core tight, tuck tail, squeeze glutes and draw belly button back into spine.
- 2 • With back slightly rounded move from push-up position to a plank position (hands to forearms).

PLANK HOLD TO BRIDGE

PLANK HOLD



PLANK TO BRIDGE

