

10U/12U PHASE II - CORE & BACK

BRIDGE & MARCH

MOVEMENT

- 1 Start with back on the ground, hands palms down at side of body.
- 2 Feet shoulder width apart.
 - Lift hips up to the ceiling.
 - Bend at the back and try to bring chest to chin.
 - Do not allow knees to cave inward or outward.
 - During the entire exercise keep the same distance from knees in line with feet.

Perform for 30 seconds, rest for 30 seconds.

ADVANCED

- 1 At top of bridge position, lift one leg 6-12 inches off the ground.
- 2 Return left leg to the ground while lifting right leg in a marching fashion. Repeat.

Perform for 30 seconds, rest for 30 seconds.



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