



Back Training Level 4: Full Bridges

Strong muscles up and down the spine are fabulous for injury prevention. And no exercise builds strength into them more safely and more certainly than bridges.

Figure 1



Figure 1:

1. Lie on your back with your arms by your side.
2. Draw your legs up until your feet are as close to your buttocks as possible.
3. Place your hands behind your shoulders with palms down, fingers pointing towards your feet.

Figure 2



Figure 2: Using both your legs and your arms, arch upwards as far as possible, pause briefly then lower back down until your body is on the floor again. This is one repetition.

Train once or twice per week as instructed. Build up to two sets of 10 repetitions.