

Bridge

Phase 5

- Start flat on your back
- Place the ball underneath your calves
- Push through your heels and calves, pushing down to the ball
- Bring your buttocks in the air while contracting your core
- Place one leg on the ball, lift the other leg straight in the air at a 90 degree angle from the hip
- Bend your knee and bring the ball towards your buttocks, keeping your raised leg in the air at a 90 degree angle. Go as far as you can.

***Very good for hamstring strength**

