

Bridge

Strengthening Exercise



- The Bridge exercise strengthens your abdominal, buttocks, and hamstring muscles. This helps keep your back stable and aligned when you walk.
- Lie on the floor with your back and palms flat. Bend your knees. Keep your feet flat on the floor.
- Contract your abdominal and buttocks muscles. Slowly lift your buttocks off the floor until there is a straight line from your knees to your shoulders.
- Hold for 5 seconds. Repeat this 10 times.