

Bridge Resisted



- Begin sitting, tie a piece of tubing around your legs and place just above your knees. Keep hips in line with knees, knees in line with feet. The tighter the tubing the more difficult it will be to maintain this position. Your butt must fire to keep your legs in line.
- Lower onto your back, keep your knees bent and feet on the ground. Relax neck and shoulders and flip hands to palms up so you don't cheat with your arms. **I forgot to do that in these pictures- oops!*
- Bridge up and down while maintaining pelvic neutral.
- Complete for 1 minute.



bikini
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