



Single Leg Bridge

- **Begin on your back with your knees bent and feet on the ground. Find pelvic neutral and draw 1 knee to chest. Relax neck and shoulders.**
- **Bridge up and down while maintaining pelvic neutral. Movement is generated through your heel and hip extension. Fire that butt to get off the ground.**
- **Adjustments may be made with foot placement so that your hamstring doesn't take over the movement. If you feel a hamstring cramp starting, move foot either closer or further away from bum.**
- **Complete 10 each side x 2. Slow and controlled without any shift in your pelvis.**



bikini
BOOT CAMP