

Shoulder bridge

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, gently roll your lower back into mat, scoop your tailbone upwards and continue to peel your spine off the mat, bone by bone until you are resting on your shoulder blades
 - INHALE and hold the shoulder bridge position
 - EXHALE, lower the shoulder bridge by lowering one bone at a time to the mat, beginning with the highest vertebrae of your bridge and finishing with your tailbone to return to neutral position.
- Sets: 2 Reps: 10



Level 2

- INHALE to prepare
 - EXHALE and roll into the shoulder bridge position.
 - INHALE and hold the shoulder bridge position
 - EXHALE, lift and then lengthen your left leg forwards, reaching for the wall in front of you
 - INHALE and fold this leg back to the mat to resume the shoulder bridge position
 - EXHALE and lower the shoulder bridge.
 - Repeat alternating legs and allowing your spine to return to the mat in between shoulder bridges
- Sets: 2 Reps: 10



Level 3

- INHALE to prepare
 - EXHALE and roll into the shoulder bridge position.
 - INHALE and hold the shoulder bridge position
 - EXHALE, lift and then lengthen your left leg forwards, reaching for the wall in front of you
 - INHALE and fold this leg back to the mat to resume the shoulder bridge position
 - Continue 6 - 8 movements alternating legs without lowering the pelvis to the mat between each movement, then . . .INHALE and hold
 - EXHALE and lower the shoulder bridge.
- Sets: 2 Reps: 10



Level 4

- o INHALE to prepare
 - o EXHALE and roll up to the shoulder bridge position
 - o INHALE, lift your right knee towards the chest, then continue to extend this right leg upwards towards the ceiling with a pointed ankle
 - o EXHALE, lower your right leg forwards to a horizontal position with a flexed ankle
 - o INHALE and lift your right leg upwards towards the ceiling with a pointed ankle
 - o Repeat this lower and lift movement three times, then
 - o EXHALE, return your right leg to the bridge position
 - o INHALE and hold the shoulder bridge position
 - o EXHALE and lower your shoulder bridge to return to the neutral spine position
- Sets: 2 Reps: 10

Tips

- o Imagine the spine is a string of pearls and you are lifting this string of pearls off the mat pearl by pearl
- o Your hips should always be higher than your ribcage in the bridge position
- o Keep your collarbones wide and the back of your neck long through out
- o Imagine a harness suspended from the ceiling lifting and supporting the pelvis in the bridge