

## Shoulder Bridge

Start position – Neutral spine, supine

Engage the core

### Level 1:

Inhale to prepare, exhale flatten the lower back to the floor, start to lift the tailbone toward the ceiling, imagine peeling one vertebrae away from the mat at a time. Lift all the way to weight bear through the shoulders. You should feel the buttock muscles are active, it will help to press the heels down to the floor. Inhale then to lower back to the mat. Allow one vertebrae at a time to make contact with the floor. Return back to your neutral supine position, then repeat.



### Level 2:

Inhale to prepare, exhale flatten the lower back to the floor, start to lift the tailbone toward the ceiling, imagine peeling one vertebrae away from the mat at a time. Lift all the way to weight bear through the shoulders, inhale to hold. Keep the pelvis level, exhale as you reach your right foot forwards away from the floor, straightening the right knee. Inhale then release the leg back down and return to the mat. Lift back into bridge to repeat on the left leg.



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#### Level 3:

Inhale to prepare, exhale flatten the lower back to the floor, start to lift the tailbone toward the ceiling, imagine peeling one vertebrae away from the mat at a time. Lift all the way to weight bear through the shoulders, inhale to hold. Keep the pelvis level, exhale as you reach your right foot forwards away from the floor, straightening your right knee. Inhale then release the leg back down, keep up in bridge then repeat on the left leg. Repeat 4 times on each leg before returning back to the mat.



#### Level 4:

Inhale to prepare, exhale flatten the lower back to the floor, start to lift the tailbone toward the ceiling, imagine peeling one vertebrae away from the mat at a time. Lift all the way to weight bear through the shoulders, inhale to hold. Keep the pelvis level, exhale as you reach your right foot toward the ceiling, inhale then lower the right foot towards the floor keeping the knee straight and flexing the toes towards you. Exhale then take the foot back to the ceiling with the knee straight. Then return the foot back to the mat. Repeat the same sequence on the left side.

