

Bridge Block Sequence

1a. Lie on your back in neutral spine with your knees bent and feet flat on the floor.
1b. Bring your navel to your spine, lift your hips off the floor, and place a block under your sacrum. Relax on the block for 5 minutes. Engage your navel to your spine and remove block. Rest on the floor for about a minute.

2a. Maintain neutral spine and engage your transversus abdominals (TA) by bringing your navel to spine. Lift one leg at a time to “table top” position. 2b. Keep TA engaged as you straighten right leg into the air, like pressing on the gas pedal. Return to “table top” then straighten the left leg. Repeat 10-15 times on each side then lower feet to the floor.

3a. Place a yoga block between your knees and keep squeezing the block throughout the exercise. Engage TA and lift legs to “table top.” 3b. Bend knees to lower heels towards your body. Place heels on the floor followed by the balls of your feet, toes stays lifted off the floor. 3c. Engage TA to lift hips off the floor into “bridge” position. Reach hands and knees away from your head, lift sternum and relax your gluteal muscles. Slowly lower hips to floor. Once sacrum is laying flat on the floor, lift legs to “table top.” Repeat “table top” to “bridge” at least 5 times.

Wall Hang

1a. Stand arm and fingertip distance away from a wall with feet parallel and hip width apart. 1b. Brush arms up and down a couple of times then plant hands on the wall as high as possible with fingers spread wide. 1c. Keep navel engaged towards your spine and ribs in as you try to stretch your armpits to the wall. Take a few deep breaths and hold about 30 seconds. 1d. Turn your head to the left and take a couple of deep breaths. Repeat looking to the right. Bend your knees and step forward to come out of the stretch.