

Bridge Block Sequence

1a. Lie on your back in neutral spine with your knees bent and feet flat on the floor. Arms at side middle finger to heel, toes turned in slightly.



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. Bridge Pose.



2a. Maintain neutral spine by engaging your transversus abdominals (TA) i.e. bringing your navel to spine. Lift one leg at a time to “table top” position.

2b. Keep TA engaged as you straighten right leg to 45°, like pressing on a gas pedal. Hold for 5 seconds, then return to “table top.” Straighten the left leg. Repeat 10-15 times on each side than lower feet to the floor.



3a. Place a yoga block between your thighs. While squeezing the block, engage TA and lift legs to “table top.” Hold in this position for 5 seconds.



3b. Bend knees to slowly lower heels towards the floor. 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. Lift sternum towards the sky and relax your gluteal muscles, holding this position for 5 seconds. Slowly lower hips to floor from top of spine to bottom. Once sacrum is imprinted on the floor, lift legs to “table top.” Repeat “table top” to “bridge” for 5 repetitions.



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