

## Bridge Stretches

**Bridge Stretch-** Start by laying on your back on the ground. Push your hips up keeping your shoulders flat against the floor, to create a straight line from you knees down to your shoulders. squeezing your core and pulling your belly button back toward your spine.

You can keep your arms flat on the floor at your sides, for stabilization purposes, ensuring that you are not putting any pressure on your arms to hold you up. Hold this stretch for 30 seconds to a minute and bring your hips back down to rest on the floor.



**Bridge stretch leg extension-** Start in the same position as the bridge stretch, with your body creating a straight line from knees to shoulders, squeezing your core. Then lift one leg and point toe up, holding it there for 30 seconds to a minute. Then bring that leg down and repeat on other legs.



**Ball Bridge Stretch-** Starting on your back on the ground with a ball at the side of your legs, move you legs so that your calves are resting on the ball. Then you will bring your pelvis up so your back is off the ground, and you are creating a straight line from your toes to your shoulders. Squeeze your core to help keep you stable while your calves rest on the ball. Hold this stretch for 30 seconds to a minute, then return to starting position with back flat on the ground. Repeat this stretch pushing the ball out further to your ankles and repeat stretch holding it for 30 seconds to a minute. Repeat stretch one more time pushing it further out so that the soles of your feet are flat against the ball, once again hold this stretch for 30 seconds to a minute.



Once you get used to these stretches you will incorporate a leg extension while on the ball.

