

Side Bridge



- Lie on one side with your knees bent.
- Support your body on your elbow/forearm with your elbow directly below your shoulder.
- Raise your hip off the floor and hold 5-10 seconds, repeat 5 times.
- Be careful not to rotate/shift backward or forward.



- Lie on your side with one foot slightly in front of the other.
- Support your body on your elbow/forearm with your elbow directly below your shoulder.
- Raise your hip off the floor and hold 5-10 seconds, repeat 5 times.
- Be careful not to rotate/shift backward or forward.