

Single-leg bridge



1. Lie on your back with bent knees and your feet in toward your hips.
2. Press your palms into the floor alongside your body.
3. Extend your right leg so it's straight.
4. Lift your hips up as high as you can.
5. Hold this position for 30 seconds.
6. Do each side 2–3 times.



SPORTS CHIROPRACTIC
AND NATURAL HEALTH SOLUTIONS
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