Exercise of the month: The Bridge

The bridge exercise is a great way to isolate and strengthen the butt and hamstrings (back of the upper leg). It is also a good core stability and strengthening exercise that targets the abdominal muscles as well as the muscles of lower back and hip. The bridge exercise is considered a basic rehab exercise to improve core and stabilization. This is a very common exercise used here at Personally Fit.

* Lay on your back with your hands by your sides, your knees bent and feet flat on the floor.
* Make sure your feet are under your knees.
* Tighten your abdominal and buttock muscles.
* Raise your hips up to create a straight line from your knees to shoulders.
* Squeeze your core and try to pull your belly button back toward your spine.
* The goal is to maintain a straight line from your shoulders to your knees and hold for 3 to 5 seconds. Repeat 10 to 15 times.

