



Remedial Side Bridge – Level 2



Starting Position

Lying on your ____ side. Hips bent to 45 degrees. Knees at 90 degrees. Elbow bent about 45 degrees out from vertical. Support shoulder with upper hand.

Action

Brace abdominals. Lift hips up and forward in one motion to bring trunk and thighs into a straight line.

Hold for ____ seconds keeping trunk still. Return to starting position flexing only at the hips.

Repetitions

- Repeat ____ times lying on ____ side
- Repeat ____ times lying on ____ side
- Build endurance Perform set of 5 each side. Rest
Perform set of 4 each side. Rest
Perform set of 3 each side. Rest