

Bridge

Prerequisites

Ideally before beginning the progressions for the Bridge, you will be able to perform a handstand against the wall. This is because you will need to be comfortable going upside down and have adequate wrist strength and mobility. However if you cannot perform a handstand against a wall you can still begin doing the warm up exercises and stretches for the bridge programme and perhaps start following the beginner handstand programme also available via Body Bible.

Flexibility & Mobility - Areas to work on

Wrists
Shoulders
Thoracic Spine
Triceps
Lats
Hip Flexors

Warm Up & Stretches

General Pulse Raiser to get the body warm! Complete 3 Rounds

30 secs Heel Kicks, 30 secs High Knees, 30 secs Floor Sprints, 30 secs Jumping Jacks

Mobility & Flexibility - Must be completed before every workout! Complete 2 Rounds

1. Inlocate & Dislocates with a stick, band or towel 10
2. Sad Cat Happy Cat 10 (hold each 5 secs)
3. Open Shoulder Stretch on Block 30 secs
4. Triceps Stretch on Block 30 secs
5. Hip Flexor Deep Lunge (Knee Up) 30 secs (each side)
6. Hip Flexor Lunge (Knee Down) 30 secs (each side)
7. Hip Flexor Stretch Against Wall 30 secs (each side)
8. Wrist Rocks Fingers Forwards 10
9. Wrist Rocks Fingers Backward 10
10. Fists to Top of Hands Push Ups 10
11. Palm Raises 10
12. D Stretch 30 secs
13. ½ Bridges on Floor (alternate sides) 10 (hold each 5 secs)
14. ½ Bridges on Wall (standing) (alternate sides) 10 (hold each 5 secs)

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Progressions

- Whatever stage you are working on, your shoulders must be over the top of your hands or beyond. If they are not then you need to go back a stage and not progress until you have met this requirement. Even if this means your first few weeks are only the warm up and stretches.
- Once you have chosen a suitable progression to work on, complete 3-5 sets of 20-30 seconds and incorporate this programme into your weekly workout at least 2-3 times per week to see improvement.
- Flexibility progression takes time so be patient and do not over do it. Consistency is key so as long as you regularly add this programme into your training you will see improvement over time. It is a good idea to take pictures so you can visually see yourself how you are developing.
- In between your sets of the progression exercises, perform a stretch on the spine in the opposite direction. Some examples are Sad Cat, Tuck Rocking or a Seated Spine Curl. Do one of these for 30 seconds to release any tension in the back.

The Progression Exercises

1. Arched Handstand Against a Wall (Legs & Bum on the Wall, Hands are fairly close)
2. Arched Handstand Against a Wall in an L shape (Legs & Bum on the Wall, Hands are much further away this time)
3. Feet Raised Bridge - High Platform
4. Feet Raised Bridge - Medium Platform
5. Feet Raised Bridge - Low Platform
6. Floor Bridge

Once the Bridge has been achieved - Extra Exercises!

1. Bridge Rocks
2. Bridge Push Ups
3. Bridge with Leg Together & Straight
4. Bridge with Chest Wall