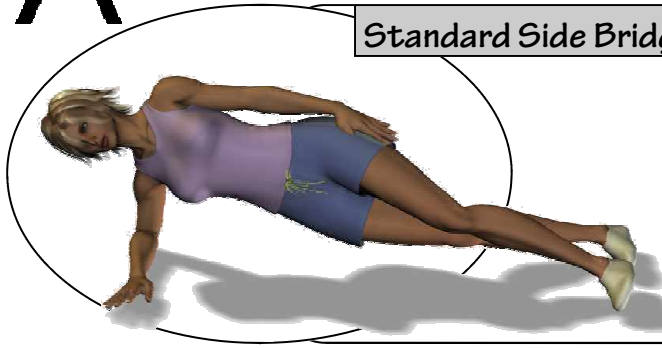


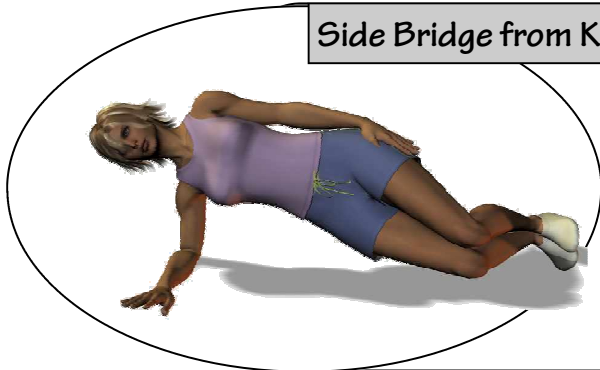
Side Bridge Variations

Standard Side Bridge



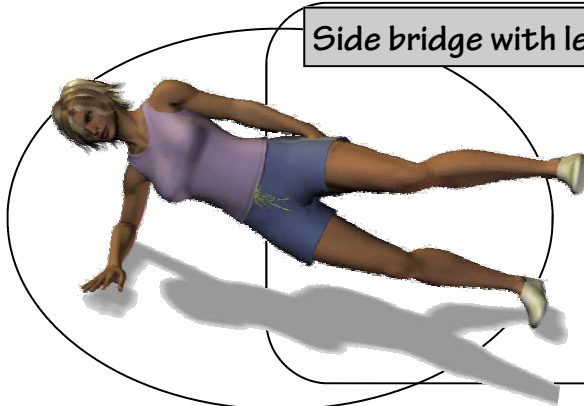
Hold bridge position for 5 to 10 seconds. Ideally, you should then roll into the front bridge. Repeat until form fails

Side Bridge from Knees



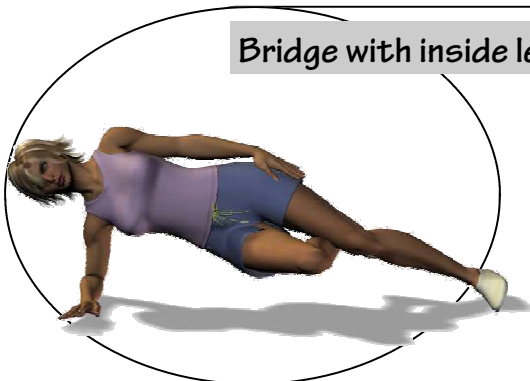
Hold bridge position for 5 to 10 seconds. Ideally, you should sit up into the bridge position. You should start with your knees and hips bent 90 degrees. This avoids side bending.

Side bridge with leg up



Hold bridge position for 5 to 10 seconds. Lift upper leg off of lower 6 to 12 inches. Hold for 5 seconds. Increases strain on hip abductors. A very advanced exercise

Bridge with inside leg up



This exercise will target the adductors to a much greater degree. Probably more than another adductor exercise out there. Same protocol as all the others

