

Shoulder Bridge 3

Tier 3
Hamstrings/Glutes
Neutral

Goal: Stability of pelvis and spine. Increase strength and endurance of Hip Extensors.
Pre-requisites: Shoulder Bridge 1 & 2
Contraindications: Neck problems, some knee problems
 Tight Rectus Femoris and IT band may need to modify

Equipment Set-Up: Supine on Mat

Exercise Set-Up:



Pelvis: Neutral
 Spine: Neutral

Arms: Resting by side
 Legs: Abducted and parallel, knees bent and feet flat on the floor

<u>Exhale</u>	<u>Inhale</u>	<u>Exhale</u>	<u>Inhale</u>
Maintaining neutral pelvis and spine, lift hips off the mat creating one long line from knees to shoulders.	Flex the right hip and then extend the leg toward the ceiling.	Flex the foot and lower the straight leg away from the body. Create a long line from the shoulder to the ankle.	Flex the hip to reach the leg back toward the ceiling. Repeat 3x, then
<u>Exhale</u>	<u>Inhale</u>	<u>Exhale</u>	<u>Inhale</u>
Lower the right foot down to the ground, maintaining the long neutral line.	Lift the left leg, straightening the leg toward the ceiling.	Lower the straight leg away from the body while flexing the foot. Be careful not to rotate the pelvis.	Reach the leg back to the ceiling. Repeat 3x. To end, lower the foot & then lower the hips to the mat while maintaining a neutral pelvis and spine.

Repeat: 3-5 times

Notes:

! Watch Out For...

- Pelvis dropping on one side
- Loss of neutral spine and pelvis
- Both hips flexing/Pelvis dropping
- Shoulder Elevation
- Neck and shoulder tension
- Inability to keep legs parallel

Modifications

#1 Feet on Arc Barrel

#2 Holding Pilates Ring for challenge

Shoulder Bridge 3

Tier 3

Hamstrings/Glutes

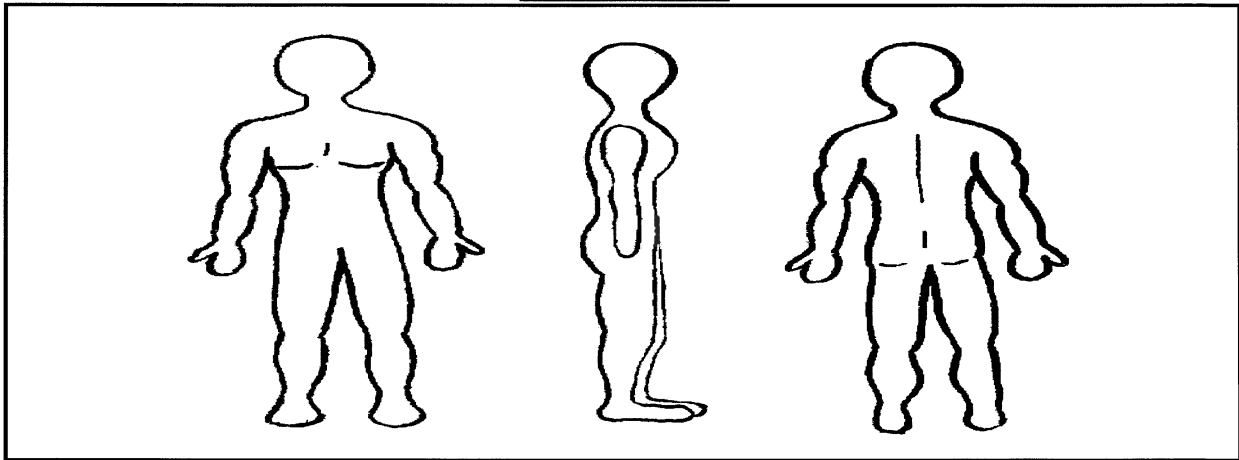
Neutral

Possible Props:

Arc Barrel

Pilates Ring

Biomechanics



Mobilizers: Hip Extensors, Hip Flexors of working leg, Knee Flexors and Extensors of working leg

Stabilizers: Pelvic Floor Muscles, Hip Extensors (of supporting leg), Internal/External Obliques, Multifidus, Shoulder Girdle Stabilizers, Transversus Abdominis

Notes:

Cueing at a Glance:

Inhale: Stay, engage abdominals

Exhale: Left pelvis off mat in neutral

Inhale: Flex at hip and reach leg to ceiling

Exhale: Knee level of supporting leg lower leg to x3

Inhale: Other side

Exhale: Lower working leg

Inhale: Bend knee and place foot on mat

Exhale: Maintain neutral pelvis and lower to starting position

Swan Dive 4

Rock and Catch

Tier 4

Erector Spinae, Glutes & Hamstrings

Extension

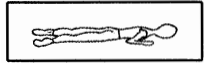
Goal: Strengthen the erector spinae and challenge the stability of the core to maintain the spine in an extended shape

Pre-requisites: Swan Dive 1-3

Contraindications: Lower Back Pain, Lordosis, Certain Hip Problems

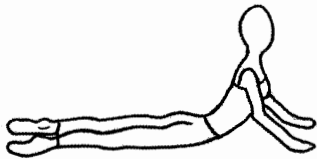

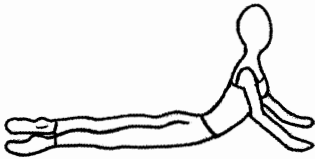

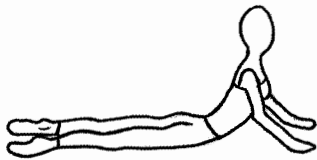

Equipment Set-Up: Prone on Mat

Exercise Set-Up:



Pelvis: Neutral
Spine: Neutral

Arms: Elbows bent with hands near shoulders
Legs: Slightly abducted and slightly laterally rotated with knees extended

<u>Inhale</u>	<u>Exhale</u>	<u>Inhale</u>	<u>Exhale</u>
			
Press into the hands to fully extend the spine from head to tail	Lift the hands off and reach the hands forward, maintaining full spinal and hip extension	Rock back to the legs and use the hands to support the upper body	Reach the arms forward, keeping the erector spinae and glutes working to maintain spinal and hip extension
<u>Inhale</u>	<u>Exhale</u>		
			
Engage the thoracic extensors to help the body return to the start position	Relax the body down to the initial position		

Repeat: 4-6 times

Notes:

! Watch Out For...

- Loss of abdominal support
- Too much lumbar extension
- Neck and shoulder tension
- Movement in cervical spine
- Elevation of scapula in reach forward
- Uneven rocking

Modifications

Swan Dive 4

Rock and Catch

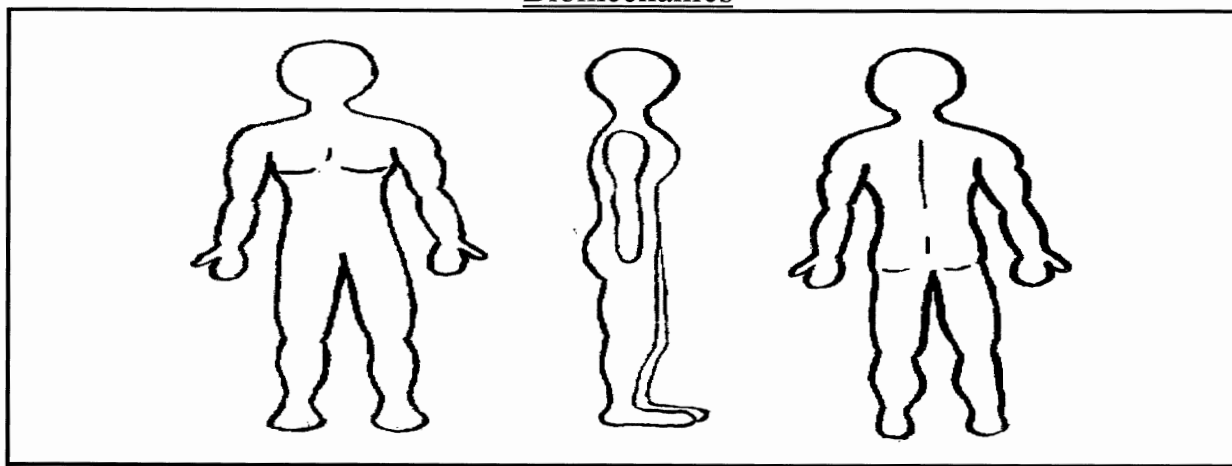
Tier 4

Erector Spinae,
Glutes & Hamstrings

Extension

Possible Props:

Biomechanics



Mobilizers: Gravity on 1st motion, Erector Spinae (and momentum) will initiate return; Anterior Deltoid and Pecs as the arms reach forward, Latissimus Dorsi and Triceps as they return to support

Stabilizers: Transversus Abdominis, Gluteus Maximus, Hamstrings, Erector Spinae, Middle & Lower Trapezius throughout, Vasti, Abductors, Piriformis, Pelvic Floor Muscles

Notes:

Cueing at a Glance:

Inhale: Press up to extend the spine

Exhale: Rock forward and reach arms forward, keeping the shape

Inhale: Keep the shape as the body returns