Prone Bridge Progressions

Level One:

1. Start with your toes and knees in contact with the ground and your forearms resting on the ground.
2. Lock down the pelvis and lift body off the ground so that the only points of contact with ground are your knees and forearms.
3. Maintain a flat back so there is a straight line from your ankles to your shoulders.

Level Two:

1. Start with your toes and knees in contact with the ground and your forearms resting on the ground.
2. Lock down the pelvis and lift body off the ground so that the only points of contact with ground are your toes and forearms.
3. Maintain a flat back so there is a straight line from your ankles to your shoulders.

Level Three:

You will need an inflatable stability ball for this exercise.

1. Rest your forearms on the stability ball.
2. Lock down the pelvis and maintain a straight body line from ankle to shoulders.

Level Four:

You will need an inflatable stability ball for this exercise.

1. Rest your forearms on the stability ball.
2. Lock down the pelvis and maintain a straight body line from ankle to shoulders.
3. Lift each foot off the ground alternatively.
Side Bridge Progressions

**Level One:**

1. Lying on your left side, bend your left arm 90 degrees and place it under your upper body.
2. Lock down the pelvis and contract the muscles of the core to lift your hips toward the ceiling.
   In the up position, there should be a straight line between your feet, hips, and head.
3. Points of contact with the ground – left knee and left forearm.
4. Be sure to do both sides.

**Level Two:**

1. Lying on your left side, bend your left arm 90 degrees and place it under your upper body.
2. Lock down the pelvis and contract the muscles of the core to lift your hips toward the ceiling.
   In the up position, there should be a straight line between your feet, hips, and head.
3. Points of contact with the ground – left knee and left forearm.
4. Be sure to do both sides.

**Level Three:**

1. Start exercise as in Level Two.
2. From the up position, slowly lift the right leg 30-60cm towards the sky
3. Hold this position for a count of three before slowly lowering the leg back to the starting position.

**Level Four:**

1. Lie on your side balanced on the forearm and feet.
2. The hips and feet should be stacked on top of one another.
3. Holding the torso steady, slowly contract your abs and lower the hip toward the floor (you don't have to touch).
4. Avoid sinking into the shoulder.
Single Leg Lift Progressions

Level One:
1. Lying on your back, bend your knees while keeping both feet on the ground.
2. Lock down the pelvis by activating the core muscles and slowly lift the right foot 15 to 20 cm off the ground. There should be no movement in the pelvis as you lift the right foot.
3. Hold this position for a count of three before lowering the foot back to the ground. Repeat with left foot.

Level Two:
To increase the difficulty of this exercise, keep the legs off the floor at all times.
1. Start the exercise by lying on your back with the hips and knees bent 90 degrees.
2. Lock down the pelvis by activating the core muscles. Be sure to maintain the normal curvature in the lower back.
3. Slowly lower and straighten the left leg until the foot is approximately 15 cm off the ground.
4. Hold this position briefly before bringing the left leg back to the starting position.
5. Lower the right leg in the same way.

Level Three:
At this point you can incorporate arm motion into the exercise to require even greater dynamic stability from the core. Alternate lowering the right arm with the left leg and the left arm with the right leg.

Level Four:
1. Lie on your back and place an exercise ball under your calves.
2. Place your hands on the floor for stability as you lift your bum off the ground.
3. Hold the ball steady with your left leg as you lift your right leg off the ball. Then lower it towards the ball, but don't let it touch, then lift your leg again. Keep both legs straight as you repeat lifting and lower
Superman Progressions

Level One:

1. Starting position - Kneeling on all fours, neutral spine.
2. Activate tummy, pull navel to spine – feeling is like trying on tight pair of jeans.
3. Hold this for at least 10 seconds.

Level Two:

1. Start the exercise on all fours. Keep the head in line with the spine by looking down during the exercise.
2. Lock down pelvis and lift right arm and left leg until they are parallel to the ground. Keep a flat back throughout exercise.
3. Hold this position for a count of three and slowly return to the starting position.
4. Repeat while lifting the left arm and right leg.

Level Three:

You will need an inflated stability ball. This exercise is more difficult because you are required to balance on the ball throughout the exercise.
1. Place the stability ball under your torso and hip region and position your body so both hands and feet touch the ground.
2. Lock down the pelvis and slowly lift the right arm and left leg until they are parallel to the ground.
3. Hold this position for a count of three before lowering the arm and leg back to the starting position.
4. Repeat, lifting the left arm and right leg.

Level Four:

At this level, you are required to use the core to prevent body rotation as you *simultaneously* lift the arm and the leg on the same side of body.
Supine Bridge Progressions

Level One:
1. Start by lying on your back with the knees bent, both feet flat on the ground close to your buttocks, and your arms on the floor at your sides.
2. Lock down the pelvis and use the core and the gluteal muscles (not the quadriceps muscles in the front of your thighs) to lift your hips to the sky so a straight line is formed from the shoulders to the knees. At the same time, pull your toes toward your shins. Focus on activating your gluteal muscles by imagining you’re squeezing a coin between your cheeks.
3. Hold this up position for a count of three before lowering the hips.
4. Allow your buttocks to touch the ground and immediately lift the hips again.

Level Two:
1. Start as above, except you should extend the right leg so only the left foot is on the ground.
2. Lock down the pelvis and use your gluteal muscles to lift the hips to the sky. There should be a straight line from the shoulders through the hips to the right ankle. You will need to activate the entire core to maintain this body line while also keeping the body from twisting.
3. Hold this up position for a count of three.
4. Lower the hips until your buttocks touch the ground, and immediately start the next repetition. The right leg should remain straight throughout.

Level Three:
Place your calves on an inflatable stability ball while you bridge.

Level Four:
Alternately lift each foot off a stability ball to dynamically challenge the core.
THE SCOTS COLLEGE CRICKET PROGRAM
Core Stability Program