

BACK CARE 101

Exercise Instruction: Bridge March

Bridge Progression: Bridge March

You've mastered the basic bridge. Doing the bridge march exercise is a dynamic strengthening exercise for the back and gluteal muscles.

How can I benefit by doing this exercise?

Because you are working your core, back, and gluteal muscles, the bridge march exercise works a lot of muscles in one simple exercise.

How do I perform this exercise?

Lie on your back with your arms along your sides, your knees bent, and your feet flat on the ground. Push down with your arms and feet as you lift your back and buttocks upward. Only lift upward to the point your knees, hips, and shoulders form a straight line. Holding this position, begin to lift one foot off the ground slightly, and then return it to the ground. Repeat with the opposite foot. Move at a pace with first one foot and then the other as if marching in place.





How many and how often should I do this exercise?

Sets	1 - 2
Repetitions	10
Hold	0 seconds
Perform	1 - 2 times per day

Are there other recommendations I need to be aware of?

Be sure that you feel your gluteal muscles working rather than your hamstring muscles along the back of your thighs. If you feel cramping in your hamstrings, stop the exercise, and resume again with extra focus on your gluteal muscles.

What should I watch out for while doing this exercise?

When you are in the bridge position and you begin to lift one foot from the ground, be absolutely certain that your hip does not drop on that side. If it does, your opposite gluteus maximus muscle is likely weak. You may need to back off and do the “Basic Bridge” for a while before resuming the “Bridge March”.