

**Supine Bridge with Mini Swiss Ball Between Knees**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

**Setup**

- Begin lying on your back with your legs bent, arms by your sides, and a ball between your knees

**Movement**

- Tighten your abdominals and lift your hips off the ground so your body is in a straight line. Hold this briefly, then lower back down to the ground and repeat.

**Tip**

- Keep your movements slow and controlled. Make sure not to let your hips rotate to either side during the exercise.

**Bridge with Hip Abduction and Resistance - Ground Touches**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

**Setup**

- Begin lying on your back with your feet resting on the ground, arms by your sides, and a resistance band looped around your legs above your knees.

**Movement**

- Tighten your abdominals and lift your hips off the ground so your body is in a straight line. Hold this position and move your knees apart, pulling against the band. Bring your knees back together, lower your hips, then repeat.

**Tip**

- Keep your movements slow and controlled. Make sure not to let your hips rotate to either side or drop down during the exercise.