

BRIDGE TECHNIQUE- SELF CHECK LIST

Here are the technique ques we go through in class for a good bridge! It is all about being relaxed in the pose, with a feeling of ease, length & strength! Make sure to warm up the hips, upper back, wrists & shoulders before practicing your bridge, & as always with backbends, finish with a back recovery & core work. Show us how you get on! Take pics of your progress & tag us #thereposeeffect Any questions for more help, ask on our private fb page!





I always find it extremely helpful to set my bridge up correctly by starting my body scan from the toes going up. One part at a time, correct your technique & breathe!



1

CHECK THE FEET ARE PARALLEL, THE SAME WIDTH AS THE HIPS, & PRESS DOWN IN THE BIG TOES TO AVOID THE ANKLES ROLLING OUT & THE KNEES TURNING OUT. IMAGINE THERE IS A BLOCK IN BETWEEN YOUR KNEES THAT YOU ARE SQUEEZING TO KEEP PARALLEL.



2

RELAX THE GLUTES & KEEP THE KNEES SOFT TO LENGTHEN OUT THE LOWER BACK. PULL THE BELLY BUTTON TO THE SPINE & LENGTHEN THE HIPS. FINGERS SPREAD THUMBS ALMOST TOUCHING, PRESS INTO THE FLOOR TO SHRUG THE SHOULDERS.



3

START TO PUSH THE CHEST FORWARD TO OPEN THE UPPER BACK & SHOULDERS. FEEL LIKE THIS COMES FROM THE HANDS, DON'T PUSH FROM THE FEET SO TO KEEP LENGTHENING THE SPINE & NOT CRUNCHING THE LOWER BACK. BREATHE!

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Brief Summary!

1. we want a lengthened spine that uses the upper back & shoulders, & doesn't crunch into the lower back.
2. we want to find relaxation in this pose & easy breathing. with a light tension in the core, shoulders & inner thighs for a strong bridge.
3. imagine you are an accordion! All these technique points are to help you find deeper backbends by lengthening the spine in a safe & strong way, & not crunching in the lower back.