

1 Leg Roller Bridge



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=441>

Exercise Purpose:

- To strengthen buttock, hamstring and core muscles

Key Points:

- Lie flat on your back with one foot on the roller
- Lift your right leg up in the air so that your hip and knee are at a 90 degree angle
- Squeeze your left buttock and push up through your left mid foot and lift your buttock off the ground
- Lift your hips up until your knee, hip and shoulder form a straight line at the top and then slowly lower your body back down to the ground again
- Keep your pelvis flat across throughout so the hanging leg doesn't drop down too close to the floor
- Keep your left ankle, knee and hip in a straight line throughout
- Breathe out as you raise up and breathe in as you come down again
- Keep the movement fluent throughout

*If the roller is close to your bottom it will work your buttock muscles more and if it is further away it will work your hamstring muscles more

*If you know how to then gently draw in your deep stomach muscles at the beginning of this exercise and keep them drawn in throughout