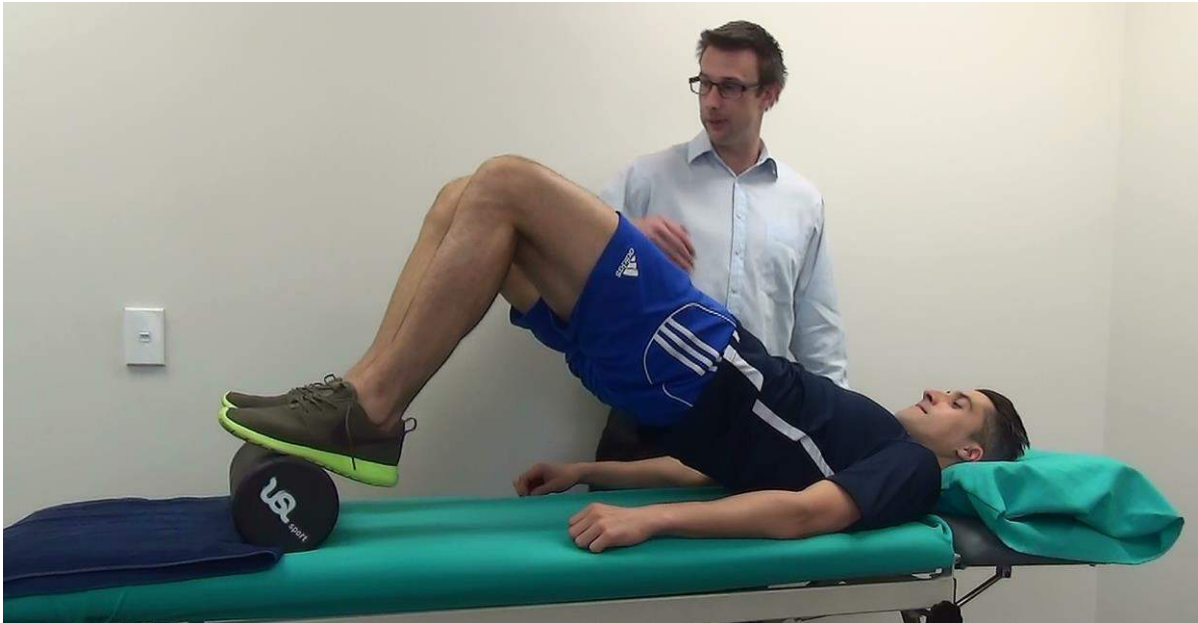


## 2 Leg Roller Bridge



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=453>

### **Exercise Purpose:**

- To strengthen buttock, hamstring and core muscles

### **Key Points:**

- Lie flat on your back with your knees bent and feet on the roller (mid foot)
- Squeeze your buttock muscles and push up through your mid foot and lift your buttock off the ground until your knee, hip and shoulder form a straight line at the top, then slowly lower yourself back down
- Throughout the exercise make sure your ankle, knee and hip are in line on each leg
- 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 you will work your buttock muscles more and it is further away you 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