

# Exercise of the Month

November, 2016

## Stability Ball Bridges

**Purpose:** Decrease knee pain, improve posture, and strengthen glutes

**Target Muscles:** Gluteus Maximus

**Assisting Muscles:** Hamstrings, Transverse Abdominus, Rectus Abdominus, and Obliques

**Equipment Needed:** Stability Ball

**Start:** Seated on a stability ball, walk both feet forward until the shoulder blades and head are resting on the ball. Place the feet hip-width apart, heels planted into the ground, and hands on your hips.

**Movement Phase 1:** Engage glutes and hips, lifting the hips to create a “bridge” between the heels and stability ball.

**Movement Phase 2:** Release, returning the glutes and hips to the start position. The ball should not move during either phase.

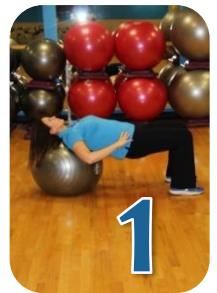
**Repeat:** Perform 2 sets of 15.

## Modification



**Beginner:** Complete the exercise without a stabilization element by performing the bridge on a mat, flat on the floor.

**Advanced:** Perform the exercise with a single-leg or when performing the exercise without a Stability Ball, add a resistance element by placing a dumbbell or weight plate over the hips.



From Corporate Fitness Works Team Leader, Candace Snapp

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