

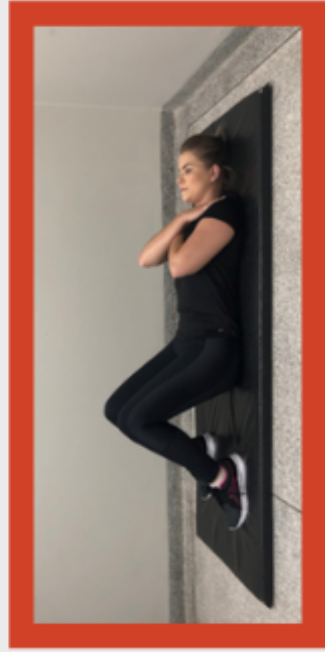


BRIDGE EXERCISE

LEVEL 2 - INCREASED SPEED

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INCREASE MOVEMENT SPEED, WITHOUT COMPROMISING TECHNIQUE



- Lay down on the floor

- Cross your hands over the chest

- Tighten bottom muscles



- Tuck bottom under and lift hips up

- Don't arch your back at top of bridge

- Lower back down with bottom muscles

Sets: 3

Repetitions: 12

Rest for: 60 seconds between sets

5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE



Use this scale to guide acceptable pain levels



- 1 Ideally keep pain < 2/10 during your activities if possible
- 2 Do not exceed 5/10 pain during exercise
- 3 Pain should return to normal levels 60 minutes post-exercise
- 4 Pain should not be increased the following morning post-exercise
- 5 Do your physical activities based on your pain response

These numbers will help you as a guide, however, it may vary from person to person.