



1. Start on your back, feet close to your glutes.

2. Position hands above shoulders with fingers pointing to shoulders. For extra height you can inch up onto your tip toes.

3. This is the final supported neck bridge position. This is not a backbridge as we are not pushing our head off the ground into a higher arc. Hold for duration and then return to position #1.

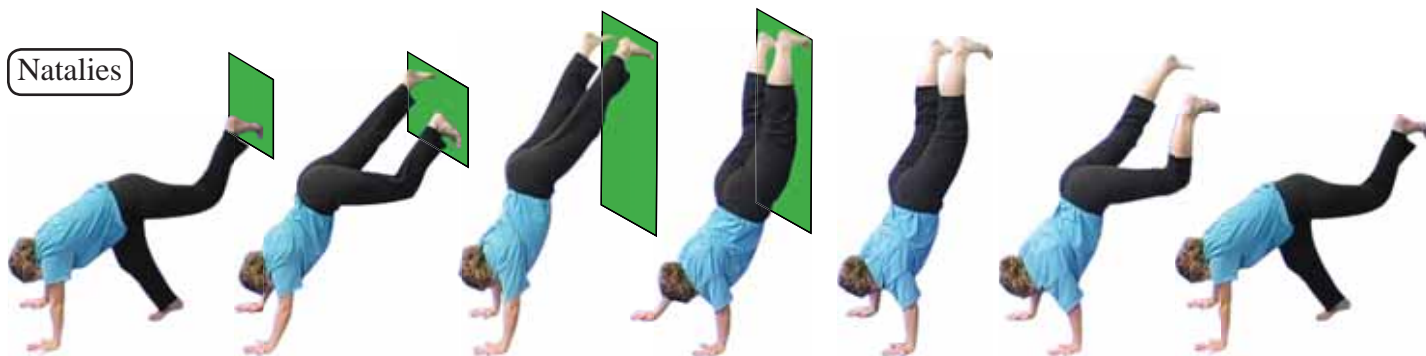
Neck Bridge - Unsupported



1. Start on your back, feet close or touching your glutes, hands cross your chest.

2. Raise your hips up into an arc, supporting your body with only your head and feet or toes. Again, hold for duration and then return to position #1.

Natalies



1. Start facing away from a wall. Place one foot onto the wall.

2. Continue by placing your opposite foot onto the wall while using your hands and arms to stabilize your core.

3. "Walk" up the wall using a combination of arm/hand and leg/feet movement.

4. At the peak you should be nearly or completely verticle. Advanced trainers could do verticle pushups at this point.

5. "Walk" back down the wall with slow and controlled movements until you are completely on the floor on hands and feet.