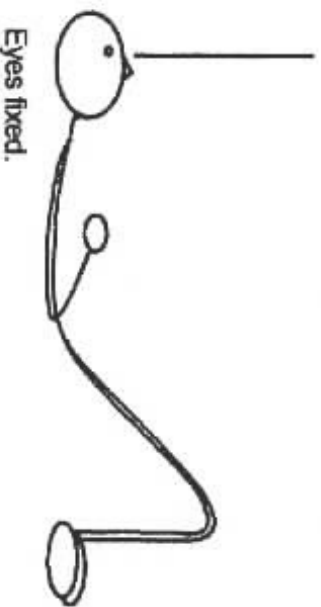


HIP BRIDGE

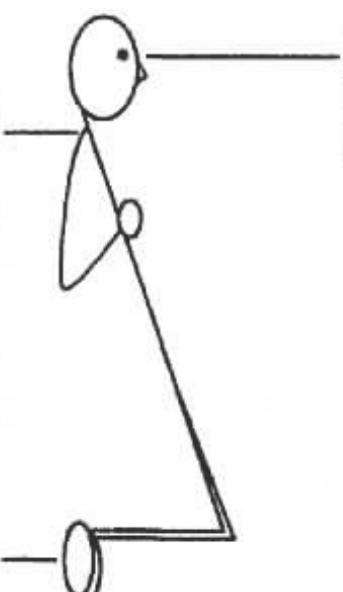
1

Side
View



Lie on back, on floor with hands clasped over stomach (soft spot below breast bone). Body is centered in a straight line.

Eyes fixed.



Slowly raise hips while breathing in. Lower hips slowly while breathing out. Keep body centered in a straight line.

Do once.