

How to Do the Bridging Exercise

The bridging exercise strengthens your legs as well as your back and belly muscles.

Here's how to do it.

Start by lying on your back with your knees bent and your feet flat on the floor.

Rest your hands on top of your belly or on the floor next to you.

Now tighten your belly muscles so that it feels like you're pulling your belly button into your spine.

Push on your feet and squeeze your buttocks to lift your hips up off the floor.

Keep your shoulders, hips, and knees in a straight line.

Hold this for about 6 seconds, breathing normally.

Then slowly lower your hips back down to the floor and rest for up to 10 seconds.

Do this 8 to 12 times.

Remember, if an exercise makes you feel worse, stop doing it.