

Assisted Bridge

Before trying this skill you must be able to perform Shoulder Dips, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Shoulder Dips in your sequence work. If you are not able to do the above you should practise your Shoulder Dips.

Teaching Points

- Lie over a box top or body ball
- Reach backwards and place your hands on the floor
- Fingers facing shoulders, hands flat and shoulder-width apart
- Push on your hands to hold a bridge position, keep your shoulders / back on the box top or body ball
- Move your feet so that your legs are straight



Assisted Bridge

Adapting the activity

Enable

- Shoulder Bridge
- Arched Crucifix Bridge

Challenge

- Try varying your leg position by lifting one leg off the floor.

Health, fitness and well-being

- Posture
- Strength of back*
- Flexibility of shoulders & back*
- Core stability

If you can

- Perform an Assisted Bridge demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include an Assisted Bridge in your sequence work

You can now try the Bridge

Questions

- How long can you hold your assisted bridge position?

