

Anchor Bridge

Lie on your back with knees slightly bent and feet flat on the floor. Bring your knees together- this is the "Anchor", knees should never separate during this movement. With your arms at your side, palms facing down, raise your hips off the floor - focusing your weight into exhale slowly without dropping your hips at all. Hold this position for 10 seconds (2 deep breaths). Then **slowly** lower hips back down to the floor.

Frequency: Work up to 6 repetitions, 30 seconds each, daily. As tolerated.

