

# Core Bridge Progression: Completion List

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**Directions:** There are four “basic Levels” of Core Bridge Progressions. When you successfully complete one level, check the box and progress to the next until you reach Level IV’s 5:00 of *non-stop* “Dynamic” Bridging.

## LEVEL I

Measurements	Face Up	Face Down	Right Side	Left Side
Seconds	30	30	30	30
Sets	2	2	2	2

Position Summary: Face Up (Flat Feet)>Face Down (Knees)>R-Side (Knees)>L-Side (Knees)

- Completion Criteria**=Must perform 2 sets in 1 session of full 30-second bridges in each position before advancing to Level II.



## LEVEL II

Measurements	Face Up	Face Down	Right Side	Left Side
Seconds	30	30	30	30
Sets	2	2	2	2

Position Summary: Face Up (1-Leg Extension) >Face Down (Knees)>R-Side (Knees)>L-Side (Knees)

- Completion Criteria**=Must perform 2 sets in 1 session of full 30-second bridges in each position before advancing to Level III.



## LEVEL III

Measurements	Face Up	Face Down	Right Side	Left Side
Seconds	30	30	30	30
Sets	2	2	2	2

Position Summary: Face Up (1-Leg Extension)>Face Down (Toes)>R-Side (Split Foot)>L-Side (Split Foot)

- Completion Criteria:** Must perform 2 sets in 1 session of full 30-second bridges in each position before advancing to Level IV.



## LEVEL IV: “DYNAMIC” Bridges!

Measurements	All Positions
Seconds Per Bridge Position	30
Total Session	5:00 Minutes

Position Summary: Face Down (Toes)>R-Side (Split Foot)>Face Down (Toes)>L-Side (Split Foot)>Repeat Sequence for 5:00 minutes.

- Completion Criteria:** For optimal deep core strength and endurance, perform full position (off toes or sides of feet) 30-second bridges in each position for a total of 5:00 minutes with *NO* rest.

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