

Boo Schexnayder's Athletic Consulting Cancer Circuit

Bridge with single leg lift. Bridging on your forearms, lift your left leg up, keeping your pelvis level with the ground/floor. Repeat with right leg.

Reverse bridge with leg lift. Propped up on your elbows, your upper back and head should be elevated. Bring one leg up and down under control, and repeat with right leg.

High Bridge with single leg lift. From the pushup position, lift one leg off the floor, keep the back straight. Repeat with other leg.

Reverse high bridge with leg lift. Hands facing backwards, raise yourself up so that your hands and feet are touching the floor. Raise your left leg. Repeat with the right.

Side Bridge - On your left side propped on your elbow, raise the right leg so that it is parallel with the floor. Switch legs.

High Side Bridge – With your left hand on the floor, bring yourself up to a side bridge position, and then raise the opposite leg off the floor. Switch sides.

Side Bridge with bottom leg lift. Propped on your elbow in a side bridge position, bring your bottom leg upward. Support leg may have to be behind the bottom leg being raised. Switch legs.

High Side Bridge with bottom leg lift. – with your hand on the floor, bring yourself to a high bridge position and raise your bottom leg upward. Support leg may have to be behind the bottom leg being raised. Switch legs.

Shoulder bridge. Lie on your back, feet on the floor with your knees bent and your hands by your sides. Raise your hips up so that your torso is straight, then lower.

Back bridge – on your back propped on your elbows with your feet out straight. Raise your torso up to a slight arch.

Low reach crunches. Lie on your back, legs up in the air and feet together, legs straight. Hands by your sides palms down. Raise your torso slightly off the floor.

Low reach crunches with a Russian Twist. As above but as you raise yourself, your hands move to the side of your legs, alternate either side.