

SideBridge Form

Types (progression): There is a side bridge for every body.

- 1) side bridge on wall
2. side bridge off counter top or bench (pictured)
3. side bridge on knees on floor (pictured)
4. side bridge on feet on floor

Performance: Hold them isometrically for 5 or more seconds. I often recommend a 5 second hold for 10 repetitions OR 15 second hold for 3 repetitions.

Form: See Details below, but key points. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine (bracing). Place your forearm on the ground/surface, directly under your shoulder.

[SEE DETAILS ON HOW TO DO A SIDE BRIDGE ON KNEE](#)

Do it Right!
Exercises you Should Do



The side bridge (side planks) is one of the best exercises for the core. I consider it the most important. See: What is the core? I consider it a foundation exercise and it

should be part of a basic fitness routine or as a warm up for advanced exercisers and athletes. Performing this exercise will help stabilize the spine and it strengthen the muscle of the lateral hip. Both sides must be performed (right and left). They can be done anywhere and don't require any equipment. They can be done often, even everyday. I would recommend performing them at least 3 x a week. It is a static hold exercise so when you do perform them hold them isometrically for 5 or more seconds. I often recommend a 5 second holds for 10 repetitions or 15 second holds for 3 repetitions. There is no excuse. It only takes minutes to do.

Did you know: The side bridge is part of the BIG 3 Core exercises, which is a treatment intervention comprised of the side bridge, the McGill curl-up, and the bird dog. Together they build endurance in the muscles of the core and hip which help stabilize the spine. A study published in the Journal of Physical Therapy Science compared the effectiveness of the BIG 3 exercises versus conventional physical therapy for pain, function and range of motion. The benefits experienced by the patients who performed BIG 3 exercises were statistically greater than the group who received conventional treatment. Many therapist and trainers use a side bridge as a test of possible low back dysfunction. A difference between left and right endurance time of the side bridge has been shown to predict who is at greater risk of back problem. Another research group found the Big 3 to be a superior way to warm up before athletics compared to conventional warm up.