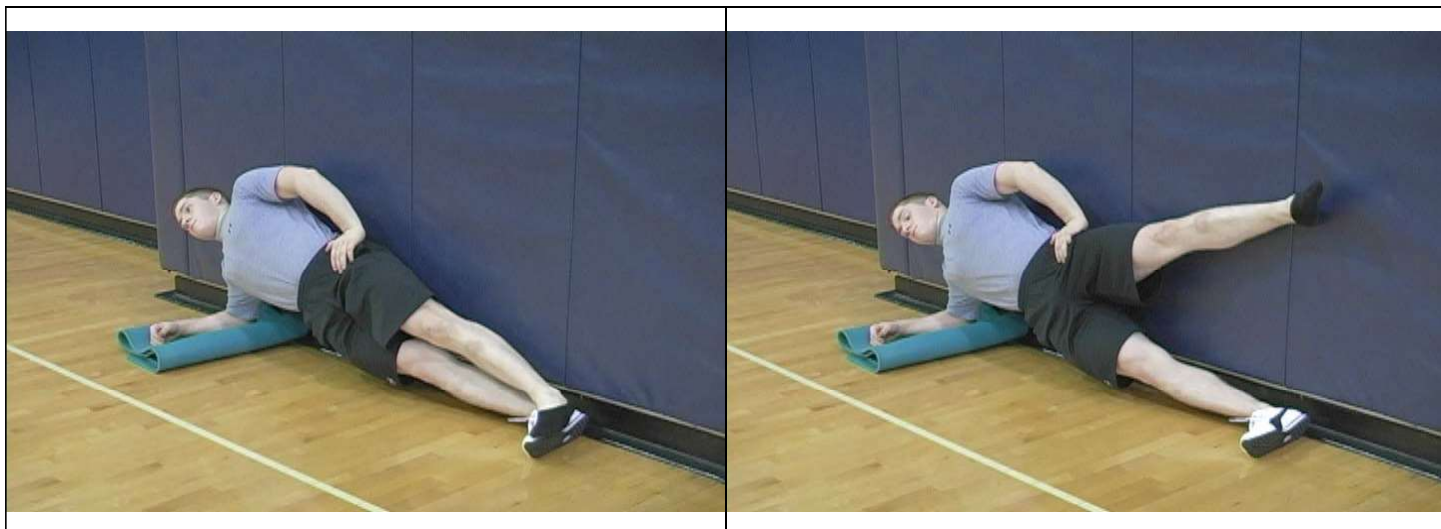


9.3 – SIDE BRIDGE WALL SLIDES



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To activate and strengthen the glute max and posterior glute medius. ▪ To build functional movement patterns by integrating the opposite side quadratus lumborum.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Take your shoes off and lie up against a wall on your side. Your entire body should be up against the wall; feet, glutes, upper back and head. ▪ Slightly externally rotate the toes of the left foot.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Gently brace the core and drive up into a side bridge position. Your feet, hips and torso should be in a straight line. ▪ Next, pull the heel back into the wall while lifting it upwards. ▪ Lift in a controlled fashion to a point where you run out of hip motion, and then return to the starting position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Make sure to keep a neutral spinal alignment, and keep the hips up throughout. ▪ Keep the toes externally rotated, and pull back into the heel throughout the exercise. ▪ Focus on keeping the core tight, and moving from the hip versus the lower back.