



ADVANCED TRAINING AND PERFORMANCE

Long lever bridge with holds



Exercise Description

1. Lay flat on the ground with knees slightly bent
2. To initiate the exercise, dig your heels into the ground and lift your bottom off of the floor.
3. sets/ reps
 - o 3-4 times/week
 - o 3-4 sets
 - o 15-30 second holds

The Why

This should work on hamstring strength. Make sure and keep your core tight to not engage your low back. Building strength in your hamstrings will help with running and jumping.

