

10U/12U PHASE I - CORE & BACK

BRIDGE LOG ROLL

MOVEMENT

- ① • Start on all fours in push-up position.
- ② • Rotate hip up towards ceiling lifting left hand and left foot off floor.
- ③ • Stop with hips as high a possible contracting glutes.
- ④ • Roll into the crab position.
 - Rotate hip back towards floor lifting right hand and right leg off the floor.
 - Repeat for 5 rolls one direction and then switch directions.
 - No bums and no knees can touch the floor.



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