

## BUILDING BLOCKS FOR THE HIGH BRIDGE

### 12 Steps to the High Bridge

#### WUNDA CHAIR

##### BRIDGE

Lie on floor. Place feet on pedal;  
Roll torso up from tailbone;  
Roll down press pedal down;  
Repeat with pedal up;  
Extend one leg to ceiling. Lower. Repeat with other leg;  
place feet on pedal. Lift pedal. Roll torso up;  
Press pedal down keeping torso up. Lift pedal. Roll down;  
Lift pedal up. Lift torso up. Roll torso down keeping pedal up.

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##### TRICEPS PRESS

Sit on floor facing away from chair with legs extended in parallel position. Place arms on bar behind back fingertips facing body (or other way round with fingers showing into the Chair), elbows back. Press bar down - release up 5 times Press bar down, lift straight back 1" off floor, contract in pelvic tilt, press torso up in straight line. Lift one leg up to the ceiling maintaining plank position. Repeat, alternating legs. Break at hip to straight spine position, bend arms and lower torso to floor. small presses upwards.

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#### CADILLAC

##### PARAKEET

One or two springs from above on tower bar;  
Begin lying on back with feet on the tower bar;  
Begin lying on back with feet on the tower bar;  
Bend knees to chest and straighten legs to ceiling;  
Bend knees to chest;  
Straighten legs out in front of you 4 times;  
Bend knees to chest, straighten up to ceiling;  
Roll torso up one vertebra at a time and roll down. 4 times;  
Bend knees to chest. Push bar to straighten legs. Roll torso up and roll down. 4 times;  
Bend knees to chest, straighten out in front of you;  
Bend knees to chest and roll torso up while straightening legs;  
Bend knees to chest and roll torso down while straightening legs out in front of you. 2 times;

Roll torso up;  
Extend one leg overhead toward table. Lift to bar;  
Alternate legs 4 times.

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## PUSH THROUGH ON 3 LEVEL

### Pelvic Curl

Sit on trap table facing the bar with legs straight; feet flexed against the end poles; hold the bar. Hinge straight spine forward and pulse. Contract; press bar down rounding torso over legs, pressing bar though end of table. Stretch torso with small presses. Roll spine to mat pull bar back and bending knees until back lies flat on table with head down. Small pelvic tilt, Flatten spine. Roll up to sitting straightening legs.

### Back Arch

Sit on trap table facing the bar with legs straight; feet flexed against the end poles; hold the bar. Hinge straight spine forward. Contract; press bar down rounding torso over legs, pressing bar though end of table. Roll spine to mat pull bar back and bending knees until back lies flat on table with head down. Starting at tailbone, roll spine up arching back and lifting until head lifts a few inches off table. Place back of head on table lengthening neck on table and roll spine to table one vertebrae at a time. Roll up to sitting straightening legs.

### Standing Back Arch

Sit on trap table facing the bar with legs straight; feet flexed against the end poles; hold the bar. Hinge straight spine forward. Contract; press bar down rounding torso over legs, pressing bar though end of table. Roll spine to mat pull bar back and bending knees until back lies flat on table with head down. Straighten legs and stand up on table with body on a diagonal to table. Lift hips toward bar and arch back over table. Place back of head on table lengthening neck on table and roll spine to table one vertebrae at a time. Roll up to sitting straightening legs.

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## REFORMER

### CLARA SEMI-CIRCLE

Lie on back on carriage. Place feet hip distance apart on the bar;  
Roll to releve / roll torso up;  
Press torso out;  
Roll torso down, starting at throat and ending with heels under foot bar;  
Lengthen spine on carriage, and bend knees;  
Flex, extend legs out;

Roll to releve and roll torso up;  
Bend knees pulling carriage in;  
Roll torso down, starting at throat and ending by flexing feet under bar.

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### **SEMI CIRCLE**

Lie on back on carriage. Place arms on shoulder rest. Place feet hip distance apart on the bar. Press torso off carriage toward floor. Roll to releve / roll torso up;  
Press torso out;  
Roll torso down, starting at throat and ending with heels under foot bar;  
Lengthen spine on carriage, and bend knees;  
Flex, extend legs out;  
Roll to releve and roll torso up;  
Bend knees pulling carriage in;  
Roll torso down, starting at throat and ending by flexing feet under bar.

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### **THE BRIDGE**

Medium spring Lie on carriage. Place hands in straps. Place feet on foot bar in parallel hip distance apart. Roll torso up. Press out. Bring arms down at sides. Pull in. Lift arms. Repeat with feet together. Repeat single leg.

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## **SPINE CORRECTOR ON THE CADILLAC**

### **ARM AND BACK STRETCH ON TOWER BAR**

Place the spine corrector on the Cadillac with the barrel towards the wood bar sit on the spine corrector and stretch torso over barrel;  
Place hands on the bar;  
Press bar away from body release.

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### **HIGH BRIDGE – SPINE CORRECTOR ON THE CADILLAC OR MAT**

Sit on the spine corrector stretch torso over barrel;  
Place feet on the seat of the spine character;  
Place hands on the floor;  
Press torso up to high bridge;

Lift one leg. Lower. Repeat with other leg. Lower;  
Roll torso down starting with upper back.

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## CADILLAC

### HANGING V TO ARCH

Place the hands on top bars. Use pads if necessary. Place one foot in the middle of padded swing bar/ Trapeze. Place the second foot parallel. Bring feet apart and flexed around the springs of the Trapeze. Lengthen the spine by lowering the tailbone down into a V-position. Stretching away to the heels and to crown. Lift the pelvic up into a hanging horizontal plank position while pointing the feet. Lower the tailbone down toward the table (V-position), lengthening spine while flexing the feet. Lift the pelvis up into a hanging horizontal plank position while pointing the feet. Lift hips high and arch back reaching head toward the table. Straighten back into horizontal plank position. Lower tailbone down to the table, lengthening the spine while flexing the feet.

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### SPINE CORRECTOR ON THE REFORMER

All Springs on;  
High Bridge – feet on Foot Bar;  
Sit on the spine corrector stretch torso over barrel;  
Place feet on the footbar;  
Place hands on the Shoulder rests ;  
Press torso up to high bridge;  
Lift one leg. Lower. Repeat with other leg. Lower;  
Roll torso down starting with upper back.

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### REFORMER

Bridge – All Springs;  
Repeat without the Spine Corrector;  
High Bridge;  
1 – 2 Springs;  
Repeat with press out.

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