Side Bridge Variations

**Standard Side Bridge**
Hold bridge position for 5 to 10 seconds. Ideally, you should then roll into the front bridge. Repeat until form fails.

**Side Bridge from Knees**
Hold bridge position for 5 to 10 seconds. Ideally, you should sit up into the bridge position. You should start with your knees and hips bent 90 degrees. This avoids side bending.

**Side bridge with leg up**
Hold bridge position for 5 to 10 seconds. Lift upper leg off of lower 6 to 12 inches. Hold for 5 seconds. Increases strain on hip abductors. A very advanced exercise.

**Bridge with inside leg up**
This exercise will targets the adductors to a much greater degree. Probably more than another adductor exercise out there. Same protocol as all the others.