

# BODY BRIDGES: CORE STRENGTH EXERCISE FOR KIDS!

Explore how to make your body into a "bridge" with these fun core strength exercises.

## 1 || Simple Seated Bridge

Show kids how to sit with their legs bent in front of them, feet on the floor. Have friends drive or walk toys under the seated child's bent legs, or he can even do it himself in this pose. For an additional challenge – ask kids to lift their hands off the floor and hold them in the air as a friend drives a car under their legs. Still too easy? Have them lift one leg into the air too!

## 2 || All Fours Bridge

This position offers some stability with four points of contact on the floor... unless you ask kids to lift one leg behind them as their friends pass toys through their bridge. Or, can they lift one leg and the opposite arm? Such great strengthening work here!

## 3 || Plank Bridge

Try plank pose to make a bridge! Lots of great whole body strengthening in this exercise for kids! Lift one leg or one arm for an extra challenge, or turn onto the side of one foot and lift the top arm in the air for a side plank bridge! Again, friends can enjoy driving or walking toys underneath!

## 4 || Downward Dog Bridge

A downward dog makes another perfect bridge, as kids get the benefits of core strengthening and upper extremity strengthening too! Lift one leg for a three-legged dog bridge or challenge kids to drive a car or walk a toy under their own bridge! It's harder than it sounds!

## 5 || Crab Walk Bridge

Crab walking is an amazing core strengthening exercise for kids and the crab walk position leaves the perfect little space for toys to make their way through! Kick up one foot or lift one hand to decrease stability and increase the core strength challenge!