

Gabby Miller's December Bridge Challenge

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1. Pictures of the types of bridges can be found on my website listed above
2. The challenge must be completed in its ENTIRETY in order to receive the prize listed below
 - **PRIZE: \$10** to put towards your next session or to gift to a friend

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>
<u>Day 1:</u> Up/Down Bridge 20 reps	<u>Day 2:</u> Bridge Hold 20 seconds	<u>Day 3:</u> R. Single Leg Bridge (crossed) 15 reps	<u>Day 4:</u> L. Single Leg Bridge (crossed) 15 reps	<u>Day 5:</u> R&L Single Leg Bridge Hold 20 seconds each	<u>Day 6:</u> REST DAY	<u>Day 7:</u> Up/Down Bridge 30 reps
<u>Day 8:</u> Bridge Hold 30 seconds	<u>Day 9:</u> Marching Bridge 20 reps	<u>Day 10:</u> Couch/SB Bridge 20 reps	<u>Day 11:</u> Frog Bridge (with or w/o band) 20 reps	<u>Day 12:</u> REST DAY	<u>Day 13:</u> Up/Down Bridge 40 reps	<u>Day 14:</u> Bridge Hold 40 seconds
<u>Day 15:</u> Incline Bridge 20 reps	<u>Day 16:</u> Incline Bridge Pulse- 20 reps	<u>Day 17:</u> Incline Bridge Hold- 30 seconds	<u>Day 18:</u> REST DAY	<u>Day 19:</u> Up/Down Bridge 50 reps	<u>Day 20:</u> Bridge Hold 50 seconds	<u>Day 21:</u> R. Single Bridge Hold Leg Out 15 reps
<u>Day 22:</u> L. Single Bridge Hold Leg Out 15 reps	<u>Day 23:</u> R&L Single Bridge Hold-Leg up/ down- 10 reps e.	<u>Day 24:</u> REST DAY	<u>Day 25:</u> Up/Down Bridge 60 reps	<u>Day 26:</u> Bridge Hold 60 seconds	<u>Day 27:</u> Hip Thrust Floor Bridge 20 reps	<u>Day 28:</u> Weighted Bridge 20 reps
<u>Day 29:</u> Weighted Single Bridge- 15 reps e.	<u>Day 30:</u> REST DAY	<u>Day 31:</u> Bridge & Hold Ratio- 10:10 x6				