

BeyondBarre Choreography- Bridge in Mat Work



Action	Choreography	Counts	Repetitions	Sets
Set-Up	Lie on the mat in a Bridge position. The knees are bent with the feet hip width apart, and the arms arm by the sides of the waist.			
Bridge	Lift the hips up and lower 1 inch.	1-up 1-lower	8	4
One-legged Bridge	Lift the right leg up to the ceiling and lower the hips up and down 1 inch.	1-up 1-lower	8	2
One-legged Bridge	Keep the right leg up, and bend the knee and tap the floor behind the left ankle. This will cross the mind, and as the leg extends open it out to the side.	2-in 12-out	8	1
One-legged Bridge	After the last action, cross the right ankle over the left knee and lower/lift the hips 1 inch.	1-up 1-lower	8	2
Finish	Lower the hips onto the mat, and then repeat from the beginning and working the left leg instead of the right.			