

The **BRIDGE** on the NEURO.BORD can help strengthen your abdominal muscles and stretch your back.

Lie on the NEURO.BORD so that it is the length of your back. Place your feet flat on the ground and keep your knees bent. Position your arms at shoulder height with palms facing down.

Bring your neck into a neutral position by slightly pulling your chin down to create a straight spine.

Relax your jaw and close your eyes. Breathe deeply in and out to relax your body.

Now slowly lift your pelvis as you exhale. Tighten your abdominal muscles to stabilize your position on the NEURO.BORD.

Hold the position for a few breaths and then slowly lower your pelvis again.

Repeat the exercise several times. This exercise can help improve the stability and flexibility of your back and strengthen your abdominal muscles.

Please note that this exercise may not be suitable for everyone and you should always listen to your body and stop if you experience pain.

NEURO  
.BORD

