



OPENING & CLOSING VALVES

Using a bridge as seen above, is not only a smart and safe thing to do, it also makes you at least 1/3 stronger than if you just use your back muscles for the job. This is just the type of move, arms and hands at or above shoulder level, that can tear your shoulder's rotator cuff or tear a ligament in your back. All of those risks can be taken away by simply bridging your free hand to another solid object so that you become stronger and spread the load out on more joints than just your shoulder and back. Bridging should be a habit that has become an automatic part of your life!