

# NECK/BACK BRIDGE

RECOMMENDED FREQUENCY BY DOCTOR: \_\_\_\_\_

Your health professional will determine your recommended time and frequency for best results. The table below is the recommended goal times, however if you are not able to complete the set times do not increase the time until you've reached each time

Day	Goal Time	Actual Time
1	3 mins	
2	4 mins	
3	5 mins	
4	6 mins	
5	7 mins	
6	8 mins	
7	9 mins	
8	10 mins	
9	10 mins	
10	10 mins	
11	11 mins	
12	12 mins	
13	13 mins	
14	14 mins	
15	15 mins	

Day	Goal Time	Actual Time
16	15 mins	
17	15 mins	
18	16 mins	
19	16 mins	
20	17 mins	
21	17 mins	
22	18 mins	
23	18 mins	
24	19 mins	
25	19 mins	
26	20 mins	
27	20 mins	
28	20 mins	
29	20 mins	
30	20 mins	