

LEG RAISES



Lie flat on the ground with arms extended out to the sides of your body (palms down). Raise your feet 6-8 inches off the ground with your legs straight and together. Point your toes toward your head. In this position, focus on pressing your lower back into the ground. Raise your legs toward your head until they are perpendicular to the ground. Keep your hips down and legs straight when performing the movement. Lower your legs back to the start position under control without letting your heels touch the ground. Hold the start position for 1 second and perform the next repetition.