

AIR DISC LEG DROPS OUTS AND LEG LIFTS



STEP ONE: STARTING POSITION

- Place the air disc under the small of your back with the edge of your buttocks just off the end
- Lie on your back, with your knees bent and your feet on the floor
- Place your arms relaxed across your chest



STEP TWO: MOVEMENT (LEG DROP OUTS)

- Exhale. Set your pelvic floor and lower abdominal muscles. Let your knee drop slowly out to one side trying to keep your pelvis level and your leg muscles relaxed
- Exhale, draw in your abdominal muscles and bring your knee back to the resting position
- Repeat on your opposite leg
- Repeat 5 times on each leg



STEP THREE: MOVEMENT (LEG LIFTS)

- Exhale. Set your lower abdominal muscles and make sure your pelvis and lower back remain in a neutral position
- Slowly lift one leg off the floor, keeping your back
- Inhale. Bring your knee up till it rests over top of
- Exhale. Then slowly lower your leg down to the s position
- Repeat 5 times each leg

NOTES:

- Your leg should remain relaxed throughout the exercise and the focus is on using your lower abdominal muscles to keep your spine in a neutral position
- Do not bear down or bulge your abdominal muscles out