

LEG LIFTS



Starting Position

- Lie on your back with your knees bent and feet hip width apart
- Relax your back onto the mat



Movement

- 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 still



- Inhale. Bring your knee up till it rests over top of your hip
- Exhale. Then slowly lower your leg down to the starting 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