

SINGLE LEG DROPS



Starting Position

- Lie flat on your back, hips and knees bent to 90 degrees.
- Relax your back onto the mat
- Set your lower abdominal and pelvic floor muscles to keep your spine in a neutral position



Movement

- Exhale. Slowly lower your toes down towards the mat or until you feel your back starting to arch
- Keep working your abdominal muscles throughout the exercise to keep your back still
- Lift your leg back up to the starting position
- Repeat with the other leg
- Do 5 – 10 repetitions

Notes:

- Avoid bearing down on your abdomen or holding your breathe throughout the exercise
- Keep your leg that's moving light in the air
- Only drop your leg down as far as you can maintain your back in a neutral position