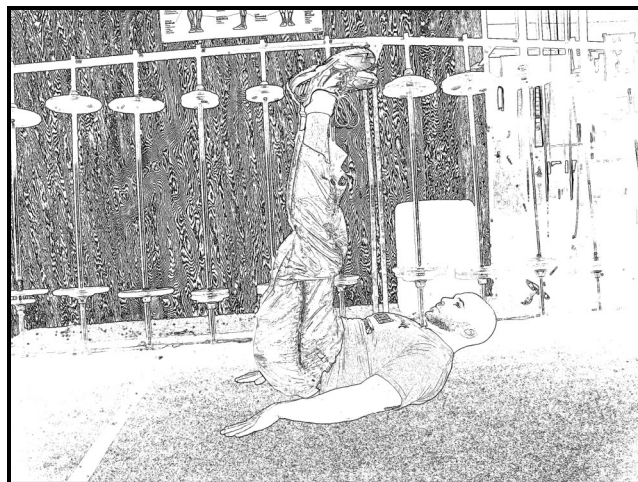
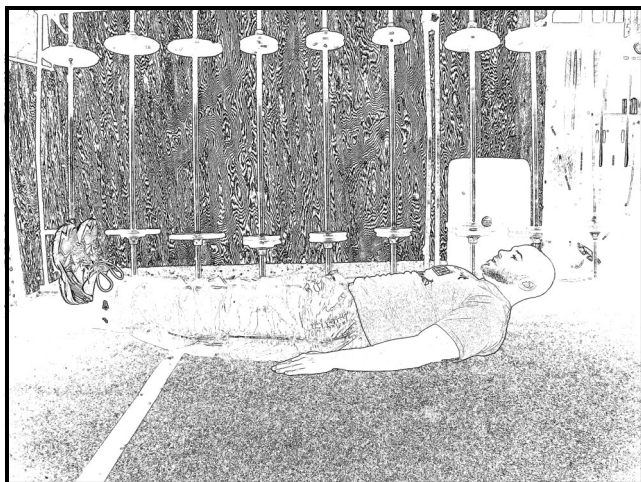


Leg Raises

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Abdominal muscles, Hip flexors

Lying on your back on a mat or floor, straighten legs while keeping a slight bend in the knee, placing hands under your buttocks, palms facing down. This is the starting position. Raise your legs as high as you can, to about a 90 degree angle if possible, lifting with your abdominal muscles more so than with leg muscles. Complete the exercise by lowering your legs down to the starting position in a smooth and controlled movement. You should not feel pain or strain in the lower back if positioned properly.

Repeat for 2-3 sets of 8-15 reps.