

## Lying Leg Raises



**Description:** Lie with your back flat on a bench, head supported, and straightened legs overhanging the bench edge. Engage the core and press the low back downwards into the bench. Keeping your legs straight, raise them until you are at a 90 degree angle with the floor. Slowly lower your legs back to the starting position in a controlled manner. Maintain a tight core to prevent the low back from arching.

**Sets/Reps:** 3 sets of 8-10 repetitions.

**Common Mistakes:** Allowing legs to lower too quickly, using momentum to raise legs and allowing the lower back to arch.

**Target Muscles:** Abdominals.

**Modifications:** If legs straightened is difficult, try slightly bending the knees to reduce the workload.

**\*\*Tip:** To ensure your back does not arch, imagine trying to slide your hand under the low back at the starting position. This should not be possible.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*