

## VERTICAL LEG RAISES

START



MIDDLE



END



- Place your forearms on the padded bars
- With your hands in front of you grab the handles at the ends of the bars
- Keep your legs extended and together
- Your entire body should be straight

- Keeping your legs straight and together lift up slowly as high as possible
- Aim for your legs to be parallel with the floor
- Round at the lower back to bring your glutes forward and up

- Lower legs slowly down to starting position
- Spine should remain flat and neutral throughout the movement
- Repeat the sequence

### MUSCLES TARGETED

#### ABDOMINALS & ILIOPSOAS (HIP FLEXORS)

- The vertical knee raise is a core strengthening exercise targeting the abdominals and hip flexors

#### NOTE

*Breathing correctly during vertical leg raises is critical! Exhaling through your belly as you raise your legs help to make the movement from the hips.*