

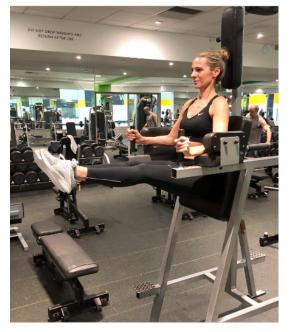
VERTICAL LEG RAISES

START



- 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

MIDDLE



- 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

END



- Lower legs slowly down to starting positon
- 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.