

KNEE 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

- Engage your core
- Use abs to raise your knees in a controlled manner towards your chest
- Movement should occur at the hips not from the lower back
- Keep torso as still and stable as possible
- Pause when the tops of knees reach the chest

- 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 knee raises is critical! Exhaling through your belly as you raise your knees help to make the movement from the hips.