

Leg Raises



Muscle Group: Core (abdominals) | **Sets & Reps:** 3x10 | **Equipment:** Body Weight

Instructions

1. Lay on your back with legs extended and arms by your side.
2. Using your core muscles, slowly lift your legs up off the ground reaching towards the ceiling.
3. Keep your legs straight and feet together with your lower back touching the ground.
4. Slowly bring your legs back down to the ground.
5. Repeat this 10 times (3 x 10).

Tips & Modifications

- For more of a challenge, keep your feet off the ground between reps.
- If needed, do 1 leg at a time.
- Beginner Tip: Start with a slight bend in your knees.



Click here or scan the QR Code below to watch video instructions!

