

SUPINE ONE LEG RAISE

Strengthen your core and hip flexors

1. START

- Lie on your back on a mat.
- Bend one knee with your foot flat on the floor.
- Keep the other leg straight.
- Place your arms by your sides with palms facing down.
- Keep your head and shoulders relaxed on the mat.
- Engage your core.



2. RAISE

- Keeping your leg straight, slowly raise the straight leg up towards the ceiling.
- Keep your hips level and your lower back pressed gently into the mat.
- Do not let the raised leg drift in or out.
- Pause briefly at the top.



3. LOWER

- Slowly lower your leg back down with control.
- Stop just above the floor if needed.
- Repeat for the recommended repetitions, then switch legs.



TIPS

- Keep your core engaged throughout the movement.
- Move slowly and with control.
- Breathe out as you raise your leg, breathe in as you lower.