

SUPINE BOTH LEG RAISES

START

Lie on your back with your legs straight and together, hands by your sides or under your hips for support.



RAISE

Keeping your legs straight and together, engage your core and raise both legs up toward the ceiling until they are perpendicular to the floor.



TIPS

- Keep your lower back pressed to the floor.
- Avoid swinging your legs.
- Lower your legs with control.