

## *Leg raises-floor:*

### Starting Position

Lie on your back with your legs extended and your arms to the sides of your body. Pull your ABs tightly inward and keeping your legs fully extended raise them a few inches off the floor. Keep the knees slightly bent and the lower back pressed against the floor.

Pulling with the lower ABs raise your legs until they are perpendicular to the floor. Pause at the top and slowly return to the starting position