



Active Straight Leg Raise With Core Activation

Purpose:

This exercise improves hip hinge with core stability, and improves the lower body and leg strength.

Benefit:

Improves hip hinge mechanics to improve address posture

Instructions:

Lying on back with point of attachment above head, grab handles with your hands and pull down to floor with straight arms and hold. Then raise one straight leg with opposite straight leg staying flat on floor. Both toes should be pointing up with no rolling of the hips to either side. Then slowly lower straight leg and return arms to above the head to lessen the tension of the pull. To add more tension, slide further away from the point of attachment. To add difficulty, add in a straight leg bridge with a towel roll or foam roll. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

Do _____ reps _____ sets on _____ side(s).

