Title: Hanging Leg Raises

Primary Muscle Groups: Abs

Secondary Muscle Groups: Forearms, Glutes &amp; Hip Flexors

Summary: <ol>

<li>Grip a chin up or pull up bar with a firm overhand grip.</li>

<li>Hang from the bar with your legs straight.</li>

<li>Raise your legs by flexing your hips forward and bending your knees up towards your chest.</li>

<li>Continue to raise your knees towards your chest by flexing your waist forward. Don't swing your body to use momentum. Use your abdominals to pull your legs up.</li>

<li>Return to the starting position, lowering your legs slowly until they are straight.</li>

<li>Repeat.</li>

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