Title: Lying Leg Raises / Lifts

Primary Muscle Groups: Abs

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li>Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.</li>

<li>Legs straight out in front of you, ankles together and feet slightly off the floor.</li>

<li>Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.</li>

<li>Return to starting position.</li>

</ol>