

# LEGLIFT EACH

## How to do leg raises

Leg raises are an easier alternative to leg drops.

- Lie down on your back, with your hands by your sides.
- Keep your knees up, while keeping your feet on the mat/floor.
- Lift your legs straight up in the air, and use your core muscles to do so.
- Lower the legs half-way or all the way, depending on your comfort, and lift them back up.
- Breathe in as you lower your legs, and breathe out as you lift them.
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## Benefits:

- Helps to lose weight from the legs, and lower abdomen
- Tones, strengthens muscles in your abdomen and legs
- An effective exercise for lower abs
- Can strengthen the hamstrings, calf muscles, and glutes
- It is a great exercise that can be done even while lying down in bed
- Helps improve focus and attention